

Eight Verses for Training the Mind,  
*Kadampa Geshe Langri Tangpa (1054 - 1123)*

By thinking of all sentient beings  
as even better than the wish-granting gem  
for accomplishing the highest aim,  
may I always consider them precious.  
Wherever I go, with whomever I go,  
may I see myself as less than all others, and  
from the depth of my heart,  
may I consider them supremely precious.  
May I examine my mind in all actions,  
and as soon as a negative state occurs,  
since it endangers myself and others,  
may I firmly face and avert it.

When I see beings of a negative disposition  
or those oppressed by negativity or pain,  
may I, as if finding a treasure,  
consider them precious, for they  
are rarely met.  
Whenever others, due to their jealousy,  
revile and treat me in other unjust ways,  
may I accept this defeat myself,  
and offer the victory to others.  
When someone whom I have helped,  
or in whom I have placed great hope,  
harms me with great injustice,  
may I see him as a sacred friend.  
In short, may I offer both directly and indirectly  
all joy and benefit to all beings, my mothers,  
and may I myself secretly take on  
all of their hurt and suffering.  
May they not be defiled by the concepts  
of the eight mundane concerns,  
and aware that all things are illusory,  
may they, ungrasping, be free from bondage.

Transcribed from:  
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*Venerable Lama Losang Samten, Spiritual Director*