**EIGHT VERSES TO TRAIN THE MIND**

LANGRI TANGPA

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| **Used by Subhuti for 2004 Madhyamaloka talks**  | **Version used at IC 2018 - Rigpa translation 2012** | **Trans used Lama Zopa Rinpoche**  |
| May I always cherish all beings,With the resolve to accomplish for themThe highest good that is more preciousThan any wish-fulfilling jewel. | By thinking of all sentient beingsAs more precious than a wish-fulfilling jewelFor accomplishing the highest aim,I will always hold them dear. | Determined to obtain the greatest possible benefit from all sentient beings, who are more precious than a wish-fulfilling jewel, I shall hold them most dear at all time. |
| Whenever I am in the company of others,May I regard myself as inferior to allAnd from the depths of my heartCherish others as supreme. | Whenever I’m in the company of others,I will regard myself as the lowest among all,And from the depths of my heartCherish others as supreme | When in the company of others, I shall always consider myself the lowest of all, and from the depths of my heart hold others dear and supreme |
| In all my actions may I watch my mind,And as soon as disturbing emotions arise,May I forcefully stop them at once,Since they will hurt both me and others. | In my every action, I will watch my mind,And the moment destructive emotions arise,I will confront them strongly and avert them,Since they will hurt both me and others. | Vigilant, the moment a delusion appears in my mind, endangering myself and others, I shall confront and avert it without delay. |
| When I see ill-natured people,Overwhelmed by wrong deeds and pain,May I cherish them as something rare,As though I had found a treasure-trove. | Whenever I see ill-natured beings,Or those overwhelmed by heavy misdeeds or suffering,I will cherish them as something rare,As though I’d found a priceless treasure. | Whenever I see beings who are wicked in nature and overwhelmed by violent negative actions and suffering, I shall hold such rare ones dear, as if I had found a precious treasure. |
| When someone out of envy does me wrong,By insulting me and the like,May I accept defeatAnd offer victory to them. | Whenever someone out of envyDoes me wrong by attacking or belittling me,I will take defeat upon myself,And give the victory to others. | When, out of envy, others mistreat me with abuse, insults, or the like, I shall accept defeat and offer the victory to others. |
| "Even if someone whom I have helpedAnd in whom I have placed my hopesDoes great wrong by harming me,May I see them as an excellent spiritual friend." | Even when someone I have helped,Or in whom I have placed great hopesMistreats me very unjustly,I will view that person as a true spiritual teacher. | When someone whom I have benefited and in whom I have great hopes gives me terrible harm, I shall regard that person as my holy Guru |
| In brief, directly or indirectly,May I give all help and joy to my mothers,And may I take all their harm and painSecretly upon myself. | In brief, directly or indirectly,I will offer help and happiness to all my mothers,And secretly take upon myselfAll their hurt and suffering. | In short, both directly and indirectly, do I offer every happiness and benefit to all my mothers. I shall secretly take upon myself all their harmful actions and suffering. |
| May none of this ever be sulliedBy thoughts of the eight worldly concerns.May I see all things as illusionsAnd, without attachment, gain freedom from bondage." | I will learn to keep all these practicesUntainted by thoughts of the eight worldly concerns.May I recognize all things as like illusions,And, without attachment, gain freedom from bondage. | Undefiled by the stains of the superstitions of the eight worldly concerns, may I, by perceiving all phenomena as illusory, be released from the bondage of attachment. |