**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 them  The highest good that is more precious  Than any wish-fulfilling jewel. | By thinking of all sentient beings As more precious than a wish-fulfilling jewel For 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 all  And from the depths of my heart  Cherish 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 heart Cherish 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 defeat  And offer victory to them. | Whenever someone out of envy Does 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 helped  And in whom I have placed my hopes  Does 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 hopes Mistreats 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 pain  Secretly upon myself. | In brief, directly or indirectly, I will offer help and happiness to all my mothers, And secretly take upon myself All 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 sullied  By thoughts of the eight worldly concerns.  May I see all things as illusions  And, without attachment, gain freedom from bondage." | I will learn to keep all these practices Untainted 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. |