#### 🥯 ।र्ते:ब्रेंटकेंग'नकुर'अ'नलुग्रार्था ।

lo jong tsik gyé ma zhuk so

Mind-Training in Eight Verses By Geshé Langri Thangpa (1054-1123)

# यन्वाकेषोश्चर्यात्रेत्रम्थरायात्रेत्रम्थरायात्रेत्रम्थरायात्रेत्रम्थरायात्रेत्रम्थरायात्रेत्रम्थरायात्रेत्रम्थ

dak ni sem chen tam ché la/ yi zhin nor wé lhak pa yin (nor bu lé lhak pé)/ dön chok drup pé sam pa yi/ tak tu ché par dzin par shok/

With a determination to accomplish The highest welfare for all sentient beings Who surpass even a wish-granting jewel May I always hold them as supremely precious.

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.

# यादार् शुः द्राय्यार्थे वा । याद्याः के द्राया विष्या विष्या । याद्या विषया विषया विषया । याद्या विषया विषया विषया विषया । याद्या विषया विषया विषया विषया । याद्या विषया विषया विषया ।

gang du su dang drok pé tsé/ dak nyi kün lé men ta zhing/ zhen la sam pa tak pa yi/ chok tu ché par dzin par shok/

Whenever I associate with others may I Think of myself as the lowest among all And cherish others to be supreme From the very depths of my heart.

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.

# हुँदित्यस्यात्रीयः प्रिन्द्रः कुँद्रया । हूँ वा छिट छूँ वा स्वर्थः स्रोध्यः सः वया । यद्यः याव्यः सः स्वर्थः स्वर्यः स्वर्यः स्वर्थः स्वर्थः स्वर्थः स्वर्थः स्वर्यः स्वर्

chö lam kün tu rang gyü la/ tok ching nyön mong kyé ma tak/ dak zhen ma rung jé pé na/ tsen tap dong né dok par shok/

In all actions I will watch my mind And as soon as an afflictive emotion arises Endangering myself and others May I firmly face and avert it.

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.

# र्यायः चर्षा विषयः विषय

rang zhin ngen pé sem chen nam/ dik duk drak pö nön tong tsé/ rin chen ter dang tré pa zhin/ nyé par kawé ché dzin shok/

May I cherish beings of bad nature And those oppressed by strong sins and suffering As if I had found a precious Treasure very difficult to find.

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.

# वर्षायम्बर्ग्येषा । विकायम्भूरायार्थेवा । विकायम्भूरायार्थेवाषायथे। विकायम्प्रते । विकायम्प्रते । विकायम्प्रते

dak la zhen gyi trak dok gi/ shé kur la sok mi rik pé/ gyong kha rang gi len pa dang/ gyel kha zhen la bülwar shok/

When others out of jealousy treat me badly With abuse, slander, and so on,

May I take on all loss, 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.

#### यरत्यः यर्याः वीश्वः यदः यहमाश्वः यदि। । यो या के या या दिवा मीशा। भिवः तुः श्वेः ये या श्वे त् खे त् विश्वः य यर यदः यदः यस्त्रे या।

gang la dak gi pen tak pé/ rewa chewa gang zhik gi/ shin tu mi rik nö jé nang/ shé nyen dam par tawar shok/

When one whom I have benefited with great hope Unreasonably hurts me very badly, May I view that person As an excellent spiritual guide.

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.

#### सर्चर्नर्भ्यात्रम् । विवानन्त्रम् इस्यात्रम् । विवानन्त्रम् इस्यात्रम् । विवानन्त्रम् इस्यात्रम् । विवानन्त्रम

dor na ngö sam gyü pa yi/ pen dé ma nam kün la bül/ ma yi nö dang duk ngel kün/ sangwé dak la len par shok/

In short, may I offer to everyone without exception All help and happiness directly and indirectly And secretly take upon myself All harm and suffering of my mothers.

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.

#### र्नियाग्राव

dé dak kün kyang chö gyé kyi/ tok pé dri mé ma bak shing/ chö kün gyu mar shé pé lö/ zhen mé chingwa lé dröl shok/

May I keep all these practices Undefiled by the stains of the eight worldly conceptions And by understanding all phenomena as like illusions Be released from the bondage of attachment.

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.

This text was prepared based on various sources at Urban Dharma North Carolina, USA by Dorjé Lopön Dr. Lye for ease of use by members of the temple. We are happy to offer it for others' use if they so find this to be helpful.

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