

8 verses of thought transformation

By Langri Tangpa

With the thought of attaining enlightenment
For the welfare of all sentient beings,
Who are more precious than a wish fulfilling jewel,
I will constantly practice holding them dear.

Whenever I am with others
I will practice seeing myself as the lowest of all,
And from the very depth of my heart
I will respectfully hold others as supreme.

In all actions I will examine my mind
And the moment a disturbing attitude arises,
Endangering myself and others,
I will firmly confront and avert it.

Whenever I meet a person of bad nature
Who is overwhelmed by negative energy and intense suffering,
I will hold such a rare one dear,
As if I had found a precious treasure.

When others, out of jealousy,
Mistreat me with abuse, slander and so on,
I will practice accepting defeat,
And offer the victory to them.

When someone I have benefited
And in whom I have placed great trust,
Hurts me very badly,
I will practise seeing that person as my supreme teacher.

In short, I will offer directly and indirectly,
Every benefit and happiness to all beings, my mothers.
I will practise in secret taking upon myself
All their harmful actions and sufferings.

Without these practices being defiled by the eight worldly concerns,
By perceiving all phenomena as illusory
I will practice without grasping to release all beings,
From the bondage of the disturbing unsubdued mind and karma.