

## ***Eight Verse Attitude-Training***

*(Blo-sbyong tshig-brgyad-ma)*  
*Langri-tangpa (dGe-bshes Glang-ri thang-pa)*

translated by Alexander Berzin  
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(1) May I always cherish all limited beings  
By considering how far superior they are  
To wish-granting gems  
For actualizing the supreme aim.

(2) Whenever I come into anyone's company,  
May I regard myself less than everyone else  
And, from the depths of my heart, value others  
More highly than I do myself.

(3) Whatever I am doing, may I check the flow of my mind,  
And the moment that conceptions or disturbing emotions arise,  
Since they debilitate myself and others,  
May I confront and avert them with forceful means.

(4) Whenever I see beings instinctively cruel,  
Overpowered by negativities and serious problems,  
May I cherish them as difficult to find  
As discovering a treasure of gems.

(5) When others, out of envy, treat me unfairly  
With scolding, insults, and more,  
May I accept the loss upon myself  
And offer the victory to others.

(6) Even if someone whom I have helped  
And from whom I harbor great expectations  
Were to harm me completely unfairly,  
May I view him or her as a hallowed teacher.

(7) In short, may I offer to all my mothers,  
both actually and indirectly,  
Whatever will benefit and bring them joy;  
And may I hiddenly accept on myself  
All my mothers' troubles and woes.

(8) Through a mind untarnished by stains of conceptions  
Concerning eight passing things, throughout all of this,  
And that knows all phenomena as an illusion,  
May I break free from my bondage, without any clinging.