

## 8 Verses of Thought Transformation

by Geshe Langri Thangpa

1. 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.

2. 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.

3. 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.

4. 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.

5. 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.

6. 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.

7. 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.

8.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.