

*Eight Stanzas for Training the Mind*  
*Gadamba Geshay Langritangba (1054-1123)*

1

*With a determination to accomplish  
The highest welfare for all sentient beings  
Who surpass even a wish-granting jewel  
I will learn to hold them supremely dear.*

2

*Whenever I associate with others I will learn  
To think of myself as the lowest among all  
And respectfully hold others to be supreme  
From the very depths of my heart.*

3

*In all actions I will learn to search into my mind  
And as soon as an afflictive emotion arises  
Endangering myself and others  
Will firmly face and avert it.*

4

*I will learn to cherish beings of ill nature  
And those pressed by strong sins and sufferings  
As if I had found a precious  
Treasure very difficult to find.*

5

*When others out of jealousy treat me badly  
With abuse, slander, and so on,  
I will learn to take all loss  
And offer the victory to them.*

6

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

7

*In short, I will learn to offer to everyone without exception  
All help and happiness directly and indirectly  
And respectfully take upon myself  
All harm and sufferings of my mothers.*

8

*I will learn to keep all these practices  
Undefined by the stains of the eight worldly conceptions  
And by understanding all phenomena as like illusions  
Be released from the bondage of attachment.*