

The Eight Verses of Thought Transformation

ཨཱཾཤེས་ལཱ་མཁས་པའི་དགོ་བཤེས་སྐྱེད་ཅི་ཐང་བ་དོ་རྗེ་སེང་
གེས་མཛད་པའི་སྒོ་སྒྲོང་ཚིགས་བརྒྱད་མ་བཞུགས་སོ།།



by Langri Tangpa Dorje Senghe
Translation by Lama Zopa Rinpoche

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1. DAG NI SEM CHÄN THAM CHÄ LA
YI ZHIN NOR BU LÄ LHAG PÄI
DÖN CHHOG DRUB PÄI SAM PA YI
TAG TU CHE PAR DZIN PAR SHOG

**Determined to obtain the greatest possible benefit
From all sentient beings,
Who are more precious than a wish-fulfilling jewel,
I shall hold them most dear at all times.**

2. GANG DU SU DANG DROG PÄI TSHE
DAG NYI KÜN LÄ MÄN TA ZHING
ZHÄN LA SAM PA THAG PA YI
CHHOG TU CHE PAR DZIN PAR SHOG

**When in the company of others,
I shall always consider myself the lowest of all,
And from the depths of my heart
Hold others dear and supreme.**

3. CHÖ LAM KÜN TU RANG GYU LA
TOG CHING NYÖN MONG KYE MA THAG
DAG ZHÄN MA RUNG CHHE PÄ NA
TSÄN THAB DONG NÄ LOG PAR SHOG

**Vigilant, the moment a delusion appears in my mind,
Endangering myself and others,
I shall confront and avert it
Without delay.**

4. RANG ZHING NGÄN PÄI SEM CHÄN NI
DIG DUG DRAG PÖ NÖN THONG TSHE
RIN CHHEN TER DANG THRA PA ZHIN
NYE PAR KAA PÄI CHE DZIN SHOG

**Whenever I see beings who are wicked in nature
And overwhelmed by violent negative actions and suffering,
I shall hold such rare ones dear,
As if I had found a precious treasure.**

5. DAG LA ZHÄN GYI THRAG DOG GI
SHE KUR LA SOG ME RIG PÄI
GYONG KHA RANG GI LEN PA DANG
GYÄL KHA ZHÄN LA BUL WAR SHOG

**When, out of envy, others mistreat me
With abuse, insults, or the like,
I shall accept defeat
And offer the victory to others.**

6. GANG LA DAG GI PHÄN TAG PÄI
RE WA CHHE WA GANG ZHIG GI
SHIN TU ME RIG NÖ CHE NAANG
SHE NYEN DAM PAR TA BAR SHOG

**When someone whom I have benefited
And in whom I have great hopes
Gives me terrible harm,
I shall regard that person as my holy Guru.**

7. DOR NA NGÖ DANG GYÜ PA YI
PHÄN DE MA NAM KÜN LA BUL
MA YI NÖ DANG DUG NGÄL KÜN
SANG WÄ DAG LA LEN PAR SHOG

**In short, both directly and indirectly,
Do I offer every happiness and benefit to all my mothers.
I shall secretly take upon myself
All their harmful actions and suffering.**

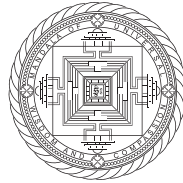
8. DE DAG KÜN KYANG CHHÖ GYÄ KYI
TOG PÄI DRI MÄ MA PAG SHING
CHHÖ KÜN GYU MAR SHE PÄI LÖ
ZHEN ME CHHING WA LÄ DRÖL SHOG

**Unfiled by the stains of the superstitions
Of the eight worldly concerns,
May I, by perceiving all phenomena as illusory,
Be released from the bondage of attachment.**

Colophon:

Extracted from *The Everflowing Nectar of the Mahayana Thought Training Annihilating the Demon of the Self-Cherishing Mind*, by Langri Tangpa Dorje Senghe. Translation by Lama Thubten Zopa Rinpoche at Kopan Monastery, 1980. Lightly edited by Ven. Constance Miller, 1997.

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