



Eight Verses of Mind Training
by Geshe Langri Tangpa

1, All sentient beings are more precious than a wish fulfilling jewel for achieving the highest goal. As such, I cherish them very dearly.

2, Whenever I'm in the company of others, I regard myself as the lowest all. And from the depths of my heart I cherish the others as supreme.

3, I observe all my actions diligently. And when destructive emotions arise, I crush them immediately – before they hurt both me and others.

4. Whenever I encounter ill-natured beings – those overwhelmed by heavy misdeeds – I cherish them as something rare and valuable, like a priceless treasure.

5. Whenever someone does me wrong by attacking or belittling me, I take the defeat upon myself – giving victory to others.

6. Anyone who makes me angry is my TRUE SPIRITUAL TEACHER. As such, I love and cherish them like a Buddha.

7, I offer Meta blessings of well-being to all sentient beings – my mothers – and secretly take upon myself all their faults, hurts and sufferings.

8, I firmly accept it on faith: that all happenings are empty – like illusions – like dreams – without true reality – thus destroying my self-grasping ignorance – the cause of all suffering.

Any of the above 8 Mind Training Dharma Verses will immediately kill all forms of anger. Apply them in BLIND FAITH and starve out all contrary thoughts: that is, thoughts of the Eight (8) Worldly Concerns:, which are: 1, Attachment to getting and keeping material things. 2, Aversion to not getting material things or being separated from them. 3, Attachment to praise, hearing nice words, and feeling encouraged. 4, Aversion to getting blamed, ridiculed, and criticized. 5, Attachment to having a good reputation. 6. Aversion to having a bad reputation. 7, Attachment to sense pleasures in general. 8, Aversion to unpleasant experience.

Meta Blessing: {ESPECIALLY to those whom we are angry.} “I wish all beings 1: physical beauty, 2: love, health and happiness, 3: success, 4: wealth 5: fame, 6: friendships and 7: enlightenment.”

By reading Langri Tangpa's 8 verses on training the mind over and over and memorizing them, eventually they becomes a working part of our consciousness – our Own True Mindfulness. The following is helpful:

MINDFULNESS

by Nyoshul Khen Rinpoche

look into the essence of mind! 1: Mindfulness is the root of the Dharma. 2: Mindfulness is the path's main practice – a fortress for the mind. 3: Mindfulness is an aid to the wisdom of self-knowing Rigpa [Non dual awareness]. 4: Mindfulness is a support for Mahamudra, Dzogchen and Madhyamaka and Vedanta.

1: Lacking mindfulness, we're overcome by negative forces. 2: Lacking mindfulness, we're beset by laziness. 3: Lacking mindfulness, we commit every wrong.

4: Lacking mindfulness, we fail to accomplish our aims.

1: Mindless is like a pile of shit! 2: Mindlessness—it's like fishing on dry land! 3: Mindlessness—it's like a heartless corpse!

Make your mindfulness secure, my friends! Through the heartfelt intentions of the precious teachers, may we come now to recognize our own true mindfulness!

Offered by the terrible monk called Jamyang