

Eight Verses of Thought Transformation

Blo-sbyong tsig-brgyad-ma



Langri Tangpa Dorje Senghe

Lojong - translated by Lama Zopa Rinpoche



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





Wherever I am and whoever I am with,
I always consider myself the lowest of all,
And from the depths of my heart
Hold others dear and supreme.



3

In all actions, I examine my mental continuum
And the minute a delusions arises,
Since it endangers myself and others,
I forcefully confront and avert it.





Whenever I see sentient beings who are wicked
in nature

And overwhelmed by negative actions and
heavy suffering,

I hold such rare ones dear,

As if I had found a precious treasure.



5

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





When someone whom I have benefited
And in whom I have great hopes
Gives me terrible harm,
I regard them as my virtuous friend.





In short, both directly and indirectly,
I offer every happiness and benefit to all my mothers.
I secretly take upon myself
All their harms and sufferings.





Also, I do not defile all these practices

By the stains of the superstitions of the eight
worldly concerns

And by knowing all phenomena to be illusory,

Without trusting in them, I am freed from bondage.





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 lab

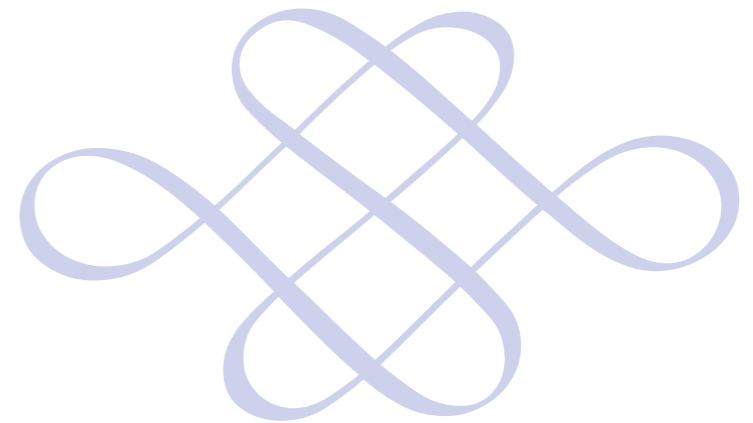
*Determined to obtain the greatest possible benefit
From all sentient beings,
Who are more precious than a wish-fulfilling jewel,
I hold them most dear at all times.*





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 lab

*Wherever I am and whoever I am with,
I 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 je pä na
tsän thab dong nä dog par lab

*In all actions, I examine my mental continuum
And the minute a delusions arises,
Since it endangers myself and others,
I forcefully confront and avert it.*



A large, light gray, stylized letter 'A' with a cursive, flowing design, positioned in the upper left corner of the page.

rang zhin ngän päi sem chän ni
dig dug drag pö nön thong tshe
rin chhen ter dang thrä pa zhin
nye par ka wä che dzin lab

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





dag la zhän gyi thrag dog gi

she kur la sog mi rig päi

gyong kha rang gi len pa dang

gyäl kha zhän la bül war lab

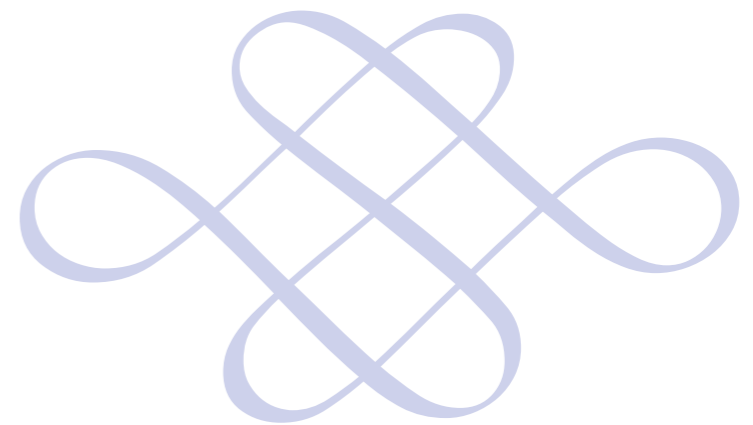
*When, out of envy, others mistreat me
With abuse, insults, or the like,
I accept defeat
And offer the victory to others.*





gang la dag gi phän tag pam
re wa chhe wa gang zhig gi
shin tu mi rig nö je nang
she nyen dam par ta war lab

*When someone whom I have benefited
And in whom I have great hopes
Gives me terrible harm,
I regard them as my virtuous friend.*





dor na ngö dang gyü pa yi
phän de ma nam kün la bül
ma yi nö dang dug ngäl kün
sang wä dag la len par lab

*In short, both directly and indirectly,
I offer every happiness and benefit to all my mothers.
I secretly take upon myself
All their harms and sufferings.*





de dag kün kyang chhö gyä kyi
tog päi dri mä ma bag shing
chhö kün gyu mar she päi lö
zhen me chhing wa lä dröl lab

*Also, I do not defile all these practices
By the stains of the superstitions of the eight worldly concerns
And by knowing all phenomena to be illusory,
Without trusting in them, I am freed from bondage.*



Colophon

This rendition of Kadampa Geshe Langri Thangpa's Eight Verses of Thought Transformation (blo sbyong tshigs brgyad ma) was translated by Lama Zopa Rinpoche in *Everflowing Nectar of Bodhicitta*, Portland: FPMT Inc., 2008, 7–9. Verse 2 amended by Lama Zopa Rinpoche at Land of Medicine Buddha, Soquel, USA, 2015. Verses 3, 4, and 8 amended by Lama Zopa Rinpoche at Chag Tong Chen Tong Centre, Hobart, Australia, 2018. Changes input by Ven. Ailsa Cameron and Ven. Joan Nicell, in consultation with Joono Repo, FPMT Translation Services, 2018. Approved by Lama Zopa Rinpoche, 2019.

Notes

In some Tibetan versions each verse ends with shog (Tib. shog), meaning “May I,” while in others each verse ends with lab (Tib. bslab), meaning “I will practice” or “I will train.” The latter version is included here as this is Lama Zopa Rinpoche's preference (*Light of the Path*, North Carolina, USA, 2009 and 2014). Since Rinpoche said that it is even better to say “I am going to do it,” bslab was originally translated simply as “I will.” However, in 2019 Lama Zopa Rinpoche amended “I will” to the present tense, saying that “I will” makes it sound as if one will only do these practices in the future.

