

The Eight Verses of Thought Transformation

ཨྲ།བཀའ་གདམས་པའི་དག་བཤེས་སྐྱང་རི་ཐང་པ་རྩོ་རྩེ་སེང་
གས་མཛད་པའི་སྐོ་སྐྱོང་ཚིགས་བརྒྱད་མ་བཞུགས་སོ།།



Foundation for the Preservation of the Mahayana Tradition

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FPMT Education Services



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The Eight Verses of Thought Transformation

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

**Undeified 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.