

Eight Verses of Thought Transformation

With the thought of attaining enlightenment
For the welfare of all beings,
Who are more precious than wish-fulfilling jewels,
I will constantly practice holding them dear.

Whenever I am with others
I will practice seeing myself as the lowest of all,
And from the very depths of my heart
I will recognize others as supreme.

In all actions I will examine my mind and
The moment a delusion arises
Endangering myself and others,
I will firmly confront and avert it.

Whenever I meet a person of bad nature
Who is overwhelmed by negative energy and intense suffering,
I will hold such a rare one dear,
As if I had found a precious treasure.

When others, out of jealousy,
Mistreat me with abuse, slander and scorn,
I will practice accepting defeat
And offering the victory to them.

When someone I have benefited
And in whom I have placed great trust
Hurts me very badly,
I will practice seeing that person as my supreme teacher.

In short, I will offer directly and indirectly
Every benefit and happiness to all beings, my mothers.
I will practice in secret taking upon myself
All their harmful actions and suffering.

Through perceiving all phenomena as illusory
I will keep these practices
Undeiled by the stains of the eight worldly concerns,
And, free from clinging, I will release all beings
From the bondage of the disturbing unsubdued mind and karma.

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With a determination to achieve the highest aim
For the benefit of all sentient beings
Which surpasses even the wish-fulfilling gem,
May I hold them dear at all times.

Whenever I interact with someone,
May I view myself as the lowest amongst all,
And, from the very depths of my heart,
Respectfully hold others as superior.

In all my deeds may I probe into my mind,
And as soon as mental and emotional afflictions arise-
As they endanger myself and others-
May I strongly confront them and avert them.

When I see beings of unpleasant character
Oppressed by strong negativity and suffering,
May I hold them dear-for they are rare to find-
As if I have discovered a jewel treasure!

When others, out of jealousy
Treat me wrongly with abuse, slander, and scorn,
May I take upon myself the defeat
And offer to others the victory.

When someone whom I have helped,
Or in whom I have placed great hopes,
Mistreats me in extremely hurtful ways,
May I regard him still as my precious teacher.

In brief, may I offer benefit and joy
To all my mothers, both directly and indirectly,
May I quietly take upon myself
All hurts and pains of my mothers.

May all this remain undefiled
By the stains of the eight mundane concerns;
And may I, recognizing all things as illusion,
Devoid of clinging, be released from bondage.