

## **the Eight Verses of Transforming the Mind - Atisha's classic of Lojong**

### 1st verse

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

### 2nd verse

**Whenever I am with others  
I will practice seeing myself as the lowest of all,  
And from the very depth of my heart  
I will respectfully hold others as supreme.**

### 3rd verse

**May I examine my mind in all actions  
And as soon as a negative thought occurs,  
Since it endangers myself and others  
May I firmly face and avert it.**

### 4th verse

**When I see beings of negative disposition  
Or those oppressed by negativity or pain,  
May I, as if finding a treasure, consider them precious,  
For they are rarely met.**

### 5th verse

**Whenever others, due to their jealousy,  
Reville and treat me in others unjust ways,  
May I accept this defeat myself,  
And offer the victory to others.**

### 6th verse

**When someone whom I have helped  
Or in whom I have placed great hope  
Harms me with great injustice,  
May I see that one as a sacred friend.**

### 7th verse

**In short may I offer both directly and indirectly,  
All joy and benefit to all beings, my mothers,  
And may I myself  
Secretly take on all of their hurts and suffering.**

### 8th verse

**May they not be defiled by the concepts  
Of the eight mundane concerns,  
And aware that all things are illusory,  
May them, ungrasping, be free from bondage**