

The Eight Verses of Thought Transformation

By His Holiness the Dalai Lama

First Verse of Thought Transformation



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

Second Verse of Thought Transformation

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.



Third Verse of Thought Transformation

Vigilant, the moment a delusion appears in my mind, endangering myself and others, I shall confront and avert it without delay.



Eight Verse of Thought Transformation

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.

*The eight worldly (or mundane) concerns are:
Material Gain / Material Loss
Praise / Blame Acceptance / Rejection
Pleasurable Sensory Stimulation / Unpleasant*



The Eight Verses of Thought Transformation, a text by the Kadampa Geshe Langri Tangpa, explains the Paramitayana practice of method and wisdom:

The first seven verses deal with method—loving kindness, And eight verse deals with bodhicitta—wisdom.

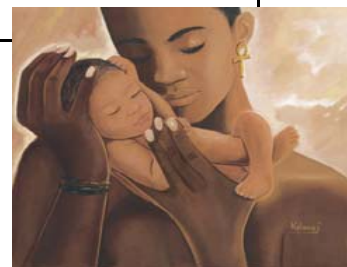
Fourth Verse of Thought Transformation

Whenever I see beings that 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.



Seven Verse of Thought Transformation

In short, both directly and indirectly, I offer every happiness and benefit to all my mothers. I shall secretly take upon myself all their harmful actions and suffering.



Six Verse of Thought Transformation

When somebody whom I have benefited and in whom I have great hopes gives me terrible harm, I shall regard that person as my holy guru.



Fifth Verse of Thought Transformation

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

