

Khensur Lobsang Delek Rinpoche

# “EIGHT VERSES FOR TRAINING THE MIND”

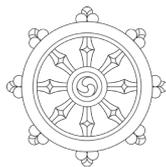
by Geshe Langri Thangpa



I SAVED A LIFE

# Contents

GESHE LANGRI THANGPA.....	3
EIGHT VERSES OF TRAINING THE MIND .....	5
LE OTTO STROFE DELLA TRASFORMAZIONE DEL PENSIERO .....	7
I SAVED A LIFE .....	9



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**Khensur Lobsang Delek Rinpoche**  
**Teaching on “Eight Verses for Training the Mind”**  
**by Geshe Langri Thangpa**

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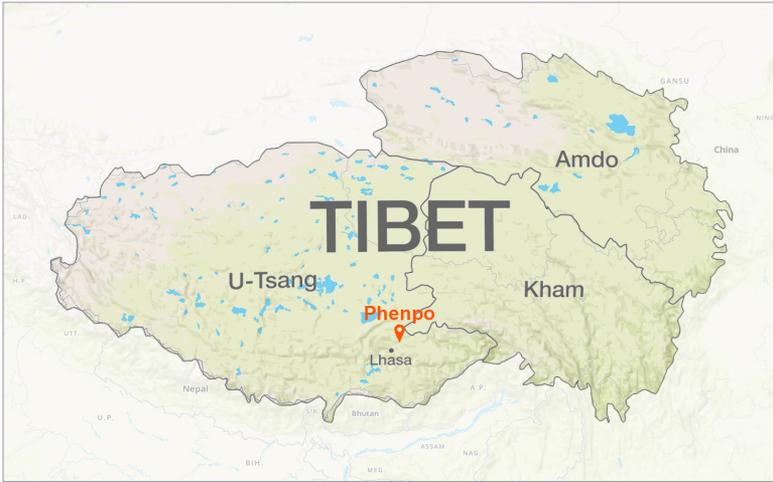
# Geshe Langri Thangpa

**G**eshe Langri Thangpa (ལྷན་རི་ཐང་པ།) (1054–1123) is an important figure in the lineage of the Kadampa and Gelug schools of Tibetan Buddhism. He was born in Phenpo (the land of the Kadampas), as Dorje Senge (ཏོ་རྟེ་སེང་གེ།). His name derives from Langtang, the area in which he is said to have lived. He was a Kadampa master, and disciple of Potowa Rinchen Sel.



Kyabjé Trulshik Rinpoche says:

Among the Kadampa masters, there was one called Geshe Langri Thangpa, who was an incredible teacher and a really great master. He is said to have set the standard for meditation on the defects of samsara. In fact, he was even known as ‘Langthangpa Gloomy Face,’ because he never ever smiled. Except, that is, on one occasion when a mouse tried to move a piece of turquoise on his mandala plate.



The mouse was trying desperately to push the turquoise but could not manage, so he called over another mouse to come and help him and together they tried to move it. That made Langri Thangpa smile, it is said, but apart from that, he had a permanently gloomy expression, and so people used to call him “gloomy face.” Once, it is said, his attendant told him how people were calling him “gloomy face” because he never smiled, and he replied, “When I think about all the endless suffering in the different realms of samsara, how could I ever possibly smile?”



# Eight Verses of Training the Mind

*by Geshe Langri Thangpa*

By thinking of all sentient beings  
As more precious than a wish-fulfilling jewel  
For accomplishing the highest aim,  
I will always hold them dear.

Whenever I'm in the company of others,  
I will regard myself as the lowest among all,  
And from the depths of my heart  
Cherish others as supreme.

In my every action, I will watch my mind,  
And the moment destructive emotions arise,  
I will confront them strongly and avert them,  
Since they will hurt both me and others.

Whenever I see ill-natured beings,  
Or those overwhelmed by heavy misdeeds or suffering,  
I will cherish them as something rare,  
As though I'd found a priceless treasure.

Whenever someone out of envy  
Does me wrong by attacking or belittling me,  
I will take defeat upon myself,  
And give the victory to others.

Even when someone I have helped,  
Or in whom I have placed great hopes  
Mistreats me very unjustly,  
I will view that person as a true spiritual teacher.

In brief, directly or indirectly,  
I will offer help and happiness to all my mothers,  
And secretly take upon myself  
All their hurt and suffering.

I will learn to keep all these practices  
Untainted by thoughts of the eight worldly concerns.  
May I recognize all things as like illusions,  
And, without attachment, gain freedom from bondage.

*Rigpa Translations. Revised 2012.*



# Le otto strofe della Trasformazione del Pensiero

*di Geshe Langri Thangpa*

Le otto strofe della Trasformazione del Pensiero  
Poichè sono determinato a ottenere  
il massimo benessere per tutti gli esseri,  
che sono superiori alla gemma  
che esaudisce i desideri  
avrò costantemente cura di loro che di me stesso.

Quando sono in compagnia di altre persone,  
considererò me stesso come il meno importante,  
e nel profondo del cuore mi prenderò cura di loro,  
come se fossero gli esseri più elevati.

Esaminando con attenzione la mia mente,  
in tutte le azioni che compio  
affronterò ed eliminerò al suo primo apparire  
ogni difetto mentale,  
prima che possa nuocere a me stesso e agli altri.

Quando devo affrontare un essere malvagio  
preda di intense sofferenze e gravi mancanze,  
mi terrò caro un simile individuo, così raro a trovarsi,  
come se avessi scoperto un prezioso tesoro.

Quando altri, dominati dalla gelosia,  
mi maltrattano, mi insultano e così via,  
accetterò le loro dure parole  
e offrirò loro la vittoria.

Quando qualcuno che ho aiutato  
e in cui ho riposto grandi speranze  
mi infligge un danno estremamente grave,  
considererò costui il mio supremo maestro spirituale.

In breve, offrirò i benefici e la felicità  
a tutte le madri esseri senzienti,  
sia in questa vita sia nelle future,  
e in segreto prenderò su di me  
ogni male e ogni sofferenze delle mie madri.

Inoltre, non avendo contaminato tutto ciò  
con le impurità degli otto sentimenti (mondani),  
e percependo ogni fenomeno come illusorio,  
privo di attaccamenti mi libererò  
dalla schiavitù (dell'esistenza condizionata).

*Testo tratto da 'Cambiare la mente, consigli di un maestro spirituale',  
di Ghesce Rabten e Ghesce Dharghie, Edizione Chiara Luce.*



# I Saved A Life



There are nearly 26 million refugees around the world who are denied a nationality through no fault of their own, and thus are being withheld basic resources like education, proper nutrition, and tools to live a healthy lifestyle. This problem has been proliferated in the midst of the COVID-19 pandemic making it extremely hard for these people to find work and support their families in their already dire circumstances. When parents are responsible for feeding their children with less than €4.70 a day (and in many cases, their own parents as well), the challenge is real.

Our goal is to offset this imbalance by directly providing these essential needs not just to refugees but to everyone in their neighboring communities that experience the same harsh inequities. Across India, we

are already underway with our Almsgiving Campaign, distributing healthy food supplies to Tibetan refugees and Indians in need in Bylakuppe, India and in the adjacent Indian villages of Doddaharve, Lakshimpura and Handigudda.

Our Almsgiving Campaign is currently on place to help 1,000 families by this Christmas, with an ambitious overall campaign goal to provide food for over 100,000 families. And while providing food is our first step for helping these communities, we are also now beginning fundraising for building Community Centers in these areas. We believe a healthy lifestyle is just as much about being active and happy as it is being nutritiously fed.

Join us now in our Almsgiving Campaign to directly make an impact. For €25, you can provide a month's worth of basic food supplies to one family. Join our monthly giving community, and give the gift of food all year around.

When compassion is met with action, true impactful change can happen.



**I SAVED A LIFE**