

[Eight Verses for Developing the Good Heart (Blo-sbyong tsigs brgyad-ma) by the Diamond Lion, Dorje Senge of Langri Tang (1054-1123).]

* , , BKA' GDAMS PA'I DGE BSHES GLANG RI THANG PA RDO RJE SENG
GES MDZAD PA'I BLO SBYONG TSIG BRGYAD MA ZHUGS SO , , , ,

**Eight Verses for Developing the Good Heart,
written by the Kadampa Geshe named Diamond Lion,
from the Plains of Langri**

* , , BDAG NI SEMS CAN THAMS CAD LA , YID BZHIN NOR BU LAS LHAG
PA'I , DON MCHOG SGRUB PA'I BSAM PA YIS , RTAG TU GCES PAR 'DZIN
PAR

(1)

May I think of every living being
As more precious than a wish-giving gem
For reaching the ultimate goal,
And so always hold them dear.

SHOG,GANG DU SU DANG 'GROGS PA'I TSE , BDAG NYID KUN LAS
DMAN BLTA ZHING , , GZHAN LA BSAM PA THAG PA YIS , MCHOG TU
GCES PAR 'DZIN PAR

(2)

When I'm with another, wherever we are,
May I see myself as the lowest.
May I hold the other as highest,
From the bottom of my heart.

SHOG,SPYOD LAM KUN TU RANG RGYUD LA , RTOG CING NYON
MONGS SKYES MA THAG,BDAG GZHAN MA RUNGS BYED PAS NA,
,BTZAN THABS GDONG NAS BZLOG PAR

(3)

As I go through the day may I watch my mind,
To see if a negative thought has come;

If it does may I stop it right there, with force,
Since it hurts myself and others.

SHOG,RANG BZHIN NGAN PA'I SEMS CAN NI, ,SDIG SDUG DRAG POS
NON MTHONG TSE, ,RIN CHEN GTER DANG 'PHRAD PA BZHIN, ,RNYED
PAR DKA' BAS GCES 'DZIN

(4)

At times I will meet bad people,
Tormented by strong bad deeds and pain.
They are hard to find, like a mine of gold;
And so may I hold them dear.

SHOG,BDAG LA GZHAN GYIS PHRAG DOG GIS, ,GSHE SKUR LA SOGS MI
RIGS PA'I, ,GYONG KHA RANG GIS LEN PA DANG , ,RGYAL KHA GZHAN
LA 'BUL BAR

(5)

Some jealous person might do me wrong,
Insult me, or something of the like;
May I learn to take the loss myself,
And offer them all the gain.

SHOG,GANG LA BDAG GIS PHAN BTAGS PA'I, ,RE BA CHE BA GANG ZHIG
GIS, ,SHIN TU MI RIGS GNOD BYED NA'ANG , ,BSHES GNYEN DAM PAR
BLTA BAR

(6)

There may be times when I turn to someone
With every hope they'll help me,
And instead they do me great wrong;
May I see them as my holy guide.

SHOG,MDOR NA DNGOS DANG BRGYUD PA YIS, ,PHAN BDE MA RNAMS
KUN LA 'BUL, ,MA YI GNOD DANG SDUG BSNGAL KUN, ,GSANG BAS
BDAG LA LEN PAR

(7)

In brief may I give all help and joy
To my mothers, directly or some other way;
May I take all the hurt and pain of my mothers
In secret upon myself.

SHOG,DE DAG KUN KYANG CHOS BRGYAD KYI, ,RTOG PA'I DRI MAS MA
SBAGS PAR, ,CHOS RNAMS SGYU MAR SHES PA YIS, ,ZHEN PA'I 'CHING
BA LAS GROL

(8)

May none of this ever be made impure
By the eight ideas of things;
May I see all things are illusion, and free
Myself from the chains of attachment.