

The Mind Training in Eight Verses

— Langri Thangpa —

1 Dani Semchen Thamche la

For the sake of all Sentient Beings,

Yishe Norbu le lhak pe

who excel even the Wish-fulfilling Jewel,

Doenchok druppe sampa yi

may I always wish to attain enlightenment

Taktu chepar dzinpar sho

and constantly cherish them all.

2 Kangdu sutang drokpe tse

Whenever I am with others,

Danyi kuenle menta shing

May I regard myself as inferior to all

Shenla sampa takpa yi

And, from the depth of my heart

Choktu chepar dzinpar sho

Cherish and hold them supreme!

3 Choelam kuentu ranggyu la

In all activities, may I examine my mind,

Tokching nyoen-mong kyema tak

And as soon as conflicting emotions arise,

Dashen marung chepe na

Endangering myself and others,

Tsentab tongne dokpar sho

May I firmly face and avert them!

4 Rangshin ngenpe semchen ni

Whenever I see and evil being,

Dikduk trakpoe noentong tse

Overwhelmed by intense negativity and suffering,

Rinchen tertang trepa shin

May I cherish him as something rare,

Nyepar kawe chedzin sho

As if I had chanced upon some priceless treasure!

5 Dala shen-kyi trak-dok ki

When others, out of envy,

Shekur lasok mirik pe

Mistreat me, with slander and abuse,

Kyongka rangki lenpa tang

May I take defeat upon myself

Gyelka shenla phulwar sho

And offer the triumph to others!

6 Kang la daki phentak pe

When someone whom I have helped

Rewa chewa kangshik ki

With much hope and expectation

Shintu mirik noeche naang

Hurts me, deeply and unjustifiably,

Shenyen dampar tawar sho

May I regard him as my sublime master!

7 Dorna ngoetang gyuepa yi

In short, may I, directly and indirectly,

Pende manam kuenla bul

Offer happiness and peace to all my mothers;

Mayi noetang duk-ngel kuen

All their evil and suffering

Sangwe dhala lenpar sho

My I secretly take upon myself

8 Dedak kuenkyang choegye kyi

In all this, may my mind be unstained

Tokpe trime mabak shing

By the eight ordinary concerns

Choekuen gyumar shepe lo

And know all things to be illusion

Shenme chingwa ledroel sho

Free of clinging, may I attain liberation from bondage!

ଓঁ। শ্ৰীকৃষ্ণকেৰ একুদেৱ একুশণাৰ্থ ।

ପଦଶ'କି'ଶେଶଶ'ତନ'ଶେଶଶ'ତନ'ପା ।
 ପିନ'ଶବ୍ଦି'କେନ'ତୁ'ଶେଶଶ'ଶେଶଶ'ପା ।
 ତନ'ଶବ୍ଦି'କୁଣ'ଶେଶଶ'ପା'ଶେଶଶ'ପା ।
 ତନ'ଶବ୍ଦି'କୁଣ'ଶେଶଶ'ପା'ଶେଶଶ'ପା ।

ସୁର୍ଯ୍ୟକୁ ପାଦରେ ଦେଖିବା ପାଇଁ
ପାଦରେ ଦେଖିବା ପାଇଁ ପାଦରେ ଦେଖିବା ପାଇଁ
ପାଦରେ ଦେଖିବା ପାଇଁ ପାଦରେ ଦେଖିବା ପାଇଁ
ପାଦରେ ଦେଖିବା ପାଇଁ ପାଦରେ ଦେଖିବା ପାଇଁ

ଓঁ শন্তি পদ্মা শীশা শৰ্ক পদ্মশন্তি ।
সে সঁ ক্ষে প শন্তি ক্ষে শীশা ।
শ্রী কৃষ্ণ রে শন্তি শর্ক পদ্ম পদ্ম ।
শৰ্ক পদ্ম পদ্ম পদ্ম পদ্ম পদ্ম ।

ମୁଦ୍ରଣ ପ୍ରକାଶକ ପ୍ରକାଶକାଳୀନ କବିତା ।
କବିତା ପରିଚୟ ମୁଦ୍ରଣ ପରିଚୟ ।
କବିତା ପରିଚୟ ମୁଦ୍ରଣ ପରିଚୟ ।
କବିତା ପରିଚୟ ମୁଦ୍ରଣ ପରିଚୟ ।

ଲେଖା-ଦ୍ୱାରା କରିବାକୁ ପରିବର୍ତ୍ତନ ହେଲା ।