

Eightway Freedom

The Eight Verses on Transforming Mind – Tibetan Origin

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1. With a determination to achieve aim, high tall
For the benefit of sentient beings, all
which surpasses even the high fulfilling gem,
Dear at all times, may I hold them.
2. Whenever I interact with any one
May I view myself, amongst all, as lowest one
And from very depths of my heart
Hold others with respect as superior, great.
3. In all my deeds may I probe my mind
As soon as emotional afflictions arise in mind
As they endanger myself and others in any front
May I strongly confront them and avert.
4. When I see beings of character unpleasant
Oppressed by strong suffering and negative intent
As they are by rare to find, May I hold them dear
As if have discovered a jewel treasure.
5. When others out of Jealousy and hate towards me
Wrongly abuse, slander and scorn me
May I take upon myself, defeat
And offer others victory, treat.
6. When some one, I have helped whom
When some one, I have placed great hopes on whom
He treats me in extremely hurt full ways
May I regard them as my precious teaching always.
7. In brief may I offer benefit, joy, happiness all
Both directly and indirectly, to my relatives all
May I quietly take on myself hurts all
And pains from my relatives all.
8. May all this remain unaffected at all
By the stains of eight mundane concerns all
All may I, recognising all things as illusion
Being devoid of clinging be released and attain liberation.

EIGHT WAY FREEDOM

I. Wishing well for everyone

To others well being, let me intend
To be of service to others, let me extend.

II. Holding others high

Let me place myself low
So that I can grow, know and glow

III. Purifying own mind

Let me observe, witness my mind
Removing negative feelings, let it be harmonious mind.

IV. Offering positive for negative

When anyone hurts me
Helpful let me be.

V. Victory and defeat

When aggressiveness attacks me
As humble receiver, let me be.

VI. Pain as reward

Really temporary are pain and gain
Let me absorb the pain and self-peace; attain.

VII. Joy and bliss

Let me offer all the gains
Let me receive all the pains.

VIII. Liberation

Good, bad all let me release
Being free in liberation let me be at ease.

***THIS IS THAT
THIS (LIBERATION) IS THAT (LIGHT)***