

修 心 八 頌  
Xiū Xīn Bā Sòng

LOJONG: EIGHT VERSES OF TRAINING THE MIND

1. 願 視 諸 有 情  
Yuàn Shì Zhū Yǒu Qíng  
May I perceive every sentient being
- 猶 勝 如 意 寶  
Yóu Shèng Rú Yì Bǎo  
As more precious than a wish-fulfilling gem,
- 精 進 究 竟 行  
Jīng Jìn Jiū Jìng Xíng  
In order to accomplish the most supreme goal,
- 恆 懷 愛 惜 顧  
Héng Huái Ài Xī Gù  
I will always cherish them.
2. 隨 緣 結 伴 交  
Suí Yuán Jié Bàn Jiāo  
Whenever I am in the company of others,
- 思 己 至 低 劣  
Sī Jǐ Zhì Dī Liè  
May I regard myself as the lowest amongst all,
- 誠 心 惜 眾 生  
Chéng Xīn Xī Zhòng Shēng  
And with utmost sincerity
- 恆 視 極 品 勝  
Héng Shì Jí Pǐn Shèng  
Always hold them as supreme.
3. 身 行 心 自 觀  
Shēn Xíng Xīn Zì Guān  
Watching my mind in all that I do,
- 念 亂 煩 萌 動  
Niàn Luàn Fán Méng Dòng  
As soon as any afflictions arise
- 危 殆 自 他 損  
Wēi Dài Zì Tā Sǔn  
Which harm myself and others,
- 疾 斷 令 驅 消  
Jí Duàn Líng Qū Xiāo  
May I drive them out immediately.
4. 性 邪 惡 有 情  
Xìng Xié È Yǒu Qíng  
Whenever I see beings of non-virtue
- 劇 疾 茹 苦 辛  
Jù Jí Rú Kǔ Xīn  
Overwhelmed by heavy misdeeds and suffering,
- 遇 思 珍 寶 獲  
Yù Sī Zhēn Bǎo Huò  
As if I had discovered a precious treasure,
- 恆 願 愛 重 惜  
Héng Yuàn Ài Zhòng Xī  
May I cherish them as something rare.

5. 嫉 恨 他 心 起  
Jí Hèn Tā Xīn Qǐ  
Whenever someone out of deep jealousy

辱 罵 誹 謗 已  
Rù Mǎ Fěi Bàng Jǐ  
Abuses and belittles me,

虧 損 吾 甘 受  
Kuī Sǔn Wú Gān Shòu  
May I accept all loss,

捷 勝 獻 他 人  
Jié Shèng Xiàn Tā Rén  
And offer all victory to them.

6. 彼 昔 益 惠 濟  
Bǐ Xī Yì Huì Jì  
Whenever someone I have helped,

祈 盼 厚 望 存  
Qí Pàn Hòu Wàng Cún  
Or whom I have placed great hopes in,

然 而 陷 害 加  
Rán Ér Xiàn Hài Jiā  
Instead mistreats or even harms me,

視 彼 善 導 師  
Shì Bǐ Shàn Dǎo Shī  
May I view that person as a great spiritual  
teacher.

7. 直 截 迂 迴 確  
Zhí Jié Yū Huí Què  
In brief, directly or indirectly,

利 樂 施 有 情  
Lì Lè Shī Yǒu Qíng  
May I offer help and joy to motherly sentient  
beings,

彼 苦 煩 惱 患  
Bǐ Kǔ Fán Nǎo Huàn  
All their harm and suffering,

願 密 受 取 行  
Yuàn Mì Shòu Qǔ Xíng  
May I secretly take upon myself.

8. 願 悉 善 德 業  
Yuàn Xī Shàn Dé Yè  
May these practices of virtue

不 染 八 風 垢  
Bú Rǎn Bā Fēng Gòu  
Be untainted by the eight worldly concerns,

智 悟 法 如 幻  
Zhì Wù Fǎ Rú Huàn  
May I recognise all phenomena to be illusory

執 盡 解 脫 行  
Zhí Jìn Jiě Tuō Xíng  
And be liberated from the bonds of attachment.