

Eight Verses on Mind Training

Chekawa (1101-75)

1. With the wish to achieve the highest aim,
Which surpasses even a wish-fulfilling gem,
I shall train my self to cherish sentient beings
As supreme, at all times.
2. Whenever I interact with others,
I will view myself as inferior to all,
And I will train myself
To hold others superior from the depths of my heart,
3. During all my activities I will probe my mind,
And as soon as an affliction arises-
Since it endangers myself and others-
I will train my self to confront it directly and avert it.
4. When I encounter beings for unpleasant character
And those oppressed by intense negative karma and suffering,
As though finding a treasure of precious jewels,
I will train myself to cherish them, for they are so rarely found.
5. When others of jealousy
Treat me wrongly with abuse and slander,
I shall train to take the defeat upon my self
And offer the victory to others.
6. Even if one whom I have helped
Or in whom I have placed great hope,
Gravely mistreats me in hurtful ways,
I will train myself to view him as my sublime teacher.
7. In brief, I will train myself to offer benefit and joy
To all my mothers, both directly and indirectly,
And respectfully take upon myself
All the hurts and pains of my mothers.
8. By ensuring that all this remains undefiled
From the stains of the eight mundane concerns,
And by understanding all things as illusions,
I will train myself to be free of the bondage of clinging.

修睿八頌

金剛獅子大善友著

吾乃對於諸具心
是較如意寶更勝
以辦最勝義之想
於勝持珍愛而學

於何與誰為伴時
視己諸中為卑劣
並且於他從內心
以敬持為勝而學

於諸行為察己續
且生煩惱便立即
令自他作惡毒時
頓時從始遮而學

以秉性惡之具心
及猛罪苦逼迫時
猶如值遇珍寶藏
難得故持惜而學

以他於我以嫉妒
責罵謗等非理之
失敗由我自己取
勝利奉獻他而學

於何被吾己利之
懷大希望若以彼
至極無理作傷害
亦視勝親友而學

總之直或間接之
利樂無餘獻於諸
母之害及痛苦皆
己以恭敬取而學

彼等悉皆亦不被
八法思想垢沾染
而以知諸法為幻
從貪婪繫脫而學

English translated by Thupten Jinpa

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