

Developing the Good Heart

ACI Course 14

Eight Verses for
Developing the Good Heart

Lo Jong

ལོ་ལོང་།

ལོང་། -- mind

ལོང་། -- to purify, to clean

Developing the Good Heart

Name of Text

བཀའ་གདམས་པའི་དགེ་བཤེས་གླང་རི་བྱང་པ་དོ་རྗེ་སེང་གེ་མཛད་པའི་ལྷོ་ལྷོང་ཚིག་
བརྒྱད་མ་ཉུག་མ་མོ།

བཀའ་གདམས་པ་ (*ka-dam-pa*) – early monks in Tibet

དགེ་བཤེས་ (*ge-shey*) – spiritual friend

གླང་རི་བྱང་པ་ (*lang-ri tang-pa*) – the Plains of Lang-ri

དོ་རྗེ་སེང་གེ་ (*dorje seng-ge*) – Diamond Lion

མཛད་ (*dzë*) – wrote, composed

ལྷོ་ལྷོང་ (*lo jong*) – Lo Jong

ཚིག་ (*tsik*) – word, phrase; here it means verse.

བརྒྱད་ (*gyë*) – eight

མ་ (*ma*) – feminine ending, signifying wisdom

Name of Text

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

Compendium ... Developing the Good Heart

ལོ་ལྷོང་གྲུ་རྩུ། (*lo jong gya-tsa*)

A Compendium of Texts on Developing the Good Heart

by

མུ་ཅན་ཀོན་ཅོག་རྒྱལ་མཚན། (*mü-chen kön-chok gyäl-tsen*)

14th Century

Our Guide

ལྷང་སྐྱེ་ངག་དབང་ལྷོ་བཟང་ཚོས་ལྷན།

(chang-kya nga-wang lo-sang chö-dën)

Changkya Rinpoche (1642-1714)

ཤུང་ལྷུབ་སེམས་སྤྱོད་། *(jang-chub sems-jong)*

Verse 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.

Verse 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.

Verse 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.

Verse 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.