



## Eight Verses for Training the Mind

*Geshe Sonam Rinchen*

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# Eight Verses for Training the Mind

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## **Eight Verses for Training the Mind** Geshe Sonam Rinchen

How do we free ourselves from the demon of self-concern? These instructions are found in *Eight Verses for Training the Mind*, one of the most important texts from a genre of Tibetan spiritual writings known as *lojong* (literally "mind training"). The root text was written by the eleventh-century meditator Langritangpa. His Holiness the Dalai Lama refers to this work as one of the main sources of his own inspiration and includes it in his daily meditations.

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