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is covered in a
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Introduction by
Lama Thubten
Zopa Rinpoche;
in the
transcribed
talks the Dalai
Lama explores
many of its te
The Dalai Lama

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of the Eight
Lama
verses on
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Mind it is
helpful to
recite the
following verses
for generating
the mind for
enlightenment.
Practicing
Buddhists should
recite the

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Lama
reflect upon the
meaning of the
words, while
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altruism and
compassion.

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Enlightenment |
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Enlightenment.

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five verses are
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Mind by His
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His Holiness the
Dalai Lama~~

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Lama teaches on
transforming the
mind on his
first day in
Japan. Share.

Yokohoma, Japan,
4 November 2012
- On the first
day of his first
visit to Japan
in 2012, His
Holiness enjoyed
a few brief
audiences, then

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took a brief
drive to the
Pacífico
Yokohama
Exhibition Hall,
in Yokohama, to
deliver a talk
on Geshe
Langri's "Eight
Verses on
Transforming the
Mind" before
more than 6000
people.

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~~Lama~~
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1 Training the
Mind: Verse 2
Training the
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Mind: Verse 7 |
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extensive
commentaries on
the Tantras and
over a thousand
mystical poems
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attainment of
human happiness
through self-
understanding,
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and, as the
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Lama
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is at his best
when he talks
about
transforming
ourselves
through
altruism, and
the importance
of following a
spiritual
teaching because
of one's own

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short work by
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Based on three days of teaching in London May 1999, this book is an edited version of the Dalai Lama's discourse on one of the most profound and

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sacred texts in
the Tibetan
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