

Generating the Mind for Enlightenment

For those who admire the spiritual ideals of the Eight verses on Transforming the Mind, it is helpful to recite the following verses for generating the mind for enlightenment.

Practicing Buddhists should recite the verses and reflect upon the meaning of the words, while trying to enhance their altruism and compassion. Those of you who are practitioners of other religious traditions can draw from your own spiritual teachings, and try to commit yourselves to cultivating altruistic thoughts in pursuit of the altruistic ideal.

***With a wish to free all beings
I shall always go for refuge
to the Buddha, Dharma and Sangha
until I reach full enlightenment.***

***Enthused by wisdom and compassion,
today in the Buddha's presence
I generate the Mind for Full Awakening
for the benefit of all sentient beings.***

***As long as space endures,
as long as sentient being remain,
until then, may I too remain
and dispel the miseries of the world.***