## Introduction

*1. Those who wish to keep a rule of life*

 *Must guard their minds in perfect self-possession.*

 *Without this guard upon the mind,*

 *No discipline can ever be maintained.*

*2. Wandering where it will, the elephant of mind,*

*Will bring us down to pains of deepest hell.*

*No worldly beast, however wild,*

*Could bring upon us such calamities.*

*3. If, with mindfulness' rope,*

*The elephant of the mind is tethered all around,*

*Our fears will come to nothing,*

*Every virtue drop into our hands.*

*4. Tigers, lions, elephants, and bears,*

*Snakes and every hostile beast,*

*Those who guard the prisoners in hell,*

*All ghosts and ghouls and every evil phantom,*

*5. By simple binding of this mind alone,*

*All these things are likewise bound.*

*By simple taming of this mind alone,*

*All these things are likewise tamed.*

*Bodhicaryavatara of Shantideva circa 8th Century*

*Way of the Bodhisattva*

*(Padmakara Translation Group, Shambhala, 1997 pg 62 )*