

# ༄༅། །སྐྱེལ་སྲས་ཐོགས་མེད་གྱིས་མཛད་པའི་ལག་ལེན་སོ་བདུན་མ་བཞུགས་སོ།།

The Thirty-Seven Bodhisattva Practices

By Gyalsey Thokmay Sangpo

This text illustrates the complete practice of the Bodhisattva in Forty-Three verses. Author expressing his respect by bowing to his Guru and Chenrezig (the Compassion Buddha) in first verse. In the second verse he states the purpose for writing the text and his commitment to do so. In the main body of the text a verse for each of the Thirty-Seven practices described how to develop supreme awakening mind-the Bodhicitta. At the end of the text, four verses addressed the purpose, humility, acknowledgment and dedication.

I. The introductory text is divided into two parts:

- A. Expressing respect. (verse 1st )
- B. Making commitment. ( verse 2nd )

II. The main body of the text is divided into 2 parts

- I. The causes that give rise to the supreme awakening mind (Bodhicitta). (Verse 3rd to 12th )
  - 2. Maintaining that mind as a supreme being (Bodhisattva).
    - A. Equalizing and exchanging self with others. (verse 13th and 14th)
    - B. Bringing all difficulties onto the path. (verse 15th to 26th)
    - C. Practicing the six perfections as the actual path. (verse 27th to 32nd )
    - D. Working with failure and freeing yourself from negative actions (verse 33th to 37th )
    - E. Summary practice and dedication and conclusion. ( 38th and 39th )

III. The Conclusion of the text.

- A. Purpose of the text. (verse 40th )
- B. Establishing the integrity of the text (verse 41st )
- C. Apologizing for any mistakes in the text. (verse 42nd )
- D. Dedicating the text for all sentient beings (43rd )

