

# Thirty Seven Verses on the Practice of a Bodhisattva

## Textural Outline

Introduction

Opening Versus

### Part One: The Preparation

Verse 1 - Precious Human Life

Verse 2 - The Three Poisons

Verse 3 - Relying on Solitude

Verse 4 - Mindfulness of Impermanence and Death

Verse 5 - Giving Up Bad Company

Verse 6 - Relying on a Spiritual Mentor

Verse 7 - Taking Refuge

### Part Two: The Main Teachings (Illuminating the Path)

#### A. The Path for Beings of Lesser Capacity

Verse 8 - Karma and Its Results

#### B. The Path for Beings of Medium Capacity

Verse 9 - Aspiring for Liberation

#### C. The Path for Beings of Superior Capacity

##### 1. Bodhicitta of Intention

Verse 10 – Bodhicitta

##### 2. Bodhicitta of Application

###### I. Relative Bodhicitta

###### a. During Meditation

Verse 11 - Equalizing and Exchanging Self and Others

###### b. Post Meditation (Utilizing Unfavorable Circumstances)

###### Four things we try to avoid

Verse 12 - Transforming Loss into the Path

Verse 13 - Transforming Suffering into the Path

Verse 14 - Transforming Blame into the Path

Verse 15 - Transforming Criticism into the Path

###### Two things that are difficult to bear

Verse 16 - Transforming Betrayal into the Path

Verse 17 - Transforming Derision into the Path

###### Using Deprivation and Prosperity on the Path

Verse 18 - Transforming Poverty into the Path

Verse 19 - Transforming Wealth into the Path

###### Using Hatred and Desire on the Path

Verse 20 - Transforming Anger into the Path

Verse 21 - Transforming Desire into the Path

###### II. Absolute Bodhicitta

###### a. During Meditation

Remain in a state free of conceptualization elaborations without any clinging

Verse 22 - Realizing Emptiness

###### b. Post Meditation

Practicing abandoning any belief in objects of desire and aversion as truly existing

Verse 23 - Abandon belief that objects of desire truly exist

Verse 24 - Abandon belief that objects of hatred truly exist

### **3. The Precepts for Training in the Practices of Bodhicitta**

#### **I. Train in the Six Transcendent Perfections**

- Verse 25 - Far-reaching Generosity
- Verse 26 - Far-reaching Ethical Discipline
- Verse 27 - Far-reaching Patience
- Verse 28 - Far-reaching Joyous Effort
- Verse 29 - Far-reaching Meditative Stabilization
- Verse 30 - Far-reaching Wisdom

#### **II. Train in the four methods taught in the Sutras**

- Verse 31 - Examine your own defects
- Verse 32 - Don't speak of other's faults (especially a Bodhisattva)
- Verse 33 - Avoid grasping for more and more (be content)
- Verse 34 - Give up harsh speech

#### **III. Train in how to be rid negative emotions**

- Verse 35 - Abandon bad habits and mental afflictions

#### **IV. Train in accomplishing good for others through mindfulness and vigilance**

- Verse 36 - Train in mindfulness and alertness

#### **V. Dedicate the Merit to perfect enlightenment**

- Verse 37 - Dedication of Merit

Structural Outline based on description in "The Heart of Compassion" by Dilgo Khyentse Rinpoche  
Verse naming convention based, in part, on commentary by Bhikshuni Thubten Chodron