Thirty Seven Verses on the Practice of a Bodhisattva

Textural Outline

Introduction
Opening Verses

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
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Prepared by Ann McFadden
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