

# THE 37 PRACTICES OF A BODHISATTVA BY GYALSETHOKMÉ ZANGPO

## STRUCTURE AND CONTENT: INTRO AND PART ONE



### Textual Outline *of the Thirty-seven Verses on the Practice of a Bodhisattva*

Introduction

Opening Verses

PART ONE: The Preparation **Verses 1- 7**

- First**, the need to give meaning to this human existence of yours,  
so rare and difficult to obtain
- Second**, abandoning your native land, the source of the three poisons
- Third**, living in solitary places, the source of all good qualities
- Fourth**, giving up the concerns of this life by reflecting on impermanence
- Fifth**, avoiding unsuitable friends, whose company creates conditions unfavorable to  
your progress
- Sixth**, relying on a spiritual teacher, whose presence creates conditions favorable to  
your progress
- Seventh**, going for refuge, the entrance to the Buddhist teachings

# THE 37 PRACTICES OF A BODHISATTVA BY GYALSETHOKMÉ ZANGPO

## STRUCTURE AND CONTENT: PART TWO

### PART TWO: The Main Teachings, Illuminating the Path

**First**, the path for beings of lesser capacity [small scope practice, aiming for good future lives] **Verses**

**Second**, the path for beings of medium capacity [medium scope practice, to end to samsara] **8 & 9**

**Third**, the path for beings of superior capacity [great scope practice, to achieve buddhahood] **Verses**  
**10 - 24**

1. The bodhichitta of intention

2. The bodhichitta of application

**I. Relative [Conventional] bodhichitta**

**II. Absolute [Ultimate] bodhichitta**

3. The precepts for training in those practices **Verses 25– 30**

III. Training in how to be rid of the negative emotions **Verses 31 – 37**

IV. Training in accomplishing others' good with mindfulness and  
vigilance

V. Dedicating the merit to perfect enlightenment