

## The 37 Practices of a Bodhisattva, Verse 36

by Gyalsé Tokmé Zangpo (1295-1369)

མདོར་ན་གང་དུ་སྐྱོད་ལམ་ཅི་བྱེད་ཀྱང་།

རང་གི་སེམས་ཀྱི་གནས་སྐབས་ཅི་འདྲ་ཞེས།

རྒྱན་དུ་བྲན་དང་ཤེས་བཞིན་ལྡན་པ་ཡིས།

གཞན་དོན་སྐྱབ་པ་རྒྱལ་སྤྲུལ་ལག་ལེན་ཡིན།

## 1. མདོར་ན་གང་དུ་སློད་ལམ་ཅི་བྱེད་ཀྱང་།

མདོར་ན་	གང་དུ་	སློད་ལམ་	ཅི་བྱེད་ཀྱང་།
Idiom	Adjective + La-Dön Particle [D.T. 27-33]	Verbal Noun + Noun	Interrogative Adjective + Verb + Concessive Particle [D.T. 34-37]
in brief, in short	what, which, etc. + in = whenever, in whichever (time)	Action, that which is done/accomplished + path = behavior, path of action, activity [which is undertaken]	what + do, make, perform = do whatever

## 2. རང་གི་སེམས་ཀྱི་གནས་སྐབས་ཅི་འདྲ་ཞེས།

རང་གི་	སེམས་ཀྱི་	གནས་སྐབས་	ཅི་འདྲ་ཞེས།
Pronoun + Genitive Particle [D.T. 27-33]	Noun + Genitive Particle [D.T. 27-33]	Noun + Noun	Idiom + Quote-Marking Particle
self, own, my + of = of my	mind + of	situation, status + occasion, time, context = current condition/state	how? like what? in what way? + particle indicating end of preceding quotation (")

In brief, whenever you engage in any activity whatsoever, ask “what is the state of my mind?”

### 3. ལྷན་ཏུ་བློ་དང་ཤེས་བཞིན་ལྡན་པ་ཡིས།

ལྷན་ཏུ་	བློ་དང་	ཤེས་བཞིན་	ལྡན་པ་ཡིས།
Noun + La-Dön Particle [D.T. 20-26]	Verb + <i>Dang</i> Particle [D.T. 56-57]	Verb + Particle indicating continued action	Verb + Instrumental Particle [D.T. 27-33]
flow, continuum, duration+ “-ly” = always, continually	remember, be mindful + and (goes with ཤེས་ in next box)	be aware, grasp, realize + while, “while ...ing” = introspection	Having, possessing, be imbued with + by = by having

### 4. གཞན་དོན་སྐྱབ་པ་རྒྱལ་སྲས་ལག་ལེན་ཡིན།

གཞན་དོན་	སྐྱབ་པ་	རྒྱལ་སྲས་	ལག་ལེན་ཡིན།
Noun + Noun	Verb	Noun	Noun + Verb
other, another + benefit, meaning = the benefit of others	to make a reality [of], to do, to accomplish, to engage [in]	victor + offspring (honorific) = Bodhisattva	practice, tradition, custom (lit. “take in hand,”) + is = is the practice

To accomplish the benefit of others with continuous mindfulness and awareness is the practice of a bodhisattva.

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རང་གི་སེམས་ཀྱི་གནས་སྐབས་ཅི་འདྲ་ཞེས།

རྒྱན་དུ་བྲན་དང་ཤེས་བཞིན་ལྡན་པ་ཡིས།

གཞན་དོན་སྐྱབ་པ་རྒྱལ་སྤུས་ལག་ལེན་ཡིན།

### Ruth Sonam:

In brief, whatever you are doing,  
Ask yourself, “What’s the state of my mind?”  
With constant mindfulness and mental alertness  
Accomplish others’ good –  
This is the practice of Bodhisattvas.

### Susanne Fairclough:

In brief, whenever you undertake any activity,  
ask yourself, “What is the state of my mind?”  
To bring about the benefit of others by always remembering and being aware  
is the practice of a bodhisattva.

### Suzanne Schefczyk:

In brief, wherever you are and whatever you do,  
Always examine the state of your mind.  
Cultivating mindfulness and awareness continuously  
To benefit others is the practice of a bodhisattva.

### David Curtis:

In brief, whenever you engage in any activity whatsoever,  
ask “what is the state of my mind?”  
To accomplish the benefit of others  
with continuous mindfulness and awareness is the practice of a bodhisattva.

## Further Resources:

Dalai Lama XIV, H.H. *Commentary on the Thirty Seven Practices of a Bodhisattva*. Edited by Vyvyan Cayley and Mike Gilmore. Dharamsala: LTWA, 2014.

*An adaptation of teachings given by HHDL at a Kalachakra initiation at Bodhgaya. An explanation of the general meaning of Dharma, through the lens of an oral transmission of the 37 Practices.*

Fairclough, Susanne. *The Thirty-Seven Practices of a Bodhisattva*. Junction City, CA: Padma Publishing, 2005.

*A portable edition, with the Tibetan text and an excellent translation on facing pages.*

Geshe Sonam Rinchen. *The Thirty-Seven Practices of Bodhisattvas: An Oral Teaching*.

Translated by Ruth Sonam, Snow Lion Publications, 1997.

*A fine translation and very helpful commentary on the text.*

Khyentse, Dilgo. *The Heart of Compassion: Instructions on Ngulchu Thogme's Thirty-Sevenfold Practice of a Bodhisattva*. Translated by Matthieu Ricard, edited by John Canti (Padmakara Translation Group). New Delhi: Shechen Publications, 2006.

*A commentary on the 37 Practices by a great 20<sup>th</sup>-century master, showing us how to expand our compassion and insight.*

Ngulchu Thogme. *The 37 Practices of a Bodhisattva: Commentary by Khenpo Tsultrim Gyamtso Rinpoche*. Commentary by Tsultrim Gyamtso Rinpoche, translated by Suzanne Schefczyk. Ashland, OR: Marpa Foundation. 2001

*Another good translation and commentary on the 37 Practices. Unfortunately, out of print.*

Treasury of Lives. <https://treasuryoflives.org/biographies/view/Gyelse-Tokme-Zangpo/3153>

*Biographical information on Gyalsé Tokmé, the author of the 37 Practices. The site also has lots more detailed biographies on other major figures in Tibetan Buddhism.*