



The Thirty-Seven Practices Of Bodhisattvas: An Oral Teaching

Geshe Sonam Rinchen

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Recognizing their true potential and letting go of everything which could hinder them on their spiritual journey, Bodhisattvas entrust themselves to the path taught by the Buddha. Resisting disturbing emotions, they learn to respond to difficult situations in a constructive way. Fully understanding the nature of reality and the illusion-like nature of pleasure and pain, they overcome clinging attachment and aversion. In these ways, Bodhisattvas come to cherish living beings as the source of all happiness and are ultimately able to work solely for the good of all. Gyelsay Togmay Sangpo wrote *The Thirty-Seven Practices of Bodhisattvas* in the fourteenth century. His succinct and simple verses of advice summarize the quintessence of the Mahayana path to perfection. Geshe Sonam Rinchen's oral teachings elucidate these practices for the modern reader and show how we can transform our actions, feelings, and ways of thinking to become Bodhisattvas ourselves.

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