The 37 Practices of a Bodhisattva, Verse 36

by Gyalsé Tokmé Zangpo (1295-1369)

མདོར་ན་གང་དུ་སྤྱད་ལམ་ཅི་བྱད་ཀྱང་།
རང་གི་སེམས་ཀྱི་གནས་སྐབས་ཅི་འདྲ་ཞེས།
རྒྱན་དུ་དྲན་དང་ཤེས་བཞིན་ལྡན་པ་ཡིས།
གཞན་དོན་སྒྲུབ་པ་རྒྱལ་སྲས་ལག་ལེན་ཡིན།

ཆེ་ཞུ་སྲོལ་ལྡན་པར་སོགས་ལྡན།

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In brief, whenever you engage in any activity whatsoever, ask “what is the state of my mind?”
3. ཤུ་ཟོ་བ་རོ་ཞེས་བཤེས་ལུས་གཞིས།

<table>
<thead>
<tr>
<th>རྒྱུན་དུ་</th>
<th>དྲན་དང་</th>
<th>སེས་བཞིན་</th>
<th>བུད་པ་གཞིས།</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noun + La-Dön Particle [D.T. 20-26]</td>
<td>Verb + Dang Particle [D.T. 56-57]</td>
<td>Verb + Particle indicating continued action</td>
<td>Verb + Instrumental Particle [D.T. 27-33]</td>
</tr>
<tr>
<td>flow, continuum, duration + “-ly” = always, continually</td>
<td>remember, be mindful + and (goes with སེས་ in next box)</td>
<td>be aware, grasp, realize + while, “while …ing” = introspection</td>
<td>Having, possessing, be imbued with + by = by having</td>
</tr>
</tbody>
</table>

4. ལེགས་འཛིན་དུས་མ་སྐྱེས་རབས་གཞིས།

<table>
<thead>
<tr>
<th>ལེགས་འཛིན་</th>
<th>གཞི་ལྣ་</th>
<th>རྒྱལ་བསྒྲུབ་</th>
<th>དཔལ་སྐྱེས་གཞིས།</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noun + Noun</td>
<td>Verb</td>
<td>Noun</td>
<td>Noun + Verb</td>
</tr>
<tr>
<td>other, another + benefit, meaning = the benefit of others</td>
<td>to make a reality [of], to do, to accomplish, to engage [in]</td>
<td>victor + offspring (honorific) = Bodhisattva</td>
<td>practice, tradition, custom (lit. “take in hand,”) + is = is the practice</td>
</tr>
</tbody>
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To accomplish the benefit of others with continuous mindfulness and awareness is the practice of a bodhisattva.
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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 Schefczky:
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:


*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.*


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


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


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


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


*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.*