



37 Practices of a Bodhisattva, by Gyalse Tokme Zangpo

Gyalsé Ngulchu Tokmé Zangpo, (1297–1371), was an extremely learned scholar. He studied an infinite number of teachings from all traditions. His every instant was devoted to the [Dharma](#) which he spread through composition, teaching and debate.

He could teach with total confidence on any subject or text. Also, he was able fully to take upon himself the suffering of others and to give them his wellbeing, and without any expectation as to the result, he was extremely generous to all, particularly the poor, the destitute and the suffering. He taught many of the greatest teachers of his time in Central Tibet.

Tokme Zangpo's 37 Practices of a Bodhisattva is **a brief compendium of how a Bodhisattva should view life and his or her mission written in the 14th Century CE**. The Original is a somewhat terse, bullet by bullet rundown (in effect summarizing Santideva's Bodhicaryavatara – The Guide to the Bodhisattva Way of Life).

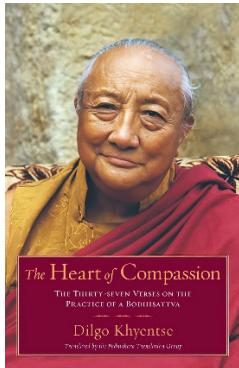
Good reliable translations for free available via Lotsawa House

<https://www.lotsawahouse.org/tibetan-masters/gyalse-thogme-zangpo/37-practices-all-bodhisattvas>

The translation we are providing is from Lotsawa House - and combines the English and Tibetan versions into one document.

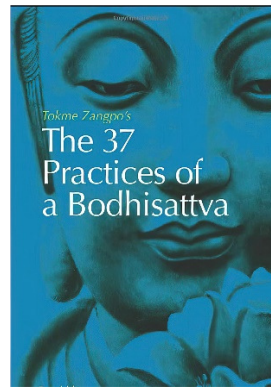
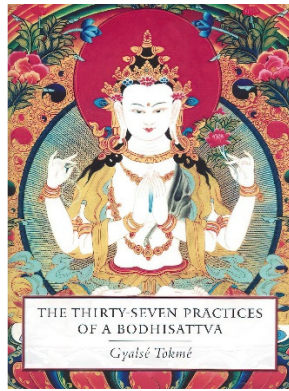
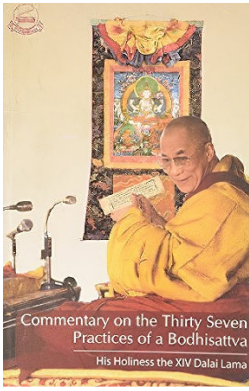


In addition, translations also available on Garchen Rinpoche's site <https://www.37practices.info/>
This site also has excellent commentaries freely available by Garchen Rinpoche as well as H.H. Dalai Lama.



The Heart of Compassion: The Thirty-seven Verses on the Practice of a Bodhisattva Paperback – May 29, 2007 by [Dilgo Khyentse](#) (Author), [Padmakara Translation Group](#) (Translator)
<https://www.amazon.com/dp/1590304578?th=1&psc=1>

Excerpt of the review of Heart of Compassion: The "37 practices", composed by a Tibetan Grand Master in the 14th century A.D., is very compact (37 four-line stanzas, in addition to a few introductory and concluding ones). Dilgo Khyentse Rinpoche, who has a long experience of teaching Buddhism to Westerners, takes the reader through this text, stanza after stanza, providing not only explanations, but also telling examples and illustrations. Going beyond the text, he gives clear and synthetic definitions, again with examples and illustrations, of basic general Buddhist and specific Mahayana notions: Karma, Bodhisattvas, refuge, the three jewels and the three roots, and many more. Dilgo Khyentse's fluent style, often enlivened by a touch of humor, gives a glimpse of a wise and warm-hearted Master, a hallmark of Tibetan Buddhism. "The Heart of Compassion" is a valuable companion to a most fundamental text of Tibetan Buddhism.



Written Commentaries from Rigpa Wiki (In English)

- Bhakha Tulku Pema Tenzing, *The 37 Bodhisattva Precepts*, translated by Venerable Bhaka Tulku and Ani Lucia, 1990
- Chökyi Dragpa, *Uniting Wisdom and Compassion: Illuminating the Thirty-Seven Practices of a Bodhisattva*, translated by Heidi Koppl, Wisdom, 2004
- [Dalai Lama](#), *Commentary on the Thirty Seven Practices of a Bodhisattva*, Library of Tibetan Works and Archives, 1996
- [Dilgo Khyentse](#), *The Heart of Compassion: The Thirty-seven Verses on the Practice of a Bodhisattva*, translated by Padmakara Translation Group, Shambhala, 2007
- Geshe Jampa Tegchok, *Transforming Adversity into Joy and Courage: An Explanation of the 37 Practices of Bodhisattvas* (Snow Lion, 2005)
- Geshe Sonam Rinchen, *The Thirty-Seven Practices of Bodhisattvas*, translated by Ruth Sonam, Snow Lion, 1997
- Karmapa, [Ogyen Trinley Dorje](#), *Traveling the Path of Compassion, A Commentary on the Thirty-Seven Practices of a Bodhisattva*, KTD Publications, 2009
- Kyabje Pema Norbu Rinpoche, [Penor Rinpoche](#), *Path of the Bodhisattva*, translated by Sangye Khandro, Vimala Publishing, 2008
- [Ringu Tulku](#), *Daring Steps Towards Fearlessness: The Three Vehicles of Buddhism*, Snow Lion, 2005 (Includes a commentary on the 37 Practices)

There are also videos of H.H. Dalai Lama on YouTube:

<https://www.youtube.com/watch?v=anOhpJgTjXw> 6-3-19

<https://www.dalailama.com/videos/37-practices-of-a-bodhisattva> 1-2-20

<https://www.dalailama.com/videos/thirty-seven-practices-of-a-bodhisattva-and-three-principal-aspects-of-the-path> 9-4-20

We hope these give you a starting place if you want to explore more deeply.