

# The Thirty-Seven Practices of All the Bodhisattvas

by Gyalse Tokme Zangpo

Namo Lokeśvarāya!

## Excerpt

11. The practice of all the bodhisattvas is to make a genuine exchange  
Of one's own happiness and wellbeing for all the sufferings of others.  
Since all misery comes from seeking happiness for oneself alone,  
Whilst perfect buddhahood is born from the wish for others' good.

12. Even if others, in the grips of great desire, should steal,  
Or encourage others to take away, all the wealth that I possess,  
To dedicate to them entirely my body, possessions and all my merits  
From the past, present and future— this is the practice of all the bodhisattvas.

13. Even if others should seek to cut off my head,  
Though I've done them not the slightest wrong,  
To take upon myself, out of compassion,  
All the harms they have amassed—this is the practice of all the bodhisattvas.

14. Even if others should declare before the world  
All manner of unpleasant things about me,  
To speak only of their qualities in return,  
With a mind that's filled with love—this is the practice of all the bodhisattvas.

15. Even if others should expose my hidden faults or deride me  
When speaking amidst great gatherings of many people,  
To conceive of them as spiritual friends and to bow  
Before them in respect—this is the practice of all the bodhisattvas.