37 Principles of Bodhisattva
PART ONE: The Preparation
Make meaningful this human existence of yours, so rare and difficult to obtain (1)
Abandon Attachment, Aversion and Ignorance, the three poisons (2)
Renunciation – Benefiting from Solitude (3)
Giving up the concerns of this life by reflecting on impermanence (4)
Avoiding unsuitable friends, whose company creates conditions unfavourable to your progress (5)
Relying on a spiritual teacher, whose presence creates conditions favourable to your progress (6)
Going for refuge, the entrance to the Buddhist teachings (7)
PART TWO: The Main Teachings, Illuminating the Path
First, the path for beings of lesser capacity (Small Scope)
Valuing Virtue (8)
Second, the path for beings of medium capacity (Medium Scope)
Recognising the Truth of Things (9)
Third, the path for beings of superior capacity (Great Scope)
I. Relative bodhichitta
1. The bodhichitta of intention
2. The bodhichitta of application
Valuing Others (10)
A. The meditation practice of exchanging oneself and others
B. The post meditation practice of using unfavourable circumstances on the path
II. Absolute bodhichitta
1. Contemplating our precious human life so that we are grateful for our existence.
2. Contemplating impermanence and death so that we seize the opportunities of this life right now.
3. Contemplating karma (the law of cause and effect) so that we understand that our every action impacts ourselves and others.
4. Contemplating the suffering of cyclic existence (samsara) so that we are no longer entranced by worldly things and want to escape samsara forever.
5. Contemplating bodhicitta and helping all sentient beings out of samsara.