



## The 37 Practices of a Bodhisattva: Tokme Zangpo's Classic 14th Century Guide for Travellers on the Path to Enlightenment

By David Tuffley

Createspace, United States, 2011. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\*

Print on Demand \*\*\*\*\*.Thirty-seven Practices of a Bodhisattva is an ancient text written in the 14th Century BCE by Tokme Zangpo, a Buddhist monk and scholar who was born in Puljung, south west of the Sakya Monastery in Tibet. Thirty-seven Practices seeks to make clear the day-to-day behavior of a Bodhisattva (an enlightened being on their way to attaining full Buddhahood for the benefit of all sentient beings). It serves as a practical guide for those people seeking to travel the path of enlightenment. Though short in length, a person could spend a lifetime perfecting the practices. The work can be seen as a companion to Santideva's classic work the Bodhicaryavatara. While there are English translations of this text, they are a little difficult to understand for many readers living in the 21st Century. The mode of expression and the figures of speech are the product of that far-off time. This book faithfully re-expresses in modern day language the underlying message of the original text. Every effort has been made to preserve the underlying spirit of the message. This work...



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