

## A Guide to the 37 Practices of a Bodhisattva

explained by [Khenpo Ch&ouml;drak Tenphel Rinpoche](#)



A Guide to the 37 Practices of a Bodhisattva is an ancient text, written in the 14th century by Togme Zangpo, a buddhist monk and scholar, who was born in Puljung, not far from one of the major Sakya monasteries of the Tsang-Region in Tibet. The 37 practices seek to make clear the day-to-day behaviour of a bodhisattva (a practitioner of the buddhist path, who aspires to attain buddha the enlightened state for the benefit of all sentient beings). It serves as a practical guide for individuals who seek to practice the path to enlightenment. Though short in length, a person could spend a lifetime perfecting the practices.

[A pdf with the root text is available here](#) .

The teachings, has been transmitted in Tibetan and translated into English, it was available as livestream on Karma Samphel Ling's YouTube channel.

A translation into German is in the meantime also available on the [KSL YouTube channel](#) .

The lectures will be available online after the Livestream via the respective YouTube channels, until further notice.

### **Donation:**

In general, when we physically attend this type of teaching, we take part in course fees that cover the expenses the center incurs to make Dharma transmission possible. In light of the current circumstances and the transmission via Youtube intended for the greatest number of people possible, these teachings will be open-access and free of charge.

Of course, it is still possible to support Karma Samphel Ling by making a (non tax-deductible) donation to the following account:

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