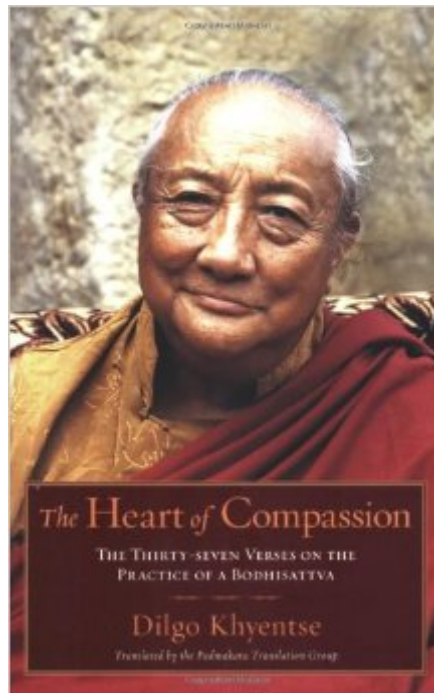


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# The Heart Of Compassion: The Thirty-seven Verses On The Practice Of A Bodhisattva



## Synopsis

What would be the practical implications of caring more about others than about yourself? This is the radical theme of this extraordinary set of instructions, a training manual composed in the fourteenth century by the Buddhist hermit Ngulchu Thogme, here explained in detail by one of the great Tibetan Buddhist masters of the twentieth century, Dilgo Khyentse. In the Mahayana tradition, those who have the courage to undertake the profound change of attitude required to develop true compassion are called bodhisattvas. Their great resolve "to consider others' needs as paramount, and thus to attain enlightenment for the sake of all living creatures" carries them beyond the limits imposed by the illusions of self and other, culminating in the direct realization of reality, transcending dualistic notions of self and other. This classic text presents ways that we can work with our own hearts and minds, starting wherever we find ourselves now, to unravel our small-minded preoccupations and discover our own potential for compassion, love, and wisdom. Many generations of Buddhist practitioners have been inspired by these teachings, and the great masters of all traditions have written numerous commentaries. Dilgo Khyentse's commentary is probably his most extensive recorded teaching on Mahayana practice.

## Book Information

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## Customer Reviews

"What would be the practical implications of caring more about others than about yourself?" This is the best opening to a review I have read. Excellent book to read and reread, good for beginners, straight from the heart, good for advanced practitioners, an antidote to our selfish lifestyles, and a

great practice. Seven Point Mind Training (lojong, tonglen) offers ways to do this . . . Pema Chodron's book "Start Where You Are" is excellent if this book inspires you to get a move on into practice!

A powerful book that simplifies the deeper complexities of Buddhist thought. While at times the suggestions (of the 37 verses) might seem impractical, they offer truth on a metaphorical level as well. This book will have you thinking long after you close it.

Khyentse Rinpoche's depth of knowledge concerning the Dharma stands out from page one of this book. He quotes a lot from Shantideva's: The Way of the Bodhisattva (the 37 verses he writes on are a summary of this text). The book is full of quotes from other masters like Padmasambhava and Patrul Rinpoche--so thick with information that I know I will re-read it again in the future. As I read through this book and saw pictures of this man, I feel that he was a living embodiment of compassion and wisdom. One of my favorite parts of the book was when he explained how people who harm us (physically or mentally) should actually be regarded as precious teachers who show us the way to living more gently and compassionately. These situations can actually be a doorway for us to let go of our own pride and anger. "The lowest seat is the seat of the saints."-Patrul Rinpoche I strongly recommend this book to spiritual warriors wanting to live in a more ethical way.

This book is written so well. It touches you from the beginning and keeps you close all the way through. He speaks to your heart...and makes you pause...and reflect on what he is saying. I had wanted to read his works before and this book was the perfect entry for me. I highly recommend it to any one who wants to dig a little deeper into Tibetan Buddhism. Om Mani Padme Hum

- This is among the most endearing and useful books I can remember reading, and deserves its status as a modern classic in how to live a better life.- The author states "[ the book's] essence is that whatever actions and whatever ... practice you do ... you should do them with the intention of benefiting the infinity of sentient beings. If your intentions are ... without any self-clinging, perfection will naturally arise." This book, like many Tibetan teachings, discusses "pith sayings," based on very brief (often cryptic) statements with further commentary by the author, which blends classical teaching and a modern outlook. Dilgo Khyentse teaches that a habitual and persistent attitude of well-wishing and compassion, combined with refining one's efforts at non-grasping and improved discernment, are the best methods for improving our own lives. The book outlines many methods for

doing this, and he concretely discusses obstacles modern practitioners seem to have (for example, a solid identification with our culture or national origin, which we post-moderns take for granted, is likely to get us into more difficulty than we usually think).-Dilgo Khyentse was the teacher for Matthieu Ricard, the prominent monk/scientist, and anyone who has taught Matthieu Ricard is worth your attention. FWIW I am a Theravadin Buddhist practitioner and disagree with Tibetan Buddhism in many important areas, but still think this book not only deserves a place on your "books to take to a desert island" list, it deserves uploading into the GPS system of one's heart and mind.

The verses are a must-read for anyone serious about practicing the way of the Bodhisattva. And Dilgo Khyentse's commentary has a depth and wisdom that is superb. I like reading this along with Ken McLeod's version (Reflections on Silver River) - Ken's is contemporary, Dilgo Khyentse's is traditional, and they make a nice balance. LD, litkidz.com

Good for beginners and seasoned practitioners of Tibetan Buddhism. Easy yet profound. It's a transcribing of a compassionate teaching of Dilgo Rinpoche about a condensation in 37 verses of Shantideva's The Way of the Bodhisattva.

The layout takes the 37 Verses on the Practice of a Bodhisattava and creates a learning field with Dilgo Khyentse's commentary. His warmth and wit provides a fertile ground for growth in a Buddhist practitioner's life. I found the teachings to be inspiring and very practical. Rinpoche provides applicable remedies for everyday experiences and situations. His warmth and humor provide inspiration and motivation to apply the practices to our daily lives. The depth and knowledge to be discovered within this text is profound. The Appendices provide more detailed information as well as a helpful Notes section, bibliography and an index.

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