



# Transforming Adversity into Joy and Courage: An Explanation of the Thirty-Seven Practices of Bodhisattvas

*Geshe Jampa Tegchok*

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A practical and inspiring guide for developing our ability to be happy and benefit others this commentary on *The Thirty-Seven Practices of Bodhisattvas* by Gyalsay Togme Sangpo is studied by followers of all schools of Tibetan Buddhism. The root text gives in thirty-seven short verses the essential practices leading to enlightenment. Gyalsay Togme Sangpo (1295-1369) was renowned as a bodhisattva in Tibet and revered for living according to the bodhisattva ideals and practices that he taught. He inspired not only his direct disciples but also generations of practitioners up to the present day. This extraordinary commentary by Geshe Jampa Tegchok clearly explains the popular practice of exchanging oneself with others for developing love and compassion for all living beings. It lays open the methods for doing glance stabilizing and analytical meditations and offers an in-depth discussion of the nature of emptiness. All the essentials are here for transforming our attitudes and developing courage and joy.



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