

Shantideva, *Bodhicaryavatara*, (*Way of the Bodhisattva*, or *Guide to the Bodhisattva's Way of Life*)

Shantideva was an 8th century Buddhist monk, and this text is one of the foundational texts of Tibetan Buddhism. It's written in numbered four-line verses. The ten chapters are:

Chapter I: The Benefit of the Spirit of Awakening

Chapter II: The Confession of Sin

Chapter III: Adopting the Spirit of Awakening

Chapter V: Guarding Introspection

Chapter VI: The Perfection of Patience

Chapter VII: The Perfection of Zeal

Chapter VIII: The Perfection of Meditation

Chapter IX: The Perfection of Wisdom

Chapter X: Dedication

His Holiness the Dalai Lama, *A Flash of Lightning in the Dark of Night*,

A commentary on the *Bodhicaryavatara*. Following the same format, its chapters on the *paramitas* are Chapters 6-9.

His Holiness the Dalai Lama, *Healing Anger*

A commentary on Chapter VI of the *Bodhicaryavatara*, Patience.

Gyalsé Tokmé Zangpo, *37 Practices of the Bodhisattva*

Another foundational text, written in the 14th century. It is very short, just 37 numbered paragraphs, and is most often published as a very small booklet. Each of the *paramitas* is covered in one or more of these 37 paragraphs.

Dilgo Khyentse Rinpoche, *The Heart of Compassion*

A commentary on the *37 Bodhisattva Practices*, written by one of the most revered masters of his generation.

Gampopa, *The Jewel Ornament of Liberation*

Gampopa was the founder of the Kagyu lineage of Tibetan Buddhism, and this is a foundational text of the lineage, written in the early 12th century. It is a 400 page comprehensive practice text. The six *paramitas* are discussed at pp. 183-255. Some of you have a copy of the 30 page Translator's Introduction to this text, summarizing each section.

Patrul Rinpoche, *The Words of My Perfect Teacher*

A comprehensive text written in the 19th century. The six perfections are discussed at pp. 234-262.