

TIBETAN BUDDHISM CENTER FOR WORLD PEACE
San Antonio, Texas

Ten stanzas to recite from Shāntideva's *The Way of the Bodhisattva*

The Dawn of Bodhichitta

1. *To them in whom this precious jewel of mind is born—to them I bow! I go for refuge to those springs of happiness who bring their very enemies to perfect bliss.*

(1:36 “The Excellence of Bodhichitta”)

2. *For if you will accept me, I will be undaunted by samsara and will act for beings' sake. I'll leave behind the evils of my past, and ever after turn my face from them.* (2:65 “Confession”)

3. *Today my life has given fruit. This human state has now been well assumed. Today I take my birth in Buddha's line, and have become the Buddha's child and heir.*

(3:26 “Taking Hold of Bodhichitta”)

Protecting and Maintaining Bodhichitta

4. *Defilements are not in the object, nor within the faculties, nor somewhere in between. And if not elsewhere, where is their abode, whence they inflict their havoc on the world? They are simple mirages, and so take heart! Banish all your fear and strive to know their nature. Why suffer needlessly the pains of hell?* (4:47 “Carefulness”)

5. *When the urge arises in your mind to feelings of desire or angry hate, do not act! Be silent, do not speak! And like a log of wood be sure to stay.* (5:48 “Vigilant Introspection”)

6. *There's nothing that does not grow light through habit and familiarity. Putting up with little cares I'll train myself to bear with great adversity!* (6:14 “Patience”)

Strengthening Bodhichitta

7. *When I am beleaguered by defilements, I will stand and face them in a thousand ways. I'll not surrender to the host of the afflictions but like a lion I will stand amid a crowd of foxes.* (7:60 “Diligence”)

8. *Thus to banish all obscuring veils I'll bend my mind from the mistaken path; and constantly upon the perfect object I shall rest my mind in even meditation.*

(8:187 “Meditative Concentration”)

9. *My wealth of merit gathered in, with reverence but without conceptual target, when will I reveal this truth of emptiness to those who go to ruin through belief in real existence?*

(9:167 “Wisdom”)

Dedication

10. *And now as long as space endures, as long as there are beings to be found, may I continue likewise to remain to drive away the sorrows of the world.* (10:55 “Dedication”)