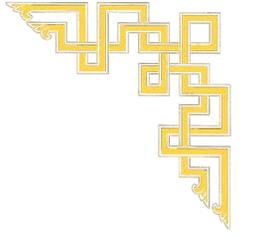
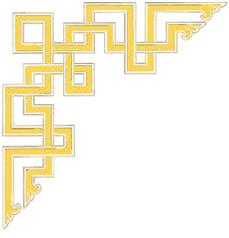




*The Bodhisattva's
Jewel Garland*

Dipamkara Atisha





The Bodhisattva's Jewel Garland

Sanskrit title: Bodhisattvamanevali

by

Dipamkara Atisha (982-1054)

Homage to great compassion.

Homage to the teachers.

Homage to the faith divinities.

1

Discard all lingering doubts,
And strive with dedication in your practice.
Thoroughly relinquish drowsiness, mental dullness and laziness,
And strive always with joyous perseverance

2

With mindfulness, vigilance and conscientiousness,
Constantly guard the gateways of your senses.
Again and again, three times both day and night,
Examine the flow of your thoughts.

3

Reveal your own shortcomings,
But do not seek out others' errors.
Conceal your own good qualities,
But proclaim those of others.

4

Forsake gain and respect;
At all times relinquish your own renown.
Have modest desires, be easily satisfied,
And reciprocate kindness.

5

Cultivate love and compassion,
And stabilise your bodhicitta.
Relinquish the ten negative actions,
And always reinforce your faith.

6

Destroy anger and conceit,
And be endowed with humility.
Relinquish wrong livelihood,
And be sustained by ethical livelihood.

7

Forsake material possessions,
Embellish yourself with the wealth of the aryas.
Avoid all trifling distractions,
And reside in the solitude of wilderness.

8

Abandon frivolous words;
Constantly guard your speech.
When you see your teachers and preceptors,
Reverently generate the wish to serve.

9

Toward wise beings with Dharma eyes
And towards beginners [on the path] as well,
Consider them as your spiritual teachers.
[In fact] when you see any sentient being,
View them as your parent or child.

10

Renounce negative friendships,
And rely on a spiritual mentor.
Dispel hostility and unpleasantness,
And venture forth to where happiness lies.

11

Abandon attachment to all things
And abide free of desire.
Attachment fails to bring even the higher realms;
In fact, it kills the life of true liberation.

12

When you encounter the causes of happiness,
In these always persevere.
Whichever task you took up initially,
Address this task first.
In this way, you ensure the success of both tasks,
Where otherwise you accomplish neither.

13

Since you take no pleasure in negative deeds,
When a thought of self-importance arises,
At that instant deflate your pride
And recall your teacher's instructions.

14

When discouraged thoughts arise,
Uplift your mind
And meditate on the emptiness of both.
When objects of attraction or aversion appear,
View them as you would illusions and apparitions.

15

When you hear unpleasant words,
View them as like an echo.
When injuries afflict your body,
See them as [the fruits of] past deeds.

16

Dwell in complete solitude, in an isolated place.
Like the carcass of a wild animal,
Hide yourself away [in the forest]
And live free of attachment.

17

Always remain firm in your commitment.
When a hint of procrastination and laziness arises,
At that instant enumerate your flaws
And recall the essence of [spiritual] conduct.

18

However, if you do encounter others,
Speak peacefully and truthfully.
Do not grimace or frown,
But always maintain a smile.

19

In general, when you see others,
Be free of miserliness and delight in giving;
Relinquish all thoughts of envy.

20

To help soothe others' minds,
Forsake all disputation
And be endowed with forbearance

21

Be free of flattery and fickleness in friendship,
Be steadfast and reliable at all times.
Do not disparage others,
But always abide with respectful demeanour.

22

When giving advice to others,
Maintain compassion and kind-heartedness.
Never defame the teachings.
Whatever [practices] you admire,
With aspiration and the ten spiritual deeds,
Strive diligently, dividing day and night.

23

Whatever virtues you gather through the three times,
Dedicate them toward the unsurpassed great enlightenment.
Disperse your merit to all sentient beings,
And offer the peerless aspirational prayers
Of the seven limbs, always.

24

If you proceed thus, you'll swiftly perfect merit and wisdom
And the two defilements will also be eliminated.
Since your human existence will be meaningful,
You'll attain the unsurpassed enlightenment.

25

The wealth of faith, the wealth of ethics,
The wealth of giving, the wealth of learning,
The wealth of conscience, the wealth of shame,
And the wealth of wisdom – these are the seven riches.

26

These precious and excellent jewels
Are the seven inexhaustible riches.
Do not speak of these to those not human.
Among others guard your speech;
When alone guard your mind.

This concludes the Bodhisattva's Jewel Garland composed by the
Indian abbot Dīpaṃkaraśrijñāna.

Colophon: Translated by Thupten Jinpa.

Extracted from “Mind Training, the Great Collection”, Wisdom Publications.

Minor alterations to the translation were made by Venerable Lobsang Dorje to
accord with terminology used at Atisha Centre.

