



The Way of Devotion

With Lama Marut

Embracing the Awakening Mind

Chapter Three of Master Shantideva's
Guide to the Bodhisattva's Way of Life

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Prelude, from Chapter Six

sattvakṣetraṁ jinaḥkṣetramityato muninoditam |
etānārādhyā bahavaḥ saṃpatpāraṁ yato gatāḥ || 112 ||

**The sage has declared that
Both living beings and the Conquerors are fields of merit.
By devoting themselves to them both
Many have attain the highest state.**

sattvebhyaśca jinebhyaśca buddhadharmāgame same |
jineṣu gauravaṁ yadvanna sattveṣviti kaḥ kramaḥ || 113 ||

**The qualities of an Awakened One are acquired equally
Because of living beings and the Conquerors.
Why is it then that I treat the Conquerors like gurus
But don't do the same with living beings?**

Bodhicittaparigraho nāma tṛtīyaḥ paricchedaḥ The Third Chapter, Entitled 'Embracing the Awakening Mind'

apāyaduḥkhaviśrāmaṁ sarvasattvaiḥ kṛtaṁ śubham |
anumode pramodena sukhaṁ tiṣṭhantu duḥkhitāḥ || 1 ||

**I happily rejoice in the virtue collected by all living beings,
Which brings relief from the suffering of the lower realms.
May those who suffer abide in happiness!**

saṃsāraduḥkhanirmokṣamanumode śarīriṇām |
bodhisattvatvabuddhatvamanumode ca tāyinām || 2 ||

**I rejoice in the liberation of embodied beings
From the cycle of rebirth and suffering.
I rejoice that they will become bodhisattvas and Buddhas.**

cittotpādasamudrāṁśca sarvasattvasukhāvahān |
sarvasattvahitādhānānanumode ca śāsinām | | 3 | |

**I rejoice about the oceanic arisings of the Awakening Mind –
Which convey happiness to all living beings,
Which bring benefits to all living beings –
And I rejoice for the teachers.**

sarvāsu dikṣu sambuddhān prārthayāmi kṛtāñjaliḥ |
dharmapradīpaṁ kurvantu mohādduḥkhaprapātinām | | 4 | |

**With folded hands I beseech the perfect Buddhas in all directions:
Shine the light of Dharma upon all those
Who have fallen into suffering due to delusion.**

nirvātukāmāṁśca jinān yācayāmi kṛtāñjaliḥ |
kalpānanantāṁstiṣṭhantu mā bhūdandhamidaṁ jagat | | 5 | |

**And with folded hands I beg the Conquerors,
Who may desire to escape into nirvana,
To instead stay for countless eons
So that this world may not be in darkness.**

evaṁ sarvamidaṁ kṛtvā yanmayāsāditāṁ śubham |
tena syāṁ sarvasattvānām sarvaduḥkhaprasāntikṛt | | 6 | |

**May the virtue I have accumulated by doing all this
Bring to an end all the suffering of all living beings.**

glānānāmasmi bhaiṣajyaṁ bhaveyaṁ vaidya eva ca |
tadupasthāyakaścaiva yāvadroḡāpunarbhavaḥ | | 7 | |

**I am medicine for the sick.
May I also be the physician and the nurse,
Until sickness occurs no more.**

kṣutpipāsāvyathām hanyāmannapānapravarṣaṇaiḥ |
durbhikṣāntarakalpeṣu bhaveyaṁ pānabhojanam | | 8 | |

**May I quench the torment of hunger and thirst
With rains of food and drink.
May I be food and drink
During the famines in between eons.**

daridrāṇām ca sattvānām nidhiḥ syāmahamakṣayaḥ |
nānopakaraṇākārarupatiṣṭheyamagrataḥ | | 9 | |

**May I be a inexhaustible treasury
For destitute living beings.
May I stand before them
Taking the form of all sorts of provisions.**

ātmabhāvāmstathā bhogān sarvatryadhvagatān śubham |
nirapekṣastyajāmyeṣa sarvasattvārthasiddhaye | | 10 | |

**In order to fulfill the needs of all living beings,
I give up without hesitation
The bodies, enjoyments, and merit
Of all three times: past, present, and future.**

sarvatyāgaśca nirvāṇaṁ nirvāṇārthi ca me manaḥ |
tyaktavyaṁ cenmayā sarvaṁ varaṁ sattveṣu dīyatām | | 11 | |

**Giving up everything is nirvana
And my mind longs for nirvana.
Since I need to give up everything
It's best that I bestow it on all living beings.**

yaścāsukhikṛtaścātmā mayāyaṁ sarvadehinām |
ghnantu nindantu vā nityamākirantu ca pāṁsubhiḥ | | 12 | |

**I have made my body pleasureless;
It now belongs to all who are embodied.
Let them strike it, revile it,
And constantly cover it with filth.**

krīḍantu mama kāyena hasantu vilasantu ca |
dattastebhyo mayā kāyaścintayā kiṃ mamānayā | | 13 | |

**Let them trifle with my body;
Let them ridicule and amuse themselves with it.
I have given my body over to them.
What do I care if they misuse it?**

kārayantu ca karmāṇi yāni teṣāṃ sukhāvaham |
anarthaḥ kasyacinmā bhūnmāmālambya kadācana | | 14 | |

**May they do whatever brings them happiness.
May whoever comes to me for support
Never be disappointed.**

yeṣāṃ kruddhāprasannā vā māmālambya matirbhavet |
teṣāṃ sa eva hetuḥ syānnityaṃ sarvārthasiddhaye | | 15 | |

**If when they come to me for support
There should arise a thought of irritation or displeasure,
May even that always be a cause
For the fulfillment of all their needs.**

abhyākhyāsyanti mām ye ca ye cānye'pyapakāriṇaḥ |
utprāsakāstathānye'pi sarve syurbodhibhāgīnaḥ | | 16 | |

**May all those others
Who slander, injure, or deride me
Come to possess Awakening.**

anāthānāmahaṃ nāthaḥ sārthavāhaśca yāyinām |
pārepsūnām ca naubhūtaḥ setuḥ saṃkrama eva ca | | 17 | |

**I am a protector for those without protection
And a guide for those who are travelling.
May I become a ship, a bridge, and a passageway
For those trying to get to the far shore.**

dīpārthināmahaṃ dīpaḥ śayyā śayyārthināmahaṃ |
dāsārthināmahaṃ dāso bhaveyaṃ sarvadehinām | | 18 |

**May I be a lamp for those who need light to see,
A bed for those who need a place to rest,
And a slave for all those who need someone to serve them.**

cintāmaṇirbhadraghaṭaḥ siddhavidyā mahauṣadhiḥ |
bhaveyaṃ kalpavṛkṣaśca kāmadhenuśca dehinām | | 19 | |

**May I be for them
A wish-fulfilling gem, a vase filled with fortune,
An efficacious spell, a powerful remedy,
A tree of paradise and cow that quenches all desires.**

pr̥thivyādīni bhūtāni niḥśeṣākāśavāsinām |
sattvānāmaprameyāṇāṃ yathābhogānyanekadhā | | 20 | |

**Just as the elements, earth and the rest,
Are useful in various ways
To innumerable living beings
Dwelling throughout all space,**

evamākāśaniṣṭhasya sattvadhātoranekadhā |
bhaveyamupajīvyo'haṃ yāvatsarve na nirvṛtāḥ | | 21 | |

**So too may I in various ways
Be the sustenance for all living beings throughout space,
Until they enter nirvana.**

yathā gr̥hītaṃ sugatairbodhicittaṃ purātanaiḥ |
te bodhisattvaśikṣāyāmānupūrvyā yathā sthitāḥ | | 22 | |

**Just as the Buddhas of the past
Gained the Awakening Mind,
And devoted themselves
To the systematic training of a bodhisattva,**

tadvadutpādayāmyeṣa bodhicittaṃ jagaddhite |
tadvadeva ca tāḥ śikṣāḥ śikṣiṣyāmi yathākramam | | 23 | |

**So too will I generate this Awakening Mind
For the benefit of the whole world.
So too will I practice those trainings, one by one.**

evaṃ grhītvā matimān bodhicittaṃ prasādataḥ |
punaḥ prṣṭasya puṣṭyartham cittamevaṃ praharṣayet | | 24 | |

**The intelligent person,
Having somehow acquired the Awakening Mind,
Should nurture it so that this wish
Will increase more and more.**

adya me saphalaṃ janma sulabdho mānuṣo bhavaḥ |
adya buddhakule jāto buddhaputro'smi sāmpratam | | 25 | |

**Today my life has become fruitful;
This human birth has been fulfilled.
Today I am born into the family of the Buddhas.
I am now a child of the Buddhas.**

tathādhunā mayā kāryaṃ svakulocitakāriṇām |
nirmalasya kulasyāsyā kalaṅko na bhavedyathā | | 26 | |

**So now my conduct should conform
To the ways proper to my kinsfolk,
So that I do nothing that will defame this pure family.**

andhaḥ saṅkārakūṭebhyo yathā ratnamavāpnuyāt |
tathā kathamcidapyetad bodhicittaṃ mamoditam | | 27 | |

**Just as a blind man might find a jewel in a pile of trash,
So too has the Awakening Mind somehow arisen in me.**

jaganmr̥tyuvināśāya jātametadrasāyanam |
jagaddāridryaśamanam nidhānamidamakṣayam | | 28 | |

**This is the magical remedy that has appeared
In order to destory death in the world.
This is the inexhaustible treasure house
That brings an end to the world's poverty.**

jagadvyādhipraśamanam bhaiṣajyamidamuttamam |
bhavādhvabhramaṇaśrāntajagadvīśrāmapādapaḥ | | 29 | |

**This is the ultimate medicine
For curing the sickness of the world,
A tree under which those exhausted
From travelling the road of worldly existence
May find repose.**

durgatyuttaraṇe setuḥ sāmānyaḥ sarvayāyinām |
jagatkleśopaśamana uditaścittacandramāḥ | | 30 | |

**It is the public bridge by which
All travellers can cross over troubled waters.
The Awakening Mind is like a rising moon
Calming the world's mental afflictions.**

jagadajñānatimiraprotsāraṇamahāraviḥ |
saddharmakṣīramathanānnavanitam samutthitam | | 31 | |

**It is the great sun that dispels
The darkness of the world's ignorance.
It is fresh butter that arises
From the churning of the milk of the true Dharma.**

sukhabhogabubhukṣitasya vā janasārthasya bhavādhvacāriṇaḥ |
sukhasatramidaṁ hyupasthitaṁ sakalābhyāgatasattvatarpaṇam | | 32 | |

**For those folks in the caravan,
Travelling the highways of worldly existence
And hungering for the experience of happiness,
This is a feast of happiness,
Prepared for the complete satisfaction
Of all the living beings who have come as guests.**

jagadadya nimantritaṁ mayā sugatatvena sukkena cāntarā |
purataḥ khalu sarvatāyīnāmabhinandantu surāsurādayaḥ | | 33 | |

**Today I invite the whole world
To come and partake of Buddhahood and worldly happiness.
May the gods, titans, and other beings
Rejoice in the presence of all the Protectors!**