

# TRANSFORMING ADVERSITY INTO JOY AND COURAGE

An Explanation of the Thirty-seven Practices of  
Bodhisattvas

*by*

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## CONTENTS

Preface	7
Introduction: The Buddhist World View <i>by Thubten Chodron</i>	11
1 Setting the Stage	23
2 Freedom and Fortune	33
3 Listening, Thinking, and Meditating	47
4 Creating a Conducive Environment	63
5 Being Mindful of Impermanence	67
6 Spiritual Friends	85
7 Refuge: A Safe Direction	101
8 Creating Causes, Experiencing Results	113
9 The Four Noble Truths	121
10 Generating the Altruistic Intention	155
11 Courageous Compassion	165
12 Transforming Unfavorable Circumstances into the Path	205
13 Meditation on Emptiness	221
14 The Bodhisattvas' Trainings	277
The Root Text	293
Outline of <i>The Thirty-seven Practices of Bodhisattvas</i>	299
Glossary	303
Suggested Reading	311