

37 Harmonious Paths to Enlightenment

(Tib: Jang-chok So-dhoon)

- 1) 4 Mindfulness (Tib: drenpa nyershak shi) (*nature: mindfulness and wisdom*)
 - Mindfulness of body (as unclean and foul)
 - Mindfulness of feeling (as of the nature of suffering)
 - Mindfulness of mind (as momentary)
 - Mindfulness of phenomena (afflictive phenomena to be abandoned and virtuous phenomena to be brought into practice)

- 2) 4 Absolute Abandonments (Tib: yangdhak pongwa shi) (*nature: joyous effort*)
 - Abandoning the non-virtues which have already arisen
 - Not giving rise to the non-virtues which are not arisen
 - Giving rise to the virtues which are not arisen
 - Multiplying the virtues which have already arisen

- 3) 4 Miraculous Feet (Tib: zootrul kangpa shi) (*nature: meditative concentration*)
 - Aspiration (Tib: dhoonpa)
 - Joyous effort (Tib: tsondrue)
 - Intention (Tib: sempa)
 - Analysis (Tib: choepa)

- 4) 5 Powers (Tib: wangpo nga)
 - Faith
 - Joyous effort
 - Mindfulness

- Meditative concentration
- Wisdom

5) 5 Strengths (Tib: top nga)

- Faith
- Joyous effort
- Mindfulness
- Meditative concentration
- Wisdom

6) 7 Limbs of Enlightenment (Tib: jangshub yenlag dhoon)

- Mindfulness
- Wisdom
- Joyous Effort
- Joy
- Pliancy
- Meditative Concentration
- Neutral Application

7) 8 Fold Noble Paths (Tib: phaglam yenlag gyad)

- Right View
- Right Thought
- Right Speech
- Right Action
- Right Livelihood
- Right Effort

- Right Mindfulness
- Right Meditative Concentration

Bodhisattva paths at which the respective 37 Harmonious Paths to Enlightenment are achieved

According Arya Asanga:

- 1) 4 Mindfulness (Tib: drenpa nyershak shi) ----- Small Path of Accumulation
- 2) 4 Absolute Abandonments (Tib: yangdhak pongwa shi)--- Middle Path of Accumulation
- 3) 4 Miraculous Feet (Tib: zotrul kangpa shi)----- Great Path of Accumulation
- 4) 5 Powers (Tib: wangpo nga)----- Path of Preparation
- 5) 5 Strengths (Tib: top nga)-----Path of Preparation
- 6) 7 Limbs of Enlightenment (Tib: jangshub yenlag dhoon)---Path of Seeing
- 7) 8 Fold Noble Paths (Tib: phaglam yenlag gyad)-----Path of Meditation

According Acharya Vasubandhu:

- 1) 4 Mindfulness (Tib: drenpa nyershak shi) ----- Path of Accumulation
- 2) 4 Absolute Abandonments (Tib: yangdhak pongwa shi)--- Path of Preparation (Heat)
- 3) 4 Miraculous Feet (Tib: zotrul kangpa shi)----- Path of Preparation (Peek)
- 4) 5 Powers (Tib: wangpo nga)----- Path of Preparation (fortitude)
- 5) 5 Strengths (Tib: top nga)----- Path of Preparation (Supreme of Phenomema)
- 6) 7 Limbs of Enlightenment (Tib: jangshub yenlag dhoon)---Path of Meditation
- 7) 8 Fold Noble Paths (Tib: phaglam yenlag gyad)-----Path of Seeing

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- 1) *Drepung Loseling Panchen Sonam Drakpa Pharchin Chidhon Yellow Book (GA – Series) Page 379*
- 2) *Zoe-drel Tharlam Sel-Jay by Gylatsab Rinpoche Varanasi with the root text Print 2000, Page 448*
- 3) *Zoe-drel Ngon Pay Gyen by Chim Jampay (Yang Book form) Page 634*