

# The Thirty-Seven Practices of A Conqueror's Child

By

The Conqueror's Child Togme Zangpo  
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Namo Lokeshvara

- (i) Who see all dharmas neither come nor go,  
Yet solely strive on beings' behalf—to you,  
The best of lamas and Lord Chenrezig,  
I ever bow, with three doors, with respect.
- (ii) The perfect Buddhas, source of help and joy,  
Spring from the sacred Dharma they've fulfilled.  
Since that on knowing its practices depends,  
I'll show the Conqueror Children's practices.
- 1. Rare ship of freedom-fortunes this time found,  
Save self and others from samsara's sea.  
So day and night, no letting up, hear, think  
And meditate—so does a Conqueror's Child.
- 2. Attachment sways like water towards kin.  
Aggression burns like fire towards foes.  
Dark dullness blanks out what to do and not:  
Abandon home—so does a Conqueror's Child.
- 3. Bad objects shunned, afflictions lessen down.  
With no distractions, virtues freely grow.  
Mind clarified, then Dharma knowledge comes.  
Keep solitude—so does a Conqueror's Child.
- 4. Dear friends and kin who've long been close will part,  
Wealth got with effort will be left aside.  
The guest, mind, from the guest house, body, goes.  
Renounce this life—so does a Conqueror's Child.

5. If friendly with them, your three poisons wax  
And hearing, thinking, meditation wane.  
Love and compassion they will finish off:  
Give up bad friends—so does a Conqueror's Child.
6. Depending on them faults come to an end,  
While qualities grow like the swelling moon:  
Hold dear a noble spiritual friend, more than  
Your body dear—so does a Conqueror's Child.
7. What worldly god can save? Samsara's jail  
Shuts them in too. So go for refuge to  
A refuge which is never fallible:  
The triple gem—so does a Conqueror's Child.
8. The so harsh suff'rings of the evil realms  
The Sage said are the fruits of sinful deeds.  
Though life may be the cost then, at all times  
Shun sinful deeds—so does a Conqueror's Child.
9. The three worlds' pleasures are a dewdrop on  
A grass blade tip; they're in a moment gone.  
Seek liberation's never-changing state,  
Most excellent—so does a Conqueror's Child.
10. When mothers who've forever shown you love  
Are suff'ring then, what use your own content?  
To free all boundless beings therefore arouse  
Awakening mind—so does a Conqueror's Child.
11. From wanting your delight all suff'ring comes.  
From wishing others' benefit there's born  
Full Buddhahood. So truly swap your joy  
For others' pain—so does a Conqueror's Child.
12. If one from great desire steals all your wealth,  
Or else they have it stolen, dedicate  
Your body, property and virtues of  
Three times to them—so does a Conqueror's Child.
13. Without you having done the slightest wrong  
If someone acts to hack away your head,

Then, governed by compassion, take their sins  
Upon yourself—so does a Conqueror's Child.

14. If someone spreads all sorts of nasty talk  
About you all across the galaxy,  
With loving mind speak in return of their  
Good qualities—so does a Conqueror's Child.
15. If someone puts you down and speaks bad words  
About you in a public gathering,  
While thinking of them as a spiritual friend,  
Bow with respect—so does a Conqueror's Child.
16. If one you cared for fondly like your child,  
Should look upon you as their enemy,  
Then love them specially, like a mother does  
A child who's sick—so does a Conqueror's Child.
17. If one your equal or inferior,  
Led on by pride, treats you abusively,  
Keep him, as if your lama, with respect,  
Upon your crown—so does a Conqueror's Child.
18. You're lacking means, folk always put you down,  
You're plagued by spirits and acute disease:  
Take on yourself the sins and pains of all  
Without dismay—so does a Conqueror's Child.
19. Though you're far-famed and many bow their heads,  
Though you've laid wealth up like Vaishravana's,  
Such worldly splendours know as essenceless;  
Don't have conceit—so does a Conqueror's Child.
20. The foe of your own anger unsubdued,  
Subdue external foes and they'll grow more!  
So with your love-compassion fighting force  
Subdue your mind—so does a Conqueror's Child.
21. Like salty water are desire's rewards:  
The more you taste, the worse your thirst becomes.  
Forsake at once the things that make you cling  
And be attached—so does a Conqueror's Child.

22. All these appearances know are your mind,  
Mind that was from the first without extremes  
Of fabrication. Don't heed signs of grasped  
And grasper then—so does a Conqueror's Child.
23. A lovely thing you meet, though it appears  
Fair as a rainbow of the summertime,  
Do not see it as real and cease to cling,  
Be unattached—so does a Conqueror's Child.
24. These varied sufferings—like a dream child's death;  
From grasping false appearances as real,  
How tired! On facing hard conditions then  
See them as false—so does a Conqueror's Child.
25. Why mention outer things if they who want  
Enlightenment their very bodies give?  
With no wish for return or ripening,  
Be generous—so does a Conqueror's Child.
26. Those lacking morals won't win their own aim.  
Why then, their wish to work for others' aims  
Is laughable. That so, keep morals free  
Of worldly wish—so does a Conqueror's Child.
27. For Conqueror Children wanting virtue's wealth  
All harm-doers are akin to treasure trove.  
Thus cultivate the patience of non-hate  
Towards all beings—so does a Conqueror's Child.
28. For just their own sake, hearers, self-made ones,  
Yet strive like dousing fire when head's ablaze.  
Seeing this, make joyous effort, source of good,  
For all beings' sake—so does a Conqueror's Child.
29. By insight with quiescence well endowed  
Afflictions are destroyed for good. Seeing this,  
Develop concentration pure beyond  
The formless four—so does a Conqueror's Child.

30. Devoid of wisdom, five perfections can't  
Bring full enlightenment. Have method then  
And cultivate the wisdom that does not  
Conceive three spheres—so does a Conqueror's Child.
31. If you do not examine your mistakes,  
A Dharma fake may do non-Dharma, so  
Examine your mistakes at every turn  
And give them up—so does a Conqueror's Child.
32. If, governed by affliction, you find faults  
In other Conquerors' Children, you'll decline.  
So those who've entered the great vehicle:  
Don't tell their faults—so does a Conqueror's Child.
33. Through gain and closeness, quarrelling; and work  
To hear and think and meditate declines;  
So give up being attached to households of  
Patrons and friends—so does a Conqueror's Child.
34. Harsh words upset the other's feelings and  
The conduct of a Conqueror's Child declines.  
Give harsh words up then, disagreeable  
To others' minds—so does a Conqueror's Child.
35. Afflictions, once 'set-in', being hard to stop,  
With mindfulness and vigilance—men armed  
With antidotes—nip in first bud desire,  
Afflictions all—so does a Conqueror's Child.
36. In short, whatever the activity,  
Investigate what state your mind is in.  
All times, with mindfulness and vigilance,  
Work others' good—so does a Conqueror's Child.
37. The virtue won through efforts such as these,  
To stop the suff'rings of all boundless beings,  
With wisdom cleansed of three spheres, dedicate  
To Buddhahood—so does a Conqueror's Child.
- (i) What's told in sūtra, tantra, treatises,  
As per high beings' instructions I've set forth

For aspirants to Conqueror Children's paths,  
These Children's thirty-seven practices.

- (ii) Weak-witted and ill-trained, I have no style  
To please the learned. Still, I fancy that,  
Being based on sūtra and high beings' advice,  
This Conqueror Children's practice is unflawed.
- (iii) But then, a Conqueror Child's colossal deeds  
Are hard for weak-wits such as me to sound,  
So may the high ones please have patience with  
A bunch of faults, at odds or off the point.
- (iv) By virtues brought forth from this may all beings,  
Through ultimate, conventional, supreme  
Awakening mind, be as Lord Chenrezig  
Who stands not in the extremes of being or peace.

Venerable Togme, proponent of scripture and reasoning, composed this for his own and others' benefit at Ngulchu Rinchen Cave.