

DHARMAKIRTI COLLEGE

# Transforming the Heart

## 37 Practices of Bodhisattvas

Sunday Afternoons  
3:00 pm to 6:00 PM

Starting January 16th  
Continuing for 16 Sundays

Loving-Kindness and compassion are the gateway to bodhichitta. Bodhichitta is the motivation and action of the Bodhisattva, which is to attain enlightenment for the benefit of all sentient beings.

This 16-week course is based on one of the most popular texts in all of the schools of Tibetan Buddhism. In 37 short verses, it describes the essential practices leading to enlightenment. His Eminence Garchen Rinpoche recommends this short text for all of his disciples as a complete practice in and of itself. As recommended by Gar Rinpoche, the commentary text for the course will be *Transforming the Heart: The Buddhist Way to Joy and Courage* by Geshe Jampa Tegchok. There will also be audio commentary throughout the course from His Holiness the Dalai Lama. In addition, participants will engage in weekly discussion, contemplation and practice.

### Facilitator

Dr. Dean Pielstick is a professor of management with Northern Arizona University in Tucson. He began to study Buddhism in the 60s and now focuses his practice on Dzogchen, including its spontaneous manifestation of loving kindness and compassion for the benefit of all sentient beings. He studied the Thirty-seven Practices of the Bodhisattva with Lopon Barbara DuBois under the guidance of His Eminence Garchen Rinpoche. He is a board member of Dharmakirti College and author of the Dharmakirti eCollege course on Chenrezig.

### Text

*Transforming the Heart: The Buddhist Way to Joy and Courage*

Geshe Jampa Tegchok

Available at [amazon.com](http://amazon.com)

Note: Amazon will take 1 to 2 month to fill orders. Go to new and used section to order.

Available at [garchen.com](http://garchen.com)

*It is highly recommended that students have this book before class commences.*

*The 37 Bodhisattva Practices*

by Ngulchu Thogme Zangpo

Available at [dharmakirti.org](http://dharmakirti.org)

free, PDF download under "Online Library"

Available at [garchen.com](http://garchen.com) (small booklet)

free plus shipping

### Attendance

Reading, study and practice are designed for you to get the most out of the course. Each session builds upon the previous one so regular attendance is of great benefit.

If you cannot attend the entire sixteen weeks of the course, you are still welcome! We ask that out of respect to those who have been in full attendance that your questions be limited to the topic of discussion.

## Location

Ada Peirce McCormick Building  
(Little Chapel of All Nations)  
1401 East First Street at Highland Ave. Underpass  
Tucson, AZ

We will meet in the Library which has French doors that open to a beautiful patio.

## DIRECTIONS FROM SPEEDWAY AND CHERRY

- Speedway and Cherry
- South on Cherry
- West on 1st St (one way)
- Look for sign "Ada Peirce McCormick Building" on right side of street. Pull into Parking Lot just before First St. & Highland intersection (marked by Stop Sign).

## Suggested Donation

Dharmakirti suggests donations because people have frequently asked what a reasonable donation would be. This is only a guideline. We base the amount of the donation on the cost of teaching and expected attendance. We hope this is a help and not a hindrance because Dharmakirti strongly feels that no one should ever be turned away for lack of funds. Thank you for your generosity. Your donation makes this teaching and future teachings possible.

Individual Sundays: \$10  
Entire 16 Week Teaching: \$125



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