



Reflections on Silver River: Tokme Zongpo's Thirty-Seven Practices of a Bodhisattva

By Ken I. McLeod

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Reflections on Silver River consists of a new translation of Tokmé Zongpo's Thirty-Seven Practices of a Bodhisattva and a verse-by-verse commentary. In just thirty-seven verses, Tokmé Zongpo summarizes the bodhisattva path. While this revered and loved text from the Tibetan Buddhist tradition has been translated many times, Ken McLeod's plain and simple English beautifully reflects the simplicity and directness of the original Tibetan. McLeod's commentary is full of striking images, provocative questions and inspiring descriptions of what it means to be awake and present in your life. Practical instruction, brief and to the point, is found in each of the verse commentaries, providing straightforward responses to the question, "How do I practice this?"

McLeod is clearly writing from his own experience. Yet, instead of anecdotes and personal history, he challenges the reader to engage various scenarios, and consider for ourselves how compassion, clarity, presence and balance could take expression in his or her life.

This masterful translation and commentary shine the light of wisdom on the challenges of contemporary life and illuminate a path the modern reader can tread to freedom, peace and understanding.

Reflections on Silver River has three parts. The first is an informative introduction to the text and to Tokmé Zongpo. The introduction is followed by the translation of Tokmé Zongpo's Thirty-Seven Practices of a Bodhisattva. The third section is the main part of the book, a traditional verse-by-verse commentary. At less than 200 pages, Reflections on Silver River is a highly accessible introduction to Tibetan Buddhist practice as well as a valuable resource for the experienced practitioner, regardless of his or her tradition of training.

McLeod himself is a teacher, translator, author and business consultant. He pioneered one-on-one meditation instruction, has taught numerous retreats and classes, published a highly regarded translation of Mahayana mind-training under the title The Great Path of Awakening, wrote an encyclopedic treatment of

meditation practice in *Wake Up to Your Life*, and composed a poetic and evocative commentary on the Heart Sutra in *An Arrow to the Heart*.

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