

A modern commentary on
The Thirty-Seven Verses on the Practice of a Bodhisattva

THE HEROIC HEART

AWAKENING UNBOUND
COMPASSION

Jetsunma Tenzin Palmo

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Jetsunma Tenzin Palmo, born in England in 1943, is a fully ordained nun (*bhikshuni*) in the Drukpa lineage of the Kagyu school of Tibetan Buddhism. She is an author, teacher, and founder of the Dongyu Gatsal Ling Nunnery in Himachal Pradesh, India. Jetsunma is renowned for being one of the few Western-born practitioners fully trained in the East, having spent twelve years living in a remote cave in the Himalayas, three of those years in strict meditation retreat. Jetsunma's heart teacher was the Eighth Khamtrul Rinpoche, Dongyu Nyima (1931–1980), who reestablished the Khampagar lineage and monastery in Northern India after the destruction of the original during the Chinese invasion and occupation of Tibet. The title of Jetsunma (revered lady) was bestowed on her by the head of the Drukpa lineage, the Twelfth Gyalwang Drukpa, in recognition of her spiritual achievements as a nun and her efforts in promoting the status of female practitioners in Tibetan Buddhism. No other Westerner has been formally granted a title of such high esteem.