

The Songs of Milarepa - Session 2

Song 1 - Milarepa Extols the Qualities of the Place

Lord Guru, I supplicate you.

Do you know this place's good qualities, or not?
If you don't know the qualities of this place:

This is the Kyangpen Sky Fortress, a solitary retreat.
At the palace of this Sky Fortress here,
Above, clouds from the south gather in darkness.
Beneath are fresh and clear waterfalls.

Behind are red rocks and the expanse of the sky.
In front are meadows with radiant flowers.
To the side, fierce beasts let out their great roar.
At its face, vultures, the king of birds, soar.
In the sky, misty fine rain comes down,
And bees are ever humming their tune.
Deer and wild ass, mother and child, dance in their play.
Monkeys and langurs leap and run about.
Larks with their chicks let out many a peep,
And mountain grouse make melodious songs.
The clear highland springs babble pleasantly.

All these sounds, each at their time, are experience's friend.
This place's good qualities are inconceivable,
And my mind is so happy I've burst into song.
Key instructions now come forth from my speech.
All you male and female benefactors gathered here,
Follow after me and do as I have:
Abandon negativity and practice virtue!

Song 2 - Milarepa explains The View, Meditation and Conduct

May the guru's blessings enter my mind.
Grant your blessing that I realize emptiness.

In response to these benefactors with great faith,
I'll sing a song to please the yidam deities.

Appearance, emptiness, their inseparability, these three:
These three things summarize the view.

Clarity, nonconception, and nondistractedness, these three:
These three things summarize meditation.

Nonattachment, nonclinging, continuity, these three:
These three things summarize conduct.

No hope, no fear, no confusion, these three:
These three things summarize fruition.

No deception, no hypocrisy, no pretense, these three:
These three things summarize samaya.

Song 3 - Milarepa describes his state of Body, Speech and Mind

I bow at the feet of the noble guru.
In this place, an isolated forest without any humans:

Milarepa's meditation feels so good.
My sitting and walking without clinging feels good.
My illusory body free of illness feels good.
My sitting without any sleep feels good.
My concept-free samadhi feels good.
My chandali free of chill feels good.
My austerity free of dejection feels good.
My harvest that is free from toil feels good.
My isolated place free of distraction feels good.
This is the state of my body.

My yana with means and prajna feels good.
My creation and completion in union feels good.

My mindfulness free of prana coming or going feels good.
My silence without friends to talk to feels good.
This is the state of my speech.

My view that is free of identification feels good.
My meditation that's always flowing feels good.
My conduct that never degenerates feels good.
My fruition without hope and fear feels good.
This is the state of my mind.

Unchanging nonconceptual luminosity feels good.
Great bliss in perfect purity's space feels good.
Unceasing manifestations in the expanse feels good.

This short little tune of feeling so good
Is just my experience put into song.
With view and conduct joined together,
Henceforth, you who strive toward awakening,
Whenever you practice, do it like this.

Song 4 - Milarepa teaches The Twelve Points of Mind

I bow at the feet of the noble guru.
You benefactors who wish to realize mind's nature,
When you practice, do it like this.

Faith, knowledge, discipline, these three,
These are the life-rod of the mind.
If you plant it stably you will have bliss.
If you'll have a life-rod, have it like this.

No attachment, no clinging, no ignorance, these three,
These are the armor of the mind.
Light to wear and weapon-proof,
If you wear armor, wear it like this.

Meditation, diligence, and endurance in hardship, these three,
These are the stallion of the mind.
When it runs, you'll quickly escape to liberation.
When you get on the stallion, do it like this.

Self-aware, self-luminous, self-blissful, these three,
These are the fruition of the mind.
It's planted, then ripens, and is nutritious to eat.
When you attain the fruition, attain it like this.

These twelve points of the mind
Dawned within the mind of this yogi.
You faithful benefactors should practice them!