

The Songs of Milarepa - Session 3

Song 1 - Provisions for the Next Life

All we worldly beings here
Are carried by the river of birth, old age, sickness, and death.
The next river will be even bigger than this one.
Have you made the provision of a vessel?

In the next life, our fear of demons, rakshasas,
And the Lord of Death will become even greater.
Have you made the provision of a guide?

The attachment of desire, aggression,
And stupidity in the next life will be even stronger.
Have you made the provision of an antidote?

In the next life, our journey in this great land
Of the three realms of samsara will be even longer.
Have you prepared food for the journey?
If you're not prepared, then practice the sublime dharma!

Song 2 - The Six Necessities and Twelve Things You Don't Need

Following a learned guru
Is called the guide of samsara and nirvana.

Giving generously with no sense of regret or loss
Is making the provisions of food for the journey.

Shining the moon of experience upon the darkness
Is making the provision of a guide.

Giving what you've accumulated to the dharma
Is making the provision of a vessel.

When one has the view that is without bias,
That is meditation without distraction.

When your conduct is in accord with dharma,
This samaya is what pleases the guru.
Its result is having no regrets when you die.

Friends, benefactors, and disciples, these three:
This yogi has little need for them.
You worldly ones do have a need.

Obeisance, honorifics, and hypocrisy, these three:
This yogi has little need for them;
A person with the eight concerns has a need.

Material things, belongings, and busyness, these three:
This yogi has little need for them.
That's something one who wishes for fame would need.

Washing, hygiene, and concepts, these three:
This yogi has little need for them.
These are something that young ones need.

These are called the "Twelve Things You Don't Need";
They're not everyone's cup of tea.
This boasting of a repa yogi,
You who've gathered here, keep it in mind.
If you want to be happy, then practice the genuine dharma.
If you're disillusioned with busyness, keep to solitary places.
If you have great perseverance, stay all alone.
If you wish for enlightenment, develop endurance in meditation,
And you'll certainly be victorious over the four enemy maras.

Song 3 - Nine Precious Things so Difficult to Attain

Getting this human birth with the freedoms and resources
Where one is free of the eight freedomless states is difficult.

Having let go of the mundane happiness of this life,
To make the freedoms and resources meaningful is difficult.

Having seen the faults of samsara,
To accomplish the state of nirvana is difficult.

Even if someone should practice genuine dharma,
To gather the perfect conditions is difficult.

To have a guru endowed with compassion
Who knows the scriptures, logic, and upadeshas is difficult.

To have a disciple who is able to practice
With untiring faith is difficult.

To have a retreat with everything one needs
And with nothing that is fearful or harmful is difficult.

To have a friend with the same mindset and action
That's concordant with the tenets' view and conduct is difficult.

To have a body that's workable -
Free of sickness or pain - is difficult.

Even if these should come together,
To practice one-pointedly is difficult.

These nine difficult things that I have sung here,
Even though they are difficult, you should engage in their practice.