

The Songs of Milarepa

Study Course 2023

Song 1

I supplicate the lord with supreme kindness.
Bless my son, Rechungpa, here.

Son, for this life's ultimate aim, focus on dharma.
Not merely with words, you should supplicate
The guru, yidam, and the three precious jewels.
Now go and travel in the land of India.

For food eat the food of endurance in samadhi;
As a connection with the a-tung, wear the cotton cloth;
Then ride the illusory horse of prana and mind.
Now go and travel to the land of India.

Scrub the mind that is free of stain.
For that, always observe, free of regret,
The white silver mirror of samaya.
Now go and travel to the land of India.

Should the bandits of desire for fame outwardly overtake you,
Keep watch by equalizing the eight worldly concerns.
Hide your good qualities within the unobservable state.
Rousing excellent bodhichitta, go and travel!
Son, I pray your life be long and free of illness.

Song 2 - Part 1

I bow at the feet of Marpa, so kind.
Having cut ties with my family, I feel good.
Relinquishing clinging to my homeland, I feel good.
With no care over local matters, I feel good.

Not corrupted by sangha donations, I feel good.
Not becoming a householder, I feel good.
Not needing this or that, I feel good.
Wealthy with the noble riches, I feel good.

Without the suffering of keeping provisions, I feel good.
With no worry of them getting lost, I feel good.
With no fear of them running out, I feel good.
With resolve about mind, I feel good.

Not needing to please benefactors, I feel good.
With no weariness or irritation, I feel good.
Without hypocritical conduct, I feel good.
Whatever I do is dharma, and that feels good.

No weariness of wishing to roam around feels good.
Without fear of being killed, I feel good.
Without fear of burglary, I feel good.
Having conducive conditions for virtuous activity feels good.

Song 2 - Part 2

Abandoning negative actions, I feel good.
With my efforts in merit, I feel good.
With no anger or malevolence, I feel good.
Having abandoned pride and jealousy, I feel good.

Seeing the faults of the eight concerns, I feel good.
Resting in equality, I feel good.
With mind looking at mind, I feel good.
With no hope or fear, I feel good.

In the expanse of luminosity, free of fixation, I feel good.
In the space of nonconceptual wisdom, I feel good.
In the primordial state of spontaneity, I feel good.
With the six consciousnesses in their own place, I feel good.
With the clarity of the five gates consciousnesses, I feel good.
With the cutting of mind's coming and going, I feel good.

I have so many ways of feeling good.
This is a yogi's happy song.
I do not aspire for any other happiness.
In death I feel good, for I've done no negative deeds.
In life I feel good, for virtuous activity flourishes.

Benefactors give me food and clothes.
This is the kindness of the three jewels and the guru.
To practice for the sake of yogic bliss feels good.
Rechungpa, are you well; did you get what you went for?