

## MILAREPA'S SONGS OF LIBERATION - Season 2, Session 2 Teachings for Rechungpa on - Preparing to Have Joy at Death

### Song 1

The essence of the lord of the family,  
In the palace of great bliss at the crown of my head,  
Guru unstained by any faults,  
You are ornamented with a host of good qualities.  
Never satisfied when looking at him, I praise this lord.

Though you've abandoned your homeland for foreign lands,  
Yet still you properly keep to their customs.  
If you prefer to have praise and fame,  
At that point, you've arrived at the eight concerns.

Though you've abandoned food and service for small morsels,  
Yet still you properly amass them in great hoards.  
If you prefer a full belly of tasty food,  
At that point, you've arrived at the eight concerns.

Though you've abandoned fine woolen clothes for ragged garments,  
Yet still you properly sew and tailor them.  
If you prefer them to be soft and warm,  
At that point, you've arrived at the eight concerns.

Though you've abandoned house and home for earthen caves,  
Yet still you make proper preparations.  
If you prefer one that will withstand attack,  
At that point, you've arrived at the eight concerns.

Though you've abandoned large fields for small,  
Yet still you properly keep to the ways of farming.  
If you prefer great, excellent crops to your small ones,  
At that point, you've arrived at the eight concerns.

The true reality of samsara that is free of any base,  
If analysed, there is nothing to be identified;  
If that is realised, then that is nirvana.  
Yogi, always be free of any fixation  
Toward the dharmata, the empty nature of everything.

## Song 2

The lord guru's life-story is impressed upon my mind,  
And I never forget his advice that was like amrita.  
If you think you have leisure to put off the dharma, you will miss your chance.  
Mix dharma with your mind-stream, and apply yourself in meditation.

If you're attached to this life, the next life will be difficult.  
To delight in temporary pleasure is a great hindrance.  
If you think you have leisure to put off the dharma, that is foolish.  
If you fear your death, apply yourself in meditation.

If you engage in negative action, you'll fall to the lower realms.  
If you're deceitful or conniving, you'll just lose yourself.  
If you develop malicious intentions, you'll exhaust your merit.  
If you want to purify your karmic results, apply yourself in meditation.

If you wish to wear nice clothes, your outlook is confused.  
If you wish to eat good food, you'll strive in negative conduct.  
If you long for pleasing words, you'll be wrecked by fame.  
Abandon the eight concerns, and apply yourself in meditation.

If you wish for a rich patron, you'll encounter enemies.  
If you wish to be surrounded by many retainers, you'll have great regret.  
If you want to amass many things, you'll have many wrong views.  
Make your mind harmonious with the dharma, and apply yourself in meditation.

If you can meditate, then realization will dawn in your mind.  
If you cannot, then you'll just have empty speech and lies.  
Since you don't have much time left to meditate,  
Exert yourself in meditation without distraction.

If you mix your mind with dharma, everywhere you'll have bliss.  
Remaining alone is also excellent.  
My son, Rechungpa, let your mind abide  
In the precious samadhi of clarity-emptiness meditation!

### Song 3

E MA! Sentient beings of samsara,  
Look to the path of liberation.  
Alas! These here with such negativity - such a shame!  
Ignorant of karma in this human birth with leisures,  
How devastating is this killing of beings!  
How regrettable to have such self-delusion!  
How shameful, indeed, to kill one's parents!  
What's to be done with this stacking of killed flesh?  
What to do with all this pooling of blood?  
Eating meat, however hungry one is;  
Such confused perception, thinking anything;  
Such negativity without any compassion;  
Delusive ignorance that's obscured everything;  
What can be done with such cultivation of negativity?  
Giving torment however they please;  
Such wickedness of those who act this way;  
How shameful! Oh, such sadness and heartache!  
So busy with negativity in all that they do,  
Later, they won't remember a single moment.  
When I see such people, I fear for them.  
I think of those with such negative conduct, and I am disturbed.

Rechungpa, doesn't it make you think of the sublime dharma?  
If it does, then give rise to sadness and disillusionment.  
If you meditate, go to mountain retreats.  
If you contemplate, contemplate the guru's kindness.  
If you escape something, escape from the root of nonvirtue.  
If you let go of something, let go of mundane deeds.  
If you keep something, keep your promise to practice.  
If you understand, then bring your life to the dharma.

## Song 4

E MA! Sentient beings of samsara  
Are in darkness, obscured by negative karma.  
The thief of conceptuality creates much agitation;  
The jewel of meditation will likely be lost.  
It's time to set the watchman of nondistractedness.  
Men with negativity never think that death will come.  
Rechungpa and I will go to Lachi Snow Mountain.

The continuum of samsara is a long, treacherous path.  
The bandits of the five poisons agitate and churn;  
They'll likely seize the child of awareness.  
It's time to seek out the guide of primordial wisdom.  
Men with negativity never think that death will come.  
Rechungpa and I will go to Lachi Snow Mountain.

The mountain of faults is very high.  
The afflictions are like the hunter and his dog;  
It's likely they will kill the deer of samadhi.  
It's time to flee to the ultimate true nature.  
Men with negativity never think that death will come.  
Rechungpa and I will go to Lachi Snow Mountain.

In the worn down house of the illusory body,  
Days and hours fall like rain.  
The drops of the years and months beat down.  
The worn house of the illusory body will soon collapse.  
It's time to make preparations to have joy at death.  
Men with negativity never think that death will come.  
Rechungpa and I will go to Lachi Snow Mountain.

The ocean of samsara is very deep.  
It's time to swim with the child of awareness.  
It's likely you'll be distracted by the waves of confusion.  
It's time to escape to the land of nonduality.  
Men with negativity never think that death will come.  
Rechungpa and I will go to Lachi Snow Mountain.

The swamp of lust is truly vast,  
And the thick mud of home-life is very deep.  
It's likely the elephant of renunciation will get stuck within.  
It's time to pursue a place for the meditation of liberation.  
Men with negativity never think that death will come.  
Rechungpa and I will go to Lachi Snow Mountain.

The view and meditation of the lower vehicle is a steep precipice.  
The immature, with inferior minds, have many deeds.  
It's likely they'll fall off the cliff of the six realms.  
Men with negativity never think that death will come.  
Rechungpa and I will go to Lachi Snow Mountain.