

THE RAIN OF WISDOM - Session 3 Readings

1.

Sesame oil is the essence.

Although the ignorant know that it is in the sesame seed,
They do not understand the way of cause, effect, and becoming,
And therefore are not able to extract the essence, the sesame oil.

Although innate coemergent wisdom

Abides in the heart of all beings,

If it is not shown by the guru, it cannot be realised.

Just like sesame oil that remains in the seed, it does not appear.

One removes the husk by beating the sesame,

And the sesame oil, the essence appears.

In the same way, the guru shows the truth of tathata,

And all phenomena become indivisible in one essence.

Kye ho!

The far-reaching, unfathomable meaning

Is apparent at this very moment. O how wondrous!

2. Marpa's Song

Lord, authentic precious guru!

Because of the merit accumulated by your previous practice,

You met the nirmanakaya Tilopa in person.

The suffering of existence which is difficult to abandon

You scorned throughout your twelve trials.

Through your practice of austerities,

You saw the truth in an instant.

I prostrate at your feet, Sri Jnanasiddhi.

I, the translator, a novice from Tibet,

Through the karmic link of previous practice,

Met you, Mahapandita Naropa.

I studied the Hevajra Tantra, famed for its profundity.

You gave me the essence, Mahamaya.

I received the inner essence, Cakrasamvara.

In general, I extracted the inner essence of the four orders of tantra.

As granted by the mother, Subhagini,

Whose river of blessings is continuous,

You transmitted the four abhisekas to me.

I gave birth to undefiled samadhi
And established confidence in it in seven days.
The sun and moon, the life force and descent,
Were locked in the home of still space.
The experience of self-existing coemergence —
Bliss, luminosity, and nonthought — dawned from my heart.
The confusion of habitual sleep
Was realised as the nature of the path of luminosity.
The movements of the mind, both grasping and fixation,
Dissolved into the simplicity of dharmakaya.
Outer appearance, this illusory wheel of confusion,
Was realised as unborn mahamudra.
Inner fixation, this mind consciousness,
Like meeting an old friend,
Realised its own nature.
Like a dream dreamt by a mute.
An inexpressible experience arose.
Like the ecstasy experienced by a maiden,
An indescribable meaning was realised.
Lord Naropa, you are very kind
Previously, you gave me blessings and abhisekas;
Please continue to accept me with your kindness.

3. The Blessing of Naropa

You Marpa, the translator from Tibet!
Do not make the eight worldly dharmas the goal of your life.
Do not create the bias of self and other, grasping and fixation.
Do not slander friends or enemies.
Do not distort the ways of others.
Learning and contemplation are the torch that illumines the darkness.
Do not be ambushed on the supreme path of liberation.
Previously, we have been guru and disciple;
Keep this with you in the future; do not give this up.
This precious jewel of your mind,
Do not throw it in the river like an idiot.
Guard it carefully with undistracted attention,
And you will accomplish all needs, desires, and intentions.