

THE RAIN OF WISDOM - SESSION 4 - READINGS

Song 1

The blessings of the lord guru have entered these rocks.
If you do not know the virtues of these rocks,
This is the Lofty Green Mountain Sky Fortress.

At the palace of the Sky Fortress,
Above, dark clouds gather;
Below, blue rivers flow;
Behind, the red rock sky fortress.
In front, the meadows are beautiful with flowers.
On the border, beasts of prey cry out.
To the side, the king of birds, the vulture soars.
At times, a gentle rain falls.
Constantly, the bees hum a melodious song.
The deer and wild horses, mothers and young, play and frolic.
The songbirds, mothers and young, sing many beautiful songs.
The divine bird, the white grouse, sings a melodious song.

Springs trickle from the rocks and make a pleasant sound.
The different sounds of the four seasons are friends of the mind.
The virtues of this place are inconceivable.

I have sung this song of joy,
I have uttered these oral instructions,
And I have explained them to you hunters.
Do not commit evil deeds! Be virtuous!

Song 2

In the White Rock Lofty Meadow Palace
Milarepa's meditation goes well.
Without fixation or attachment, both moving and staying go well.
Free from sickness, my body is well.
Not falling asleep, my posture goes well.
Not thinking, my samadhi goes well.
Not getting cold, my candali goes well.
Undiminished, my yogic discipline goes well.
Not making an effort, my harvesting goes well.
Not being distracted, my solitude goes well.
These are the ways of conducting my body.

The vehicle of skilful means and knowledge goes well.
The practice of the unity of utpatti and sampannakrama goes well.
Prana being free from coming and going, my mind is well.
Without friends to converse with, giving up conversation goes well.
These are the ways of conducting my speech.

Free from grasping, the view goes well.
Without interruption, meditation goes well.
Without being reticent, action goes well.
Without hope and fear, the fruition goes well.
These are the ways of conducting my mind.

Unchanging and without thought, luminosity goes well.
In the realm of pure great bliss, I am well.
In space open to unobstructed arising, I am well.
This is a little song of complete well-being.

Having sung this song of experience,
The oral instructions have escaped from my mouth.
Here, view and action are united.
Henceforth, for those who wish to attain enlightenment,
If you practice, practice like this.

Song 3

The blessings of the lord guru have entered these rocks.
Grant your blessings so that this lowly one may remain among these rocks.

Faith, learning, and discipline,
These three are the life-tree of the mind.
When it is planted and planted firmly, all goes well.
If you plant a life-tree, plant it like this.

Non-desire, non-attachment, non-delusion,
These three are the armour of the mind.
When worn, it is light and impregnable.
If you wear armour, wear it like this.

Meditation, exertion, and endurance,
These three are the stallion of the mind.
When it runs, it is fast; when it flees, it escapes.
If you ride a stallion, ride it like this.

Self-existing insight, luminosity, and bliss,
These three are the fruit of the mind.
When it is planted, it ripens; when it is eaten, it nourishes.
If you grow fruit, grow it like this.

These twelve meanings of the mind
Have dawned in the mind of this yogin, and so I sing of them.
Take these responses, faithful patron.

Song 4

The blessings of the guru have entered my mind.
Grant your blessings so that I may realise my mind as sunyata.

This is my gift to the faithful benefactor.
I will sing a song to please the divine yidams.

Appearance and emptiness and their inseparability,
These three are the synopsis of the view.

Luminosity, non-thought, and non-wandering,
These three are the synopsis of meditation.

Non-attachment, non-desire, and non-confusion,
These three are the synopsis of action.

No hope, no fear, and no completion,
These three are the synopsis of fruition.

Free in public, free in private, not deceiving,
These three are the synopsis of samaya.