

"Distinguishing Happiness from Suffering" Song of Milarepa

Rechung Dorje Drakpa, the well-learned Buddhist scholar, listen carefully to what I have to say. Before faith and yearning for the dharma have arisen, do not beg for alms for mere enjoyment.

Recognizing the essence of their own mind, the yogin who realizes the true nature is always happy.

Pursuing delusion, the practitioner who increases their misery always suffers.

Resting within the contrived state, the yogin who realizes the unchanging nature, pure within its own place, is always happy.

Pursuing feelings and thoughts, the practitioner who freely accumulates attachment and aversions always suffers.

Realizing all appearances to be the dharmakaya, the yogin who cuts through hopes, fears, and doubts is always happy.

Engaging in pretense and careless actions, the practitioner who doesn't quell the eight worldly concerns always suffers.

Realizing everything to be mind, the yogin who takes all appearances as an aid is always happy.

Having spent their life in distraction, the practitioner who feels remorse at the time of death always suffers.

Having liberated thought processes in their own place, the yogin who has continuous meditation experience is always happy.

Pursuing words and terms, the practitioner who does not determine the nature of their mind always suffers.

Having inwardly turned away from attachments, the yogin who realizes everything to be an illusion is always happy.

Remaining on the path of distraction, the practitioner who employs their body and speech as servants always suffers.

Having cut through false assertions by listening and reflecting, the yogin who looks at their own mind as entertainment is always happy.

Merely professing to practice the Dharma, the practitioner who engages in negative actions always suffers.

Having cut through hopes, fears, and doubts, the yogin who remains continuously within the intrinsic state is always happy.

Having handed over their independence to others, the practitioner who ingratiates and flatters always suffers.

Having cast all wants behind themselves, the yogin who continuously practices the divine Dharma is always happy.