

## The Song of Palderbum by Shepa Dorje, the yogi Milarepa

I can contemplate the sky,  
But clouds make me uneasy.  
Milarepa, tell me how  
To meditate on clouds.

“If the sky’s as easy as you say,  
Clouds are just the sky’s play.  
Let your mind stay  
Within the sky.”

I can contemplate the sea,  
But waves make me uneasy.  
Milarepa, tell me how  
To meditate on waves.

“If the sea’s as easy as you say,  
Waves are just the sea’s play.  
Let your mind stay  
Within the sea.”

I can contemplate my mind,  
But thoughts make me uneasy.  
Milarepa, tell me how  
To meditate on thoughts.

“If your mind’s as easy as you say,  
Thoughts are just the mind’s play.  
Let your mind stay  
Within your mind.”