

The Song of Palderbum by Shepa Dorje, the yogi Milarepa

Milarepa said to the girl Palderbum, “If you sincerely wish to practice the Dharma, in my tradition you don’t need to change your name. Since one can awaken to buddhahood as either a monk or layperson, you don’t need to shave your hair off or change your dress.” Then he sang this song on meditation guidance in training the mind with four meaningful analogies.

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.”

<https://levekunst.com/milarepas-song-to-the-girl-paldarbum/>

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