The Hundred Thousand Songs Of Milarepa

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an authoritative new translation of the complete hundred thousand songs of milarepa the teaching songs and stories from tibet s most beloved buddhist yogi poet and saint powerful and deeply inspiring there is no book more beloved by tibetans than the hundred thousand songs and no figure more revered than milarepa the great eleventh century poet and saint an ordinary man who through sheer force of effort faith and perseverance overcame nearly insurmountable obstacles on the spiritual path to achieve enlightenment in a single lifetime he stands as an exemplar of what it is to lead a spiritual life milarepa a cotton clad yogi wandered and taught the dharma most famously through spontaneously composed songs a colorful and down to earth way to convey the immediacy and depth of the buddhist teachings in this work the songs are woven into a narrative that tells the stories of his most famous encounters with his students including gampopa and rechungpa and recount his victories over supernatural forces in the remote himalayan mountains and caves where he meditated in this authoritative new translation prepared under the guidance of dzogchen ponlop rinpoche christopher stagg brilliantly brings to life the teachings of this extraordinary man this classic of world literature is important for its narrative alone but is also a key contribution for those who seek inspiration for the spiritual path

this collection of tibetan poetry and lyrics is accompanied by extensive commentary and offers a great insight into a rich literary culture tibet remote and inaccessible is less known to the western world for its literary than its artistic contributions to world culture nevertheless it has produced a literature of enduring beauty and significance the supreme achievement of which is the poetry of milarepa its greatest poet and saint this tibetan poetry book indicates in its poetic exaggeration that to the tibetans his poetry contains all earthly and celestial wisdom it is from this masterpiece that the selections for the present volume have been made songs in which milarepa describes his life in the solitude of mountain glaciers his yogic attainments in self discipline his encounters with demons who try to obstruct his meditations and his arrival at enlightenment and spiritual freedom presented here in skillful translation in a volume decorated with original tibetan woodcuts and motifs from tibetan art these poems shiningly reflect the genius of tibet sold man storehouse of songs

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gathers the teachings life story and observations of the eleventh century tibetan buddhist saint

a buddhist holy man whose songs have been sung and studied since the twelfth century milarepa exchanged a life of sin and maliciousness for one of contemplation and love eventually reaching according to his disciples the ultimate state of enlightenment his thousands of extemporaneously composed songs communicate complex ideas in a simple lucid style this volume features the religious leader s best and most highly esteemed songs of love and compassion sure to inspire and provide reading pleasure to a wide audience considered by many of his followers to be another st francis milarepa exchanged a life of sin and maliciousness for one of contemplation and love eventually reaching a state of enlightenment his thousands of extemporaneously composed songs have been widely sung and studied since they were first recorded and disseminated centuries ago by his disciples this volume features the best and most highly esteemed of the religious leader s songs of love and compassion that include lessons on the negative aspects of ambition and the importance of finding inner peace in addition he stresses the briefness of life so apply yourself to meditation avoid doing evil and acquire merit to the best of your ability even at the cost of life itself in short act so that you have no cause to be ashamed of yourselves and hold fast to this rule

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