

# The Hundred Thousand Songs Of Milarepa

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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

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

milarepa was a much loved tibetan yogi poet and teacher his hundred thousand songs have inspired and guided buddhist practitioners for centuries yet examinations of them are few the yogi s joy explores some of these songs to help show how their lessons are relevant to us today in these songs we find such themes as fear honesty self respect practising with others the student teacher relationship and how we can make teachings our own

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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 s old man storehouse of songs

a renowned meditation master retells the stories and realization songs of tibet s best known and most beloved religious figure and reveals how they relate to our everyday lives he went from being the worst kind of malevolent sorcerer to a devoted and ascetic buddhist practitioner to a completely enlightened being all in a single lifetime the story of milarepa 1040 1123 is a tale of such extreme and powerful transformation that it might be thought not to have much direct application to our own less dramatic lives but chögyam trungpa shows otherwise this collection of his teachings on the life and songs of the great tibetan buddhist poet saint reveals how milarepa s difficulties can be a source of guidance and inspiration for anyone his struggles his awakening and the teachings from his remarkable

songs provide precious wisdom for all us practitioners and show what devoted and diligent practice can achieve

jetson milarepa tibet s renowned and beloved saint is known for his penetrating insights wry sense of humor and ability to render any lesson into spontaneous song his songs and poems exhibit the bold inspirational leader as he guided followers along the buddhist path more than any other collection of his stories and songs drinking the mountain stream reveals milarepa s humor and wisdom faithfully translated by lama kunga rinpoche and brian cutillo this rare collection never before available in any western language cuts across the centuries to bring milarepa s most inspiring verses in all their potency to today s reader

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