Happiness and Misery, Drawing the Line
密勒日巴尊者
Milarepa
自識本來面目，具足實相義之，修士總是樂；
跟隨迷惑亂象，揚生諸痛苦之，佛徒總是苦。
Someone who rests in the act of self-recognition
And is therefore in contract with basic reality
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner chasing after delusion
Caught up in creating a welter of suffering
This is a person unhappy at any time
This is a person who’s always miserable.
མབིུ་ས་བཐོས་དགོས་བཤེས་པ་བོས་་བོས་བོ་མེད་བོས་བོ་མེད
མེད་པོ་མེད་བོས་བོ་མེད་བོས་བོ་མེད

བྱུང་ཚོར་རྗེས་སུ་འབྲང་ནས་ཆགས་སྡང་རང་དགར་གསོག
་པའི་ཆོས་པ་ནམ་ཡང་སྡུག

置於無整體性，無變自地清淨，修士總是樂；
追隨種種感受，貪瞋放任造作，佛徒總是苦。
Someone who rests in a state which is not artificial
Is unchanging and pure in the midst of whatever occurs
This is a yogi and happy at any time
Someone like this is a yogi and always content.

For a dharma practitioner caught in events and reacting
Likes and dislike pile up all by themselves
This is a person unhappy at any time
This is a person who’s always miserable.
證悟所顯法身，斷除希冀疑慮，修士總是樂；
造業粗魯隨便，嗜好八法出頭，佛徒總是苦。
Someone who’s realized appearance as dharmakaya
Has cut through the hopes and the fears and the hesitations
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner careless and full of pretences
And not on top of the eight worldly dharmas at all
This is a person unhappy at any time
This is a person who’s always miserable.
識得一切唯心，何顯引為助伴，修士總是樂；虛度浪費生命，臨死心生悔恨，佛徒總是苦。
Someone who knows that everything is mind
Is able to use whatever appears as a resource
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner lost in this life’s distractions
Will find a great deal to regret at the time of death
This is a person unhappy at any time
This is a person who’s always miserable.
證量徹底通達，本性自地受持，修士總是樂；欲望徹底放肆，情不自禁造作，佛徒總是苦。
Someone who’s mastered a measure of realization
Can settle in natural mind’s natural presence
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner shackled in lots of desires
Who is self-indulgent and scrounging for attention
This is a person unhappy at any time
This is a person who’s always miserable.
མཚན་མ་རང་སར་གྲོལ་ནས་ཉམས་མྱོང་རྒྱུན་ཆད་མེད་པའི་རྣལ་འབྱོར་ནམ་ཡང་བདེ།

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ཐ་སྙད་ཚིག་ཕྱིར་འབྲངས་ནས་སེམས་ལ་ཐག་ཆོད་མེད་པའི་ཆོས་པ་ནམ་ཡང་སྡུག

པར་ཞིག་ཐུལ་བསྡུས་རུས་ཤེས་བུས་བཞིན་མེད་པའི་ཐོབ་མོང་བློ་སྤོང་།

性相自地解脫，覺受恆不間斷，修士總是樂；
追隨名言字句，心中沒有定見，佛徒總是苦。
The one for whom labels are freed on the spot where they’re forming
Has an unbroken flow of insightful experiences
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner caught in conventional terms
Will not gain conclusive discernment applying to mind
This is a person unhappy at any time
This is a person who’s always miserable.
捨棄世間作業，遠離目的標準，修士總是樂；辛苦積存斤兩雨，養育家庭親眷，佛徒總是苦。
Someone who’s given up worldly pursuits and involvement
Is free of self-interest and narrow-minded objectives
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma person whose struggle is geared to provisions
Whose only perspective is caring for family and friends
This is a person unhappy at any time
This is a person who’s always miserable.
心中斷除貪念，證悟一切皆幻，修士總是樂；
安於散逸之道，身語成為奴役，佛徒總是苦。
Someone who’s turned from attachment from within
With the realization that everything is illusion
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner taking a path of distraction
Sells his own body and speech into slavery
This is a person unhappy at any time
This is a person who’s always miserable.
騎上精進駿馬，直驅解脫地道，修士總是樂；陷入懶墮之網，成為輪迴墜錨，佛徒總是苦。
Someone who rides on the horse of diligence
Will go through the levels and travel all freedom’s path
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner shackled in laziness
Will sink like an anchor into the brine of samsara
This is a person unhappy at any time
This is a person who’s always miserable.
断除聞思捏造，旁观心中好戏，修士总是乐；
承諾力行佛法，却做罪惡行儀，佛徒總是苦。
Someone who’s listened, reflected and cut hesitation
Then contemplates the panorama of mind
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner claiming to practise the dharma
Whose way of behaving is really a case of wrongdoing
This is a person unhappy at any time
This is a person who’s always miserable.
斷除冀望疑慮，本初源源不絕，修士總是樂；鼻繩給人牽著，處處逢迎情面，佛徒總是苦。
Someone who’s cut through the hoping and fearing and doubting
And rests in the natural state without interruption
This is a yogi and happy at any time
Someone like this is a yogi and always content.

A dharma practitioner led by the nose by the others
Who flatters and humors them just to get their applause
This is a person unhappy at any time
This is a person who’s always miserable.
全部棄諸腦後，永遠奉行佛法，修士總是樂。

二〇一六年仲夏 拜噶千仁波切慈諭，行者普舟譯於貢噶林關房。賢善吉祥！
Someone who’s left the cares of this life behind
And is always engaged in practising excellent Dharma
This is a yogi and happy at any time
Someone like this is a yogi and always content.

English translation is by Jim Scott, from *10 of Milarepa's Greatest Hits*, Milarepa songs selected by Khenpo Tsultrim Gyamtso Rinpoche, published by Marpa Translation Committee, 1993
嗡 達瑞 度達瑞 度瑞 媽媽 阿優 佳那 布涅 布真 咕汝 梭哈

咒意:
嗡 解脫母！解脫苦難母！疾速救度母！
令我壽命、智慧、福德盛開增長 梭哈

OṂ TĀRE TUTTĀRE TURE MAMA ĀYUR JNĀNA PUṆYE PUŚTĪṂ KURU SVĀHĀ

Translation of the mantra:
OṂ O liberator, O liberator from pain, O swift one,
make my lifespan, knowledge and merit blossom SVĀHĀ
聖白度母
NOBLE LADY WHITE TĀRĀ