



ལྷོ་ལོ་འབྲུག་མཁུར།

樂苦道歌

Happiness and Misery, Drawing the Line



密勒日巴尊者

Milarepa

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

ཨོྃ་ཏཱ་རེ་ཏུ་ཏཱ་རེ་ཏུ་རེ་མ་མ་ལྷུ་ཡུར་རྩོལ་ཀློང་ལུ་ཕུ་ཕུ་ཀུ་རུ་སྐྱ་ཏཱ།

喻 達瑞 度達瑞 度瑞 媽媽 阿優兒 佳那 布涅 布真 咕汝 梭哈

咒意：

喻 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

OM TĀRE TUTTĀRE TURE MAMA ĀYUR JNĀNA PUṄYE PUṢṬIM KURU SVĀHĀ

Translation of the mantra:

OM O liberator, O liberator from pain, O swift one,
make my lifespan, knowledge and merit blossom SVĀHĀ



ཇེ་བཙུན་སྒྲོལ་མ་དཀར་མོ།

聖白度母

NOBLE LADY WHITE TĀRĀ

