MATERIAL 2

VARJA SONG OF AN ENLIGHTENED YOGI

HAPPINESS

"I am happy in the radiantly clear meditation on the openness of the mind
so happy about the constant play of appearances
and still happier I become, the more up and down it goes in the experiences.
I am happy in this human world, free from bad karma, so happy about every chaos
and still more happy I become, the wilder the frightening phenomena rage.

I am happy about the simultaneous coming and passing of the unpleasant feelings.
So happy I am when the danger increases - and still happier when I am not ill.

I am happy in the space of my courageous mind, so happy about everything that
presents itself spontaneously and still happier I become the more that happens".

(quoted from Olivedi, Ulli: Tibet hinter dem Spiegel, Knaur, 2007)



Milarepa (1040 - 1123) is probably the most famous yogi of Tibet. Already a kind of folk hero during his lifetime, reports about his eventful, unconventional life were carried by wandering storytellers to the last corners of Tibet. His collected vajra songs, which have also become known as "Milarepa's Hundred Thousand Songs", contributed to his great popularity. These songs are the spontaneous expression of his direct insight into the true nature of things and show freedom from all concepts.