

Part One

Prologue

I bow down at the feet of Great Milarepa

Who is inseparable with all the complete enlightened Buddha, Sharma and Sangha of presentational times.

The beings are as vast as the space in the three realms. In order to liberate them from the whirlpool within the ocean of suffering and to place them at the helm of perpetual joy and happiness of Buddhahood, I awaken my mind to embrace the skillful Buddhist practices. Then, in the presence of Dharma, one excel to the path of Buddhahood, whereas, in absence of Dharma one gets snags into confusion in the path. Thus, to have unmistakable seed of Buddha nature and to nurture into Buddhahood, one must possess the aspiring thought (*Bodhicitta*), then listen to the teachings.

Rational

The Great Ascetic Yogi (*Neljor gi Wangchuk Chenpo*), Milarepa lived in a cave called Nyana (may be in the Himālayan Mountain?) giving teachings to Rechungpa and so forth, the Twelve Great Disciples (*Bu chen Chu nyi*) and other female bodhisattvas; patronage Laysey Bum and Sherdong Ma; Jomo Tshering Changa, the fifteen sister fairies (*dakini*) that attained the rainbow-body; and also else surrounded by the purely-attained gods and human. That time, the Noble-turned Rechung Drakpa entered into Samadhi (*Meditative state*) and in his vision one night had reached to the Paradise of Ugyen and Khandro, a transient joy of valley where the houses and earth are made of precious jewels.

All the people in that village wore the silk brocade and adorned the precious ornaments and were unexceptionally handsome and beautiful. But, those people did not bother to talk to him except staring with their smiles. Among them, he saw the Dakinī Barihma, the disciple of Lama Tiphupa whom he met in his past life at the Boudha Stupa in Nepal. She was holding a red cloth and presiding over the crowd. After both catching their eye sight, Barihma invited Rechungpa (*calling as a nephew*) to a house for a luncheon. Then the Dakinī Barihma shared to Rechungpa that the Buddha Akshobhaya is preaching Dharma in the Abode of Ugyen and she would make requisition should he wanted to listen the teachings, and the latter responded with his interest. Then Barihma led Rechungpa to the central where on the golden throne sits the Bhagavan Akshobhaya teaching to the mass of gathering. Merely upon seeing the Akshobhaya Buddha, he had instilled strong faith and devotion which result him near to go unconscious. Barihma further led Rechungpa closer to Bhagavan Akshobhaya and he bowed down. Bhagavan Akshobhaya also kept his eyes constant on Rechungpa and he felt the blessing and power which kept him remained there a while listening to the teaching.

The contents of the teaching were all about the biography and life story of Buddhas and bodhisattvas which further helped Rechungpa to instill conviction in Dharma. In the final discourse was the biography and life story of Great Tilopa, Naropa and Marpa more detailed than the one he heard from his Master, Milarepa. Further at the end, Bhagavan Akshobhaya proclaimed that ‘among all the teachings given before, will be now the priceless teaching on Life Story and Biography of Great Milarepa.’ Then at that very moment among many one listener pointed out that should there exist more worthier teachings than those given before, it is more wonderful. Another listener also commended on the great masters and their outstanding efforts in Dharma and sentient beings, and further explore insight into the Great Milarepa’s effort in attaining the highest realization than those masters even in his very life. Then followed by other listeners putting their faith and devotion to further listen to those aspiring stories to awaken their capability to benefit oneself and others. Or else, one asked where Jetsen Milarepa live now? One answered he live in the Eastern Pure Land (*Abhirati*) and Akanistha (*Wog Min*).

At that moment of conversation among the listeners, Rechungpa knew that Milarepa was in the Snowy Mountain of Tibet, and yet he realized that was the encouragement for him to listen to Milarepa's Biography. Instantly in that moment, Barihma noticed a tap on Rechungpa's head and commended on his knowledge of Milarepa's whereabouts. That made Rechungpa to awaken from the state of Samadhi. He then experienced clarity and conceptual thought than he ever had before. He cherished the wonders of receiving teachings directly from the Victorious Akshobhaya in the Abode of Ugyen, yet he cherished more of attending and receiving teachings from his Master Milarepa and credited his Master for the chance to get teachings from the Victorious Akshobhaya. Recollecting the conversation that the *dakanīs* had on whereabouts of Milarepa, he felt regret to have said that Milarepa live in Tibet and lament for his wickedness. While the Dakinīs said that Milarepa live in the Eastern Pure Land and the Akanistha proving him already the enlightened being.

Now on the accounts of all those miraculous happening in the luminosity of dream, Rechungpa clearly thought it was an efficacy of encouragement to request for the teaching on the Biographical Story of Milarepa for all sentient beings. Then he remained for a while in deep meditation with unwavering loyalty to his Master. Again in his visionary meditative experience had seen multi-colored (white, yellow, red, green and blue) *dakinīs* lined up in front of him with smiling faces. One Dakinī said, "there will be teaching on Milarepa's Biography tomorrow, let us go and listen." One asked, "who had requested?" The disciple Buchungpa (*sure name of disciples*) had requested," said another. One after another, Dakinīs keep staring at Rechungpa and they insist to go themselves and listen to such inspiring teachings. Then one Dakinī before they disappeared had said that, "it is for Buchungpas to request for teaching on Biography while we protect and preserve them." Then by that time it was almost late morning with sun rise when he awakened from the meditative state. He clearly realized those reminding prophecy left by the *Tshering Chenga*, the five fairies or the *Dakinīs* to request for the teaching on Milarepa's Biography.

After having a tea, he set out to see his Master and to his surprise saw many disciples had surrounded Milarepa. He bowed down to the feet of his master, asked about his health and knelled down to make the following request- “Your Great Lord, those Thus Gone Buddha had taught the biography of Buddhas and bodhisattvas displaying the twelve deeds for the benefit of beings, and it helped Dharma to prosper and further disseminate. Like wise, depending on the life story of Great Tilop, Naropa and Marpa many had ripened to the path of great seal and perfection. Your Lord, for the benefit of present disciples and to encourage the future generations to the path, we request to narrate us your life story including the lineage, parental and so on,” requested Rechungpa. Then Milarepa smiled to Rechungpa saying that the latter know very well and answered to what he asked as follows; “I come from the family of Chupo and I Milarepa had first committed black (negative) actions, also committed white (positive) actions in middle, and fusion of two will never occur in the future. If narrated in details, some will cry and others will laugh for many reasons. Should I narrate also it carries less meaning, and for the old man like me let sleep and do not disturbed,” Said Milarepa and off to sleep.

Rechungpa, however did not give up with his request again. “Your Lord, your great effort and austerities to eradicate the fusion of two actions and achievement of highest realization in this very life is commendable by all ordinary beings. Yet, please kindly tell us details of your family of Chupo, being named as Milarepa, being into black actions and paid off by the white actions, the reasons why someone upon hearing the story will cry and laugh, there will be a beneficial reason behind this,” requested Rechungpa where upon other Buchungpas and patronage also joined him with prostration and requisition to narrate them his detailed biography. Then at last Milarepa agreed to narrate his detailed life story.

For this reason the Life Story or Biography of Great Milarepa has a great benefit for all the sentient beings. Merely by listening to it can lead us to the path and ripening results. The requisition and encouragement were made by none other than Victorious Akshobhaya and the Dakinīs thereby bridging our connection to the Great Milarepa. Therefore,

while listening or reading the Biography of Milarepa, with unwavering loyalty you should think you are receiving directly from the Great Master.