

"The Essential Point of Holy Dharma ..."

from Milarepa's "Confrontation with some academics"

translated by Scott Wellenbach

$\text{♩} = 52 \text{ approx.}$



(handclap: 1-2; 1-2...)

The es - sen - tial point of ho - ly Dhar - ma's cul - min - a - ting
I di - vide my dai - ly med - i - ta - tion pract - ice in - to
My own faith in things as be - ing real I pur - i - fy as
Oh, this yo - gi turns ac - cum - u - la - tion's wheel in his feast



ya - na, _____
three parts: _____
emp - ty. _____
off - 'ring, _____

Has the taste of a - mri - ta and in -
First, I med - i - tate on the ut -
What the fool - ish give me out of
For he knows ver - y well that all these



cludes scrip - ture, lo - gic and the es - sence.
pat - ti - kra - ma of the yi - dam.
faith, I of - fer up as tor - ma.
off - 'rings have no in - trin - sic na - ture.

It's the
For the
All my
Such a



crown ven - e - ra - ted by the learn - ed and well - ac - comp - lished
next third, I med - i - tate on pra - na, na - di and
own ac - cum - u - la - ted faith I of - fer to the
yo - gi is wor - thy of re - ceiv - ing an - y form of



san - gha, _____
bin - du. _____
de - vas. _____
off - 'ring, _____

And this crown rests in - sep - a - ra - bly
Last, I med i - tate on the un -
The ac - cum - u - la - tion of the
In re - ceiv - ing off - 'rings, I, the



right on the top of my own head.
fab - ri - ca - ted ma - ha -
left - o - ver tor - ma is for ghosts.
yo - gi, am not bad but good.

(fine)

Through the



four yo - ga sess - ions of the day my con - stant med - i -



ta - tion: _____ Bo - dhi - cit - ta, bo - - dhi - -



cit - ta, bo - - dhi - - cit - ta 3.(My own)