~ *Key Points of Meditation* ~

Being vs. Doing

By Mingyur Rinpoche

When we meditate, especially in the beginning, we are so goal oriented. We have a lot of ideas like, "I am going to meditate like this! And I am going to achieve a special state of mind which is peaceful, joyful, clear, nonconceptual, and blissful — we have so many goals. This is kind of like a normal habit, "go-getter," you know? You have a goal, and you need to achieve it, and you have to do it. Then maybe you will measure, "When will I achieve enlightenment?" Or, "When will I achieve the first level of the state of a peaceful mind? How many hours will this take?" But for meditation, the most important is not really to be a go-getter, it is more about being, right here, right now. Our minds have to be in the present moment. Let go off all these goals. Do not try to achieve a special state of mind — being peaceful, joyful, and clear — do not care about those things. These things, especially in the beginning, come and go. These are what we call, "meditation experiences." Meditation experiences are just like clouds in space — they come and go, and come and go. But one thing that never goes away is, what we call, "realization." Realization is a learning process. It develops slowly, slowly, but it never changes.

Normally, we say, "Let go of the expectations or goals of meditation, but do not give up." Letting go is not giving up. Giving up means, "OK. I cannot do it. There is no hope for me. This is the end. Bye bye." That is giving up. But in meditation, we do not give up. We let go. Letting go means that you are just being — you are following the flow of nature. Whatever arises in your mind, whatever your meditation experience is, you are just being with it, and your awareness is like a house, and all the up-and-down experiences are like guests. You are hosting all

these beautiful and ugly, and short and tall guests. They can come, and they can go.

That is the meaning of how to be. Being is much more important than achieving some particular goal.