

~ Key Points of Meditation ~

Letting Go of Expectations Part 2

By Mingyur Rinpoche

Normally, we have the habit of consistency. Whatever we do, at the beginning we will check and calculate in our minds, and then set up some kind of goals and expectations, and we try to match it. We try to have some consistency with our beliefs. If you do not match them, you feel uncomfortable, you feel dissatisfaction, you feel insecure, and those types of things. For meditation, try to destroy these expectations, and just be. If you just be, you cannot really escape from meditation. Even if you destroy your meditation, you will enter meditation, even more profoundly. Therefore, let go, and whatever is, let it be. If it is good or bad, if you are happy or not happy, it is all within awareness. All these are the manifestations of awareness. All these are the "waves" of awareness or "dance" of awareness.

When I was young, my father said, "Awareness is like space, and these experiences are like clouds. Let them come, let them stay, and let them dissolve back into space."

Thank you!