

~ *Key Points of Meditation* ~

Everywhere, Anytime

By Mingyur Rinpoche

You can meditate anywhere, anytime!

I learned that from the TV, from an advertisement. When I was in the UK, there was an advertisement about a particular phone company, a brand. They said: “You can use this SIM, this network, everywhere, anytime, even in the mountains.” I thought that it was a very good advertisement for meditation. I changed it a little bit: You can meditate anywhere, anytime, even in the city!

Actually, yes. You can meditate anywhere at any time. Normally, my meditation teachers used to tell me that you can meditate anywhere, anytime. For example, there is one meditation technique that we call, “breathing meditation.” My teacher said:

“As long as you breathe, you can be aware of your breath.”

Then it doesn't matter — wherever you go, your breath follows you.

How do you practice this meditation — anywhere, anytime? You can meditate while you are walking, talking, having lunch and dinner, in the subway, in the car while you are driving, watching television, in the cinema, at home — everywhere! But you cannot meditate for very long. It is short times, for few seconds. If you meditate while you are talking and walking, that is what we call, “informal meditation.” You do not have to worry about the posture and all these things. While you are driving a car, you cannot meditate with your hands like this, right? [Rinpoche shows the traditional meditation hand posture.] Or you could have an accident.

For example, for the breathing meditation you can focus or be aware of your breath, even just once. One inhale, one exhale. Breathe in, maybe you are getting lost; breathe out, you might get lost again. And that is OK! Sometimes we say that three breaths in the morning can change your whole day. Just by simply being aware of three breaths, in and out, and the effect can be a lot.

Therefore, you can meditate anywhere, anytime.