

~ *Anything as Support* ~

Mingyur Rinpoche

You can meditate with anything; things you can see or hear or with any object. Now, we will choose the breath as a support for meditation. Once you know how to meditate with the breath, then, in the same way, you can meditate with any other object.

Now, I will teach you breathing meditation. There are two steps, but first I want to ask you a question. The question is; are you breathing, right now? If you are breathing, right now, raise your hand. OK. Great! That *is* breathing meditation. Do you know why? You might wonder: “This is funny. Why is that breathing meditation?” Actually, you are breathing all the time, twenty four hours a day, but you do not *know* that you are breathing. When I asked you, “Are you breathing?” You know. Suddenly, your awareness is with the breath. Therefore, it has now become breathing meditation.

I told you there are two steps, and both are finished. The first step was when I asked you, “Are you breathing now?” You said, “Yes!” So, you knew you were breathing. The second step is when you know that this is meditation. Actually, meditation is very simple. Just be aware of your breath.

But, you cannot meditate with the breath for a long time, maybe two or three breaths later, you totally forget. It is OK. Come back again: breath, forget, breath, and so on. Short times, many times. It is like when you are going to the gym; at first, you cannot exercise for very long, right? After maybe seven or ten repetitions, you cannot do more. But, it is OK. You can try again next time, and slowly, slowly, you can do more physical exercise, at the same time your body becomes healthier and fitter. It is the same with your mind; when you meditate on your breath more and more, even though it is for a short time, you repeat it

again and again, and eventually your mind will become more calm,
peaceful, and healthy.