

~ *Be Natural* ~

Mingyur Rinpoche

When you meditate you just follow the natural rhythm of your meditation experience. Many people have a misunderstanding about meditation. Some people think meditation means they should think of nothing, emptying their minds, emptying their brains, and concentrate! Sometimes they do like this, they meditate and everything becomes tight. (Mingyur Rinpoche sits in a tight meditation posture.) They think, “Practice! I am going to be aware of the breath!” (Mingyur Rinpoche stresses the action of focusing tightly on his breath while keeping the meditation posture.) “No thoughts!” (Mingyur Rinpoche exhales forcefully.) This is too tight and not natural.

Another misunderstanding is what we call “blissing out.” You are looking for a particular state of mind like being peaceful, calm, and joyful. Some people meditate like this, they put an artificial smile on their face and do like this: (Mingyur Rinpoche assumes the meditation posture again with an exaggerated smile.) “Peace! Relax! RELAX!”

When you try to be relaxed, you are actually tight. That is also not natural. When you look for peace, relaxation, or a joyful experience, normally what “they” say is “I am busy, you have to make an appointment.” Eventually you see that you will not get peace, right? You become more tight.

For our meditation, we do not have to do this. Just be completely natural and normal. These are really important points for meditation. Many people misunderstand and think meditation is like looking for a particular state of mind. Now you do not have to do that. Just be completely natural.