

~ *Making Habit* ~

Mingyur Rinpoche

One of the most important things for meditation is that we need to build up the habit of meditating. Why? Because everything that we do in our lives, in the beginning, we feel is very exciting and then, after some time, we lose interest. Especially if it is some kind of learning or transformation. We cannot carry on for too long. Why? Because there is the force of habit.

Normally, we have this intellectual stuff, “Wow, this idea is very nice...” When I was young, I loved meditation. When I practiced meditation, I felt nice. The heart was involved, there was feeling, “How great!” But I could not meditate regularly, because I did not have the habit. I would meditate for four or five days, then I did not meditate for two or three weeks. Then I meditated again. When panic came, then I would meditate again.

How to deal with this force of habit? To change this force of habit, you need to build up a new habit. And in order to build a new habit, we have to do it step by step. In the beginning, you cannot do too much. You just do a little bit. And we need time. At least 20 to 30 days. Let us say, if you want to meditate for maybe 30 minutes a day, first do not meditate 30 minutes—maybe just 15 minutes. If you want to meditate for one hour, maybe first just 30 minutes or 20 minutes. And try to think that timewise, it is only just for one month—do not think that it is forever. Try that every day.