

~ *How to Do Meditation while Working* ~

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Some people ask me the question, “Can meditation help us while working, with the quality of our work or job?” Normally, I would say yes. Why? Because when our mind becomes tight, stressed, and narrow, it will affect our body, our creativity, our new ideas, our capacity to work with other people, and our listening capacity. All of these may be affected. But, I think that meditation will help our mind become more calm and peaceful, and then creativity will come, new ideas will come, and communication and listening skills will be improved.

But the question is *how* to practice meditation while working? In general, you can practice any meditation “short times, many times.” This would be for informal meditation. You do not have to sit on a cushion. You do not need to have a particular posture. You do not need to be silent, of course. Whatever you do in your life, carry on, and at the same time, there will be glimpses of meditation. Maybe you can rest in awareness of the breath — for one breath or half of a breath. Or you can rest your mind with sounds. Or you can rest in awareness itself — awareness being with itself. Whatever practice you do, with feelings or the body, for instance, do it for a few seconds, and then you can do your thinking.

Maybe you have a project, and you need to think about it. You can think, and then rest. You can type something or do whatever, but then rest for a few seconds. Or in between talking with others, you can meditate for a few seconds. What will happen is that you will allow your mind to rest, and at the same time, your brain will be less stressed and more peaceful. So it is good if your mind becomes more peaceful and calm. It will develop and enhance your creativity and your capacities. Then, it will be good for your work, whatever you do, whatever your life job is.

At the same time, it will be good for your meditation, also. Normally, what we call “short times, many times meditation” really improves our meditation. The traditional example is having an empty container and drops of water falling into this container — just one by one. In the end, the big empty container will be full of water. That will develop your spiritual practice and your work in mundane life, and I think it will be good for your relationships and your physical body also.

There is one saying that goes, “We can do a 30-day job in 20 days, instead of doing it in 30 days.” If you cannot rest, if your mind is stressed or too tight, then even if you work for 30 days, you cannot do much. You need to pause sometimes. You have to take breaks sometimes. You have to rest sometimes. Maybe having ten days of resting and 20 days of working would be the same as 30 days of working. Maybe even better. It is the same thing with our minds. We need to rest. Resting will help us to improve our work and our lives.