

# Habitual Patterns

Text by Chogyam Trungpa Rinpoche © 1979  
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Composition by Alan Kent Anderson © 1998

Arrogance comes from lack of gentleness,  
and lack of gentleness comes from  
habitual patterns.

Habitual patterns have an interesting effect  
on us.

They are almost like reflexes.

When we are shocked we react,  
and when attacked we become defensive.  
We always use them to seal ourselves off  
and cheer ourselves up.

By clinging to your habitual patterns  
you're abandoning the warrior's way of life.

Without the notion of fearlessness,  
we cannot become warriors at all.

Fear manifests as animal instinct  
to hide our personal embarrassment.

One of the reasons for our confusion  
is these tendencies come back all the time.

At this very moment,  
some of you are thinking  
that "When this song is over,  
I should make a phone call  
or "When this song is over,  
I'll do this or that".

These tendencies overcome nowness.

That doesn't mean to say, of course,  
that you can't make your phone call.

You can make your phone call

on the basis of nowness--

on the level of duty or efficiency--

almost on a military level.

When you follow your habitual tendencies,  
you borrow a lot of cronies

to join you and cheer you up.

You begin to collect your in-groupies  
and your own little problems.

These patterns are dangerous  
and destructive,  
and a source of possible suicide,  
because you fail to see the  
Great Eastern Sun altogether.

When your habitual patterns  
keep on going all the time,  
your habitual patterns won't allow you  
to raise your head and shoulders at all.  
You are down there;  
you are looking down;  
looking for this and that.  
You are more concerned about the flies  
sitting on your cup  
than about the great sun that is coming up.

When you were very young--  
three years old--

you didn't want to particularly escape.

Because you were so interested

in how things were done,  
you used to ask your mother

and your father all sorts of questions.

"Why is this so mommy?

Why is this so daddy?

Why do we do this?

Why don't we do that?"

But that innocence has been forgotten,  
that's why we have to reignite it.

Ladies and gentlemen

it seems that everything

boils down to taking interest

in what you see.

We're talking about our own situation:

how we can actually stop habitual patterns

and appreciate the nitty-gritty of

the real world on the spot.

We can appreciate the bright and beautiful  
fantastic world around us.

We don't have to be all that resentful.

As long as we don't negate

our habitual patterns

we can never appreciate the world...

we can never appreciate the world.