

# HABITUAL PATTERNS

Text by Chogyam Trungpa Rinpoche © 1979  
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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.