

## **MEDITATION POSTURE**

Make yourself comfortable, sit in a way that you can maintain a stable body position for the duration of the whole sitting period. This will form a sound basis for your practice. You can either sit on a chair or on a cushion.

1. Sit on the front part of your cushion. This will help to ease some strain on your back and also to help sit with the body centered.
2. Arrange your legs in such a way so as to make your body into a pyramid, the legs forming a firm solid base, with both knees and buttocks in contact with the floor. Full lotus, half lotus, Burmese and kneeling positions are all fine as long as you are comfortable in the position you choose. If you are sitting in a chair, use your back rather than the chair's back for support. Sit in such a way that you are able to place both your feet flat on the floor.
3. Straighten and align your back. Let your back take the natural curve; do not make it rigid or tense.
4. Make sure that the head rests squarely on the spine, do not tilt it forward or to the side. Keep your ears in line with the shoulders. Let the spine and not the back muscles support the head.
5. You may close your eyes or have them half open, but lowered at a 45-degree angle, with an unfocused gaze at the floor three to four feet in front of you.
6. Keep your lips closed, and your teeth lightly pressed together. Place your tongue against the roof of the mouth, just behind the front teeth. Swallow any saliva and breathe out once through your mouth, creating a slight vacuum which will not bring saliva to the mouth. Breathe through your nose.
7. Place your hands in the 'cosmic mudra'; right hand on top of the left hand, thumbs lightly touching at the tips.
8. Try your best to keep still throughout the sitting period.