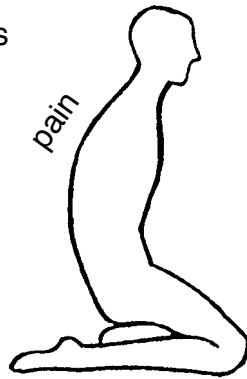
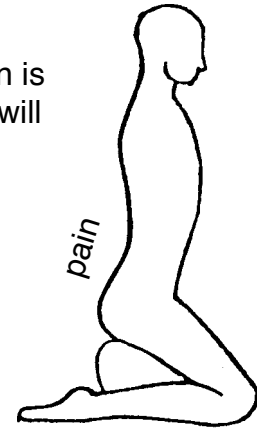


If your cushion is too low, you will tend to bow.



If your cushion is too high, you will tend to arch.



A simple routine for setting up your posture 1 to 7

4. Relax shoulders and neck; rock head to and fro to find point of balance on top of spine.

3. Rest hands in lap on legs. Use cushion support if preferred.

2. Check height of cushion. Are you arching or bowing? Adjust as necessary.



5. Breathe in deeply. Retain sense of lift and openness as you breathe out, relaxing muscles in chest and back. Repeat three times.

6. Rock to and fro gently from pelvis to get overall sense of poise and balance.

1. Settle down in a posture that feels comfortable.

7. Run through the sequence again, making fine adjustments. Is your posture relaxed, firm, comfortable and alert?

MEDITATION POSTURE - Guidelines

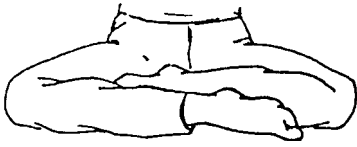
Basic principles

- be alert and relaxed
- have a firm base
- be comfortable

Ways to sit

Cross-legged

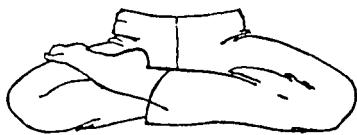
Options include



- one leg in front of the other



- one foot on the calf



- one foot on the thigh (advanced)

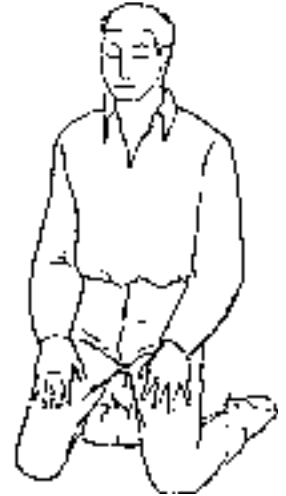


- lotus posture (advanced)

Ideally, both knees should be on the ground. If not, support them with a cushion or rolled-up blanket.

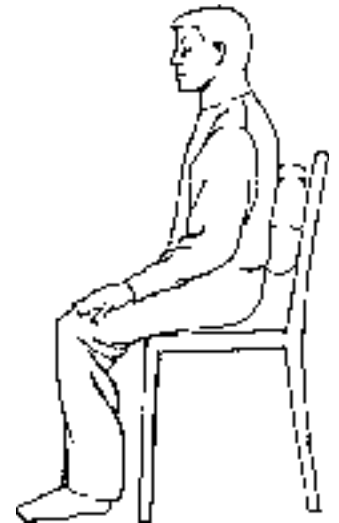
Kneeling astride cushions

Often the easiest and most popular method for beginners.



On a chair

- use a straight back chair, not an armchair
- do not cross the legs, but plant the feet squarely on the ground. Place a blanket or cushion under the feet if the chair is too high.
- sitting against the back of the chair may not be ideal. Try sitting a little forward, with a cushion supporting the small of the back.



NEVER strain to get into these positions