

## BEST POSTURE FOR MEDITATION

(IDEAL TO SIT: Lotus, Half-Lotus or crossed-leg)

The ideal is upright, alert posture. Slumping only increase the pressure on the legs and discomfort in the back. It is important to attend to your posture with wisdom, not insensitive will-power! Posture will improve in time, but you need to work with body, not use force against it. As I explained few times, your body should be able to absorb and distribute energy freely with in.

### Check the posture:

- are the hips leaning back? This will cause a slump
- The small of the back should have its natural, unforced curve so that the abdomen is forward and 'open'
- Imagine that someone is gently pushing between shoulder blades, while keeping the muscles relaxed. This will give you an idea of whether you unconsciously hunch your shoulders and hence close the chest)

Note: gently release, any tension in the neck/shoulder region.

### If your posture feels tense or slack:

- Allow the spine to straighten by imagining the crown of the head as suspended from above. This also lets the chin tuck in slightly.
- Keep arms light and held back against the abdomen. If they are forward, they pull you out of balance.
- Use small firm cushion underneath and toward the back of the buttocks to support the angle of the hips, if needed.

### For the legs:

- Practice stretching exercises - like touching the toes with both hands while sitting legs stretched out. We know lots of them, don't we?
- If you have lot of pain, change posture, sit on a small stool or stand up for a while, ONLY IF REALLY NEEDED.

### For drowsiness: (I don't think this is necessary to mention here for our students....but just in case)

- Try meditating eyes open for sometime
- Walking meditation.

### For headache or tension:

- You may be trying too hard-this is normal, so lighten on your concentration. For instance you might move your attention to the sensation of of the breath at the abdomen. Please do not confuse with the weight/heavier feeling you may feel on your focal point as a result of energy accumulation.
- Direct energy towards the tension.

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