

Meditation Posture

It's said that the mind is like a rider and the "winds," or energy movement in the body, is like the horse. If you have a wild horse, the rider will have a wild time too. Proper posture will tame the winds over time and give the mind an easier time when it wants to pay attention! For beginners, lying down is a good option, heels together, feet splayed and hands out at the side, palms up and fingers extended. The main problem you can encounter is drowsiness.

For most of us, sitting up works best under most circumstances. Here are *seven points* of posture to tame the winds and make meditation training easier:

1. Straight back, with your spine carrying all the load (not your muscles).
2. Feet flat on the floor (if using a chair), or cross-legged, if you use cushions on the floor.
3. Hands either: flat on your thighs, in "vajra fists" with thumbs at the base of ring fingers, gently folded into fists and resting on the thighs, or, making "planks" of your hands, rest the right on the left, thumbs lightly touching, and rest them in your lap with elbows out.
4. Chin gently tucked in.
5. "Draw Up." For three seconds, contract pelvic muscles, as if bringing navel and anus closer together, then relax.
6. Eyes open, downcast, unfocused, and locked.
7. Tip of tongue on upper palate, behind front teeth.

If you're standing or walking, you'll mainly want to remember to keep a straight back.