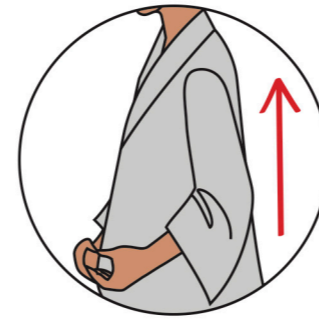
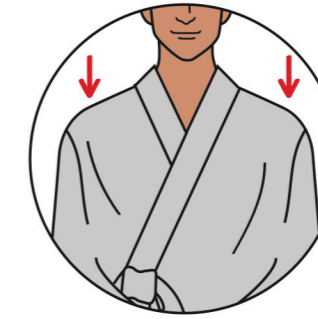




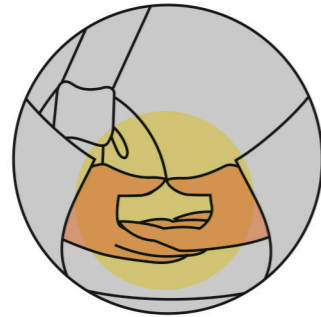
1 On a mat, sit with both legs folded in front of you (Burmese posture) with a smaller cushion under your bum to elevate your seat. The bases of both knees are touching the mat.



2 Keep your spine straight and chest open.

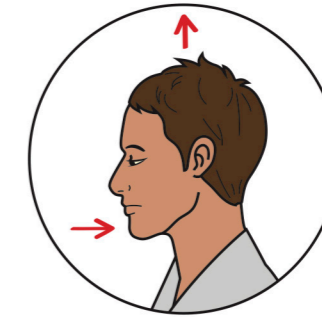


3 Shoulders back and loose, tip your head forward very slightly.

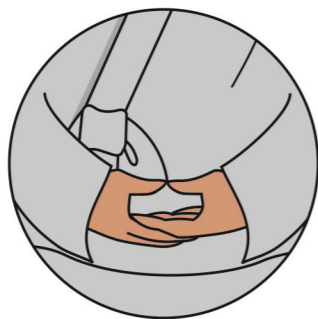


8 Bring your attention to your center - Danejon (Kor.), Tantien (Chi.) Hara (Jap.)

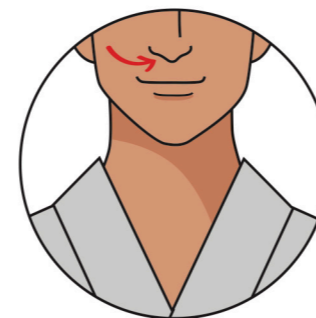
SITTING MEDITATION



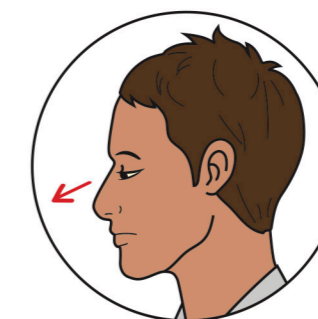
4 Imagine the top of your head pushing upward to the ceiling and tuck in the chin slightly, so that your head is tilted down at a 45-degree angle.



7 Place your hands in your lap in the maha mudra. The left hand over the right, palms facing up, both thumbs touching each other lightly at the level of your belly button. The hands form an oval, and the middle of the circle should be about 2 inches below your belly button.



6 The mouth is kept closed. If possible, breathe through your nose. The tongue is pressed lightly against the upper palate.



5 Your eyes should be half open, looking down at the floor at a 45-degree angle.

Start by sitting 15 minutes everyday.
On your in-breath, repeat quietly inside, "Clear mind, clear mind, clear mind". On your out-breath, repeat "Don't know..." Repeat with each breath for the duration of your meditation session. Pay attention to keeping your back straight. Relax your neck and shoulders. Breathe naturally, allowing your exhalation to be a little longer than your inhalation.



1 Full Lotus



2 Half Lotus

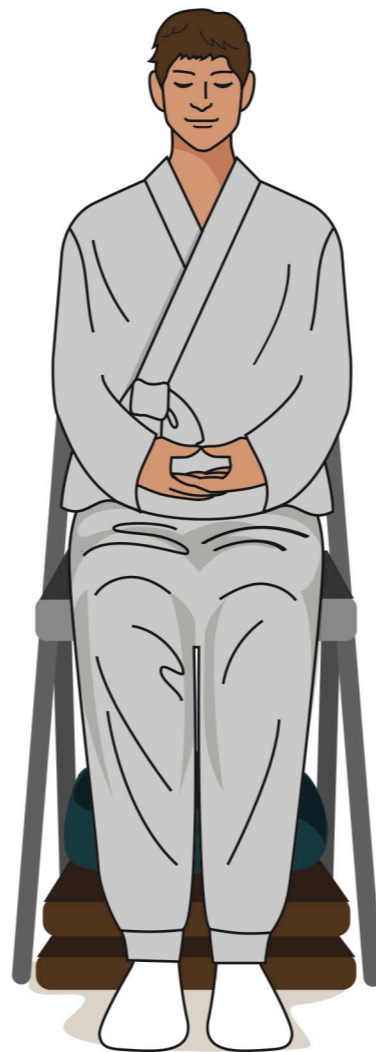


3 Burmese Posture

SITTING FORM



4 Burmese Posture, Variation



5 Using a chair. When sitting on a chair, your feet should not extend past the front edge of the row of mats in the row in which you are seated in a group practice setting. You may fold your mat and place it under your chair. You may use the mat for a footrest. For meditation purposes, it is best that you do not lean against the back of the chair, but sit toward the front of the seat, keeping your back erect. Your thighs should be parallel to the floor, with shins perpendicular. Both feet should be parallel, flat on the floor.

