

Posture

6 Steps to Being Upright and at Ease

1

Take your **SEAT**. Whatever you're sitting on—a chair, a meditation cushion, a park bench—find a spot that gives you a stable, solid seat; don't perch or hang back.

2

If on a cushion on the floor, cross your **LEGS** comfortably in front of you. (If you already do some kind of seated yoga posture, go ahead.) If on a chair, it's good if the bottoms of your feet are touching the floor.

3

Straighten—but don't stiffen—your **UPPER BODY**. The spine has natural curvature. Let it be there. Your head and shoulders can comfortably rest on top of your vertebrae.

4

Place your upper arms parallel to your upper body. Then let your **HANDS** drop onto the tops of your legs. With your upper arms at your sides, your hands will land in the right spot. Too far forward will make you hunch. Too far back will make you stiff. You're tuning the strings of your body—not too tight and not too loose.

5

Drop your chin a little and let your **GAZE** fall gently downward. You may let your eyelids lower. If you feel the need, you may lower them completely, but it's not necessary to close your eyes when meditating. You can simply let what appears before your eyes be there without focusing on it.

6

Be there for a few moments. **SETTLE**. Now you can follow the next breath that comes out. You've started off on the right foot—and hands and arms and everything else.



PHOTOGRAPH BY LEVER RUKHIN



Full Lotus



Half Lotus



Burmese



On a stool



Seiza



On a Chair