

The Six Points of Posture

1. Take a few moments to settle, to arrive, to become aware of your body. You are not trying to change anything at this time; just be aware of the way things are now, without judging them. Begin to notice your breath . . . sense your breath . . . follow your breath . . . without changing it in any way . . .
2. Begin “feeling into” the six points of posture; make adjustments at the beginning of practice so you can commit to abiding in stillness:
 - a. Seat: Whether you’re sitting on a cushion on the floor or in a chair, the seat should be flat, not tilting to the right or left, or to the back or front. You can center over your pelvis floor by shifting forward and back and from side to side.
 - b. Legs: The legs are crossed comfortably in front of you – or, if you’re sitting in a chair the feet are flat on the floor, with the knees a few inches apart. Feel for any areas of compression; do your best to relieve any discomfort by adjusting your posture.
 - c. Torso: The torso (from the head to the seat) is upright, with a strong back and an open front. If sitting in a chair, it’s best not to lean back. If you start to slouch, simply sit upright again.
 - d. Hands: The hands are open, with palms down, resting on the thighs. Feel for any forward “drag” on the upper back; draw your elbows closer into your torso and slide shoulder blades down your back to help you open your chest.
 - e. Eyes: The eyes can be open or closed. If open, they reflect an attitude of remaining awake and relaxed with all that occurs. The eye gaze is slightly downward and directed about four to six feet in front of you. (Keeping open eyes can help with drowsiness or fatigue.) Relax the entire visual area: your eyes, brow, temples and cheeks.
 - f. Mouth: the mouth is very slightly open so that the jaw is relaxed and air can move easily through both the mouth and nose. The tip of the tongue can be placed on the roof of the mouth. Relax the entire area around your mouth: your lips, jaw and tongue.
3. Resolve to your self “I am meditating now.”