

## **Meditation manual lesson 1 - 2: body posture and mental calming**

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### **1. General principle: (1) body posture and (2) mental calming**

= two stages we have to maintain during the meditation.

#### **1.1. The basic physical posture**

We really need to be aware of. This is the main point, to maintain these seven points:

1. Lotus pose or crossed legs. On a chair: don't let your two legs hang on the ground.
2. Hands in mudra of meditation: right one on the left, two thumbs slightly touching, placed under the navel. Or: two palms just rest on your knees
3. Relax your shoulders, don't lift, just relax, drop your shoulders
4. The neck slightly back
5. The spine straight or aligned, but not stiff, try to maintain this
6. The eyes: in the beginning slightly open your eyes, then throughout the meditation you might close spontaneously
7. The teeth and the lip: naturally relaxed

Maintain these 7 points in a relax manner. Do not put too many tension.

#### **1.2. Mental calming:**

##### **Method 1: natural breathing:**

We are anchoring the mind with an object.

The object we choose is our breath: incoming and outgoing breathing.

You try to anchor your mind on your breathing, natural breathing.

***Whenever you distract*** your mind, then:

- simply ***come back to the object again and again,***
- ***without any reaction towards your thoughts.***

##### **Basic mental attitude: patience:**

You must accept challenges and difficulties on physical and mental level: this is called: patience. Patience will help you overcome challenges during the practice. Patience is the most important tool to develop in meditation.

##### **Method 2: counting the breath:**

Incoming outgoing = 1: counting like this.

Until you are distracted.

If you are distracted, then start counting from zero.

You can go up to 10, 20 50.

## **2. Recognize obstacles:**

In general there are two obstacles in meditation.

### **1. Agitation**

= *wandering mind*: your mind is too much scattered. Not in one place: just moving, generating thoughts.

- gross agitation: could be like destructive emotions, like anger or maybe fear, resentment,
- subtle agitation: is like discursive thoughts

### **What to do if this is happening:**

- then you have to recognise as soon as possible,
- then come back to the breathing as soon as possible.

### **2. Drowsiness or dullness**

= there is no clarity in your mind. Your mind is not very clear, is a kind of unclear, foggy mind.

### **What to do?**

- You have to recognise it is not clear.
- Then you put more focus on your breathing.

### **What to do with the obstacles?**

**Recognise** the obstacles like agitation (thoughts, emotions) or dullness (no clarity in the mind) and **don't stay with them**.

Simply recognise and **come back**. It means: we should not really stay with the drowsiness nor agitation. Otherwise the mind will get used to it and that is not very helpful.

### **Accomplish what you start:**

And also it is very important, that once you started, you must accomplish.

If you need to **take a rest**, then take a rest, for example every 15 minutes you can.

