

## POSTURE

Three are the principles of a correct sitting posture.

It must be straight, steady and comfortable.

First, the back and the neck should be straight.

Through straightness the vital energy flows smoothly and directly to the higher centers, like a sport-car on a straight and wide highway.

When the back is bent, it resembles more a loaded truck driving uphill.

Moreover, straightness of back and neck is both an indication and a means of alertness, of watchfulness.

While a bent back is an indication and means of slowly falling asleep.

Hence, O seeker of Truth, keep your back and neck straight.

The second principle of a correct posture is steadiness.

The body should become steady and moveless like a rock.

Any movement of the body will cause movement to the mind and break the focus.

Slowly, with patience and persistence, learn one of the three traditional sitting postures; Padmasana(the lotus posture), Siddhasana(the accomplished posture) or Bajrasana(the iron posture).

Half-lotus is a good beginning.

After being able to sit comfortably for about half an hour in half-lotus, gradually change into full lotus posture.

This is the proper way to learn the full lotus;

Sit for only 10 seconds, every day for one week.

Don't do more time than that, even if you feel you can.

Next week sit every day for 30 seconds and no more.

Next week for one minute.

Slowly, very-very slowly increase the time.

Give time to the body to slowly stretch and adapt itself.

After about three months you will be able to sit in full lotus for about 20 minutes.

Thus you can learn the lotus posture, the highest of all meditation postures.

A most wonderful investment in your meditation practice.

Now you can sit in the lotus, steady like a rock.

The third principle is that the posture should be comfortable.

Remember – postures that appear comfortable initially, like sitting cross-legged, or on very soft cushions, are very uncomfortable after about 15-20 minutes.

Postures that appear uncomfortable initially, like the lotus-posture, are very comfortable for long meditations.

Learn the lotus-posture, or any other traditional posture, and you will always have with you the most comfortable of sofas!

Remember – the main principle of the sitting posture is that we should forget our body.

By forgetting our body, we forget also our identification with it.

And by breaking free of this false identification, we fare well to remember our true imperishable Being.

Sit comfortably, with your back and neck straight and steady like a rock.

Forget your body, forget your mind, and the forget the body and mind of others.

And meditate!