



Beginning Meditation Guide

Taken from "Only A Great Rain" Yun, Hsing, 1999

Posture	Body	The body should be sitting with a straight back. The position should be stable and comfortable. Some common poses include lotus, half lotus or cross legged.
	Hands	Hands should be on the lap with the back of one hand on palm of the other. Tips of the thumbs should be lightly touching as if holding an invisible egg.
	Back	The back should be straight and not overly rigid. The position of the spine should feel natural and comfortable.
	Shoulders & Chest	Shoulders should be rested towards the back of the torso, while the chest is open and relaxed to promote full and comfortable breathing.
	Neck & Head	The neck and head should be stacked above the torso vertical to the floor. The position of the head and neck should promote breathing.
	Mouth	The jaw and lips should be relaxed and lightly closed. The tongue should gently rest behind front teeth.
	Eyes	Eyes should be slightly open with a soft fixed gaze at an object 3 feet away. Eyes can also be lightly closed.

Environment	Peaceful & Comfortable	The environment should be peaceful and conducive to comfort. Variables such as temperature, sounds, visuals and smells should promote peace and comfort.
	Clothing	Clothing should be comfortable and loose fitting. Watches, jewelry and other garment should be removed to avoid discomfort and distraction.
	Seating	Practitioners can use of a meditation pillow, a chair, a folded blanket or another item to sit on. Sitting devices should be comfortable and promote good posture.

Preparing	Purify Breath	Inhale through nose and exhale through the mouth slowly and thoughtfully. With each exhale, imagine negativity and toxins releasing from body. Do this three times or until feeling relaxed.
	Twist Body	Twist the body from left to right a few times until it feels comfortable in the seat.
	Face	Soften and relax the face.
	Back	Observe and adjust the posture and ensure the back is not touching anything.
	Breathing	Begin to notice and adjust the breath to be natural, quiet, peaceful and enjoyable.





Stages of Meditative Equipose	1. Interiorized Abiding	Focus turns inward and away from the external.
	2. Level Abiding	The mind is focused inward but its focus is sporadic and random, jumping from one awareness to another. It is important to allow the thoughts to flow until the thoughts settle.
	3. Peaceful Abiding	The mind gradually attains a peaceful calm state. It is important to notice and appreciate this state when it occurs.
	4. Near Abiding	There are periods where delusive thoughts do not arise and the practitioner is able to begin to learn to prevent these thoughts from arising.
	5. Control	The practitioner is able to identify all delusive thoughts and is able to have control over the mind's activity.
	6. Great Peace	The practitioner experiences great peace and calmness knowing that greed, anger and ignorance are causes of all delusion.
	7. Supreme Peace	The mind is in a complete natural and free state. There is no threat of delusive thoughts.
	8. Single Pointedness	"The mind is gathered into a single point... nothing is lacking."
	9. Equanimity	"Goodness remains without effort, and evil stays away without trying to enter."

5 Methods to Avoid Grasping	Focus on Crown of Head	Focusing on the crown can help a practitioner avoid drowsiness and sharpen attention to the mind and thoughts.
	Focus on Where Hair Meets Scalp	When focusing on the scalp, the practitioner can often easily feel the interaction of the skin with the outer world. This sensation can help with body awareness.
	Focus on Inner Nostrils	Focusing on the nostrils facilitates the awareness of breath and the interaction of our bodies with the environment.
	Focus on Navel	By focusing on the navel, the practitioner is able to monitor and feel their breathing as the stomach expands and contracts.
	Focus on the Earth	The focus on where the body meets the ground can help bring awareness of our body, posture and relationship with the earth.

Ending Meditation	Change Focus	The practitioner begins to focus on the external conditions.
	Exhale	The practitioner then exhales intentionally a few times while imagining the expulsion of any toxins or negativity.
	Upper Body Movement	The practitioner slowly moves their upper body back and forth, then twists their body gently. The practitioner can then bring movement to their extremities.
	Lower Body Movement	The practitioner then gently moves and straightens their legs.
	Massage Arms and Hands	The practitioner gently massages and rubs their hands and arms to bring warmth.
	Massage Face	The practitioner then massages their face, eyes and scalp and then opens their eyes.
	Temperature	Finally the practitioner allows their body temperature to return to normal as they transition back to normal awareness.



