

Buddhist Meditation

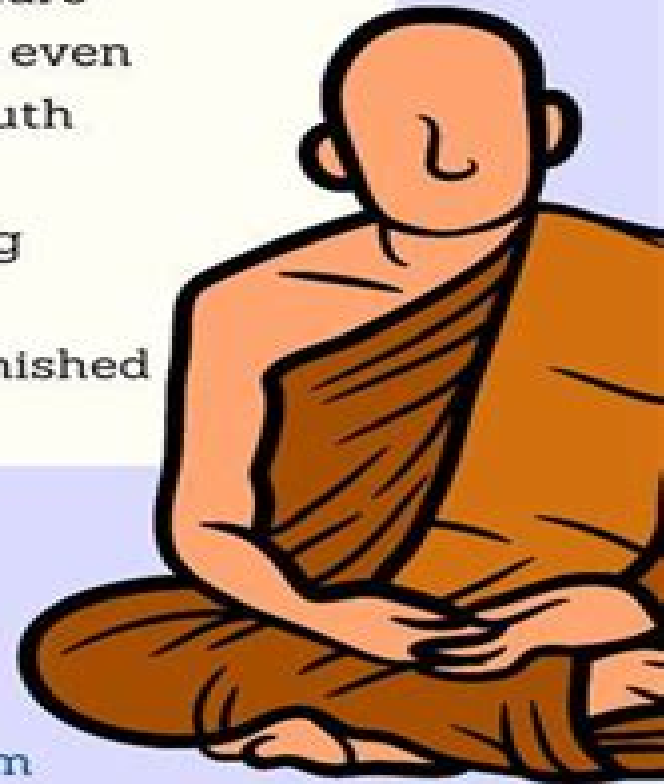
Quick Tips for Beginners

1. Not within an hour of finishing a meal
2. Location away from outside noises
3. Wear loose fitting & comfortable clothing
4. Adopt a proper meditation posture*
5. Keep back straight & shoulders even
6. Tuck chin in & lightly close mouth
7. Proper hand Mudra**
8. Regulate the breath by counting
9. Regulate the mind***
10. Do not abruptly get up when finished

* Half-Lotus or Full-Lotus position. If these positions are difficult, you may use supported positions, or even a chair.

** Basic mudra is to place one hand on top of the other, with both hands facing up. Tips of both thumbs should be lightly touching each other, and both arms kept close but naturally to the sides of the body.

*** Do not be disturbed or led astray by your thoughts. Contemplations can assist such as focusing the mind on a single point, reciting mantras, reciting Amitabha Buddha's name, or Gongxans (Koans).



Buddhist Meditation An Essential Guide For Practicing Buddhist Meditation Techniques

Lynne Lauren



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