

Meditation Postures: Sitting, Standing, and Lying Down

It is important that you find a meditation posture that is comfortable for you. This can be sitting on a chair, a cushion, a couch, or on the side of your bed. Try different positions when starting your meditation practice to discover what posture works best for you. The most important thing is to find a posture that allows you to feel relaxed, lets you breathe easily, and supports an attentive mind.

TIPS FOR SEATED MEDITATION:

- If you are flexible, you can sit cross-legged on the floor or on a **meditation cushion**, bolster, or blanket. You want the hips to be higher than the knees, so your knees can rest comfortably on the ground. If your knees do not reach the ground, you can place pillows or blankets under the knees for support and stability.
- If you are not flexible, you can use a **meditation bench** or sit in a chair with your feet on the floor. If your feet do not reach the floor, place them on a pillow.
- Whether you are seated on the floor, a bench, or a chair, sit tall through the spine, aligning the head over the heart and the heart over the belly. Your hands can be on your thighs or in you lap. Your shoulders and face are relaxed.

TIPS FOR STANDING MEDITATION

- Stand with your feet fully grounded, hips' width apart. Align your upper body, reaching it gently toward the sky, with your arms resting by your sides.
- Standing meditation can be especially helpful if you are feeling tired or if you have arthritis or injuries that make it hard to sit for more than a few minutes.
- Remember: the most important thing about posture is staying comfortable and alert.

TIPS FOR LYING MEDITATION

- Lay your body flat, with your back on the ground. If this causes tension or pain in your lower back, place a blanket or cushion underneath your knees so the lower back can reach the floor.
- If you are lying down, it is easy for your attention to get dull or for you to fall asleep. One way to avoid falling asleep is by bending one arm upwards—when the arm starts to fall, you know you are losing your attention and drifting into sleepiness.