

Correct Meditation Posture - 7-point Posture

| 7-Point Posture | Variants | Benefit |
|------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------|
| Ankles Crossed | Lotus, half-lotus, chair | Energy circulates, balance |
| <u>Hands on thighs</u> | Cosmic Mudra | <u>Openness</u> Variant - Gathers Mind at Hara |
| Back Erect | None | Straightens Channels for Prana Flow |
| Head Erect and straight not jutting forward | Slightly tucked | Extends Channels, loosens knots, promotes focus |
| Gaze slightly down Unfocused | Many - straight ahead, fixed, slightly up | Controls the mind, tightens focus, opens perceptions, and more |
| Mouth - lips pursed | Closed | Mixed nose and mouth breath tames emotions |
| Tongue tip on <u>back</u> of upper teeth | Held in space | Generates mental focus Variant signifies emptiness |

Correct meditation posture