



How to Meditate Sitting in a Chair

Choosing the Right Chair

1. Please choose a chair that is quite sturdy and stable. Avoid one with wheels. **Ideally, the seat of the chair should not be contoured for your buttocks but flat and hard with a thin layer of cushioning.** This is to provide optimal support and stability.
2. The height of the seat should be adjusted so that when you lay your feet flat on the floor, your **knees bend at a 90-degree angle.** **The two most important factors are stability and the height of the seat.** Make sure every square inch of the bottoms of your feet make contact with the floor.

Correct Posture: Provides mental and physical stability

1. **Sit with your buttocks on the center of the seat, or nearer to the front. Your back should be straight and not touching the back of the chair.**
2. Your feet should rest flat on the floor, parallel to one another and about shoulders' width apart.
3. **Your ankles should bend at about 90 degrees** so your shins are perpendicular to the floor.
4. Likewise, **your knees should bend at 90 degrees** so your thighs are parallel to the floor.
5. **Your spine should be held perfectly upright** without leaning in any direction or slouching.
6. *All in all, there are now three right angles in your body: when viewed from the side, the right angle between your back and your thighs, the one between your thighs and your shins, and finally the one between your shins and your feet.*
7. **Tuck in your chin slightly so that the crown of your head rises toward the ceiling and you achieve maximum vertical extension of your spine.**
8. Gently close your eyes. Let your face relax and soften. Forehead, eyes, cheeks, lips – soften.
9. Keep your mouth closed and do not clench your teeth. Let tongue relax in jaw - soften.
10. Place the edge of your right hand with the palm up, against the center of your abdomen, just above your pubic bone. Let it rest there naturally with an open palm. Place your left hand, again with the palm up, directly on top of your right palm. Join your thumb tips together gently.



Preparation Breathing: Cleanses and calms the mind and body

1. Breathe in through your nose as deeply as you can so that you completely fill your chest.
3. Breathe out through your mouth with the longest possible exhalation so that you completely empty your lungs. Imagine that you're squeezing out your lungs in the way that you'd squeeze out every last drop of water from a big wet towel.
4. Repeat this cycle of **nasal inhalation-hold-oral exhalation** three times.
5. With each big outbreath, imagine that you're blowing out all of the accumulated toxins, waste products, tension, worry, stress, annoyances and distractions in your mind and body.
6. This is a wonderfully simple way to refresh your mind and body. I recommend that you do it both before and after you enter into any kind of stressful situation.
7. After completing three cycles of preparation breathing, enter directly into diaphragmatic breathing.

Diaphragmatic Breath-Counting Meditation

... which sometimes is called "belly breathing" and "abdominal breathing."

This is considered the most efficient and effective breathing method for the human body.

1. Inhale through your nose in a long, gentle inbreath that takes roughly 2-3 seconds.
2. As you inhale, gently push out your lower belly as if the inhaled air is filling it.
3. Imagine that the air is going all the way down to a point about 2.5 inches (about 6 cm) below your navel. When viewed from the side, this point is in the center of your body, between your lower belly and your sacrum or lower back. This point is called in Chinese "dantien" (energy field) and is considered to be the central repository of the vital energy called qi that is said to circulate like blood throughout the body.
4. As you inhale, it should feel like a small balloon inside your abdomen is slowly filling and expanding with air.
6. Then, exhale for a long outbreath, even longer than your inbreath, and suck in your lower belly as you do so. Exhalation time should be roughly 3-4 seconds.
7. Breathe out with the feeling that the air is being blown out from your dantien. As you exhale, the balloon in your lower belly sags and collapses, drawing your navel toward your spine.
8. At the end of your outbreath, count, "One."
9. Then, once again inhale, pause, and exhale. At the end of your exhalation, count, "Two."
10. For as long as you wish to practice, count from 1 to 10, then back down to 1 again, then back up to 10 again, and so forth. Initially, your head may feel full of distracting thoughts and you may find it difficult to count up to 10. But as you learn to relax your body and your mind clears, you'll find it easier