

Meditation Posture

Sitting comfortably on a chair, we can adjust our posture so that our spine, neck and body follow as straight a line as comfort allows. Touching the tip of the tongue to the roof of our mouth so that it rests gently, there. Sitting straight so that our structure is perfectly and comfortably balanced can be helped by adjusting our posture so that our hips are slightly higher than our knees, by, for instance, moving the pelvis forward towards the front of the chair so that the back is not tempted to lean and slouch against the back of the chair. Or by placing a cushion underneath our buttocks to raise the hips above the knees. We continue to adjust our posture, looking for comfort, so that the head is supported by and balanced on the neck, which is, in turn, balanced on the spine. Making tiny adjustments to our spine, or even imagine ourselves sitting in a swimming pool with warm water up to our lips, so that our body feels supported by the buoyancy of the water. And our vertebrae can start to move gently, easing themselves into a more comfortable and more aligned position. A series of slow adjustments that maybe never really stop, so that our spine and neck provide a vertical support from our seat to the top of the head. And our shoulders, balanced on our collar-bones, can sink, heavy, minimizing any muscular activity in our shoulders, shoulder blades, the rest of our spine. And the top of our head can feel as if it were suspended from a thread, with the rest of our body hanging underneath it in turn, the chin gently tucked down and in.