

## **Notes on Meditation**

*(from 1997 workshop with Claudio Naranjo)*

### **Meditation Postures:**

- One (*serenity*) – Back straight, right hand up like a mirror and left hand resting on leg with thumb touching middle finger.
- Two (*humility*) – Hands crossed across the chest.
- Three (*sincerity*) – Hands supported on legs, thumb and middle fingers touching.
- Four (*equanimity*) – Like a scale in balance, palms up in the air, not supported.
- Five (*nonattachment*) – Hands supported on legs, palms up, turned inward.
- Six (*courage*) – Fists crossed over chest.
- Seven (*sobriety*) – Palms down on legs.
- Eight (*innocence*) – Prayerful hands (palms together, fingertips at chin).
- Nine (*action*) – Left hand supported on leg with thumb and middle finger touching, right hand touching the "ground" (floor, chair).

### **Comments about the Postures:**

- Play with these a bit, improvise; for example, moving through your own and one or two others in a sitting.
- No words; the body is the prayer, the focus of attention.
- Meditate for 20 to 60 minutes a day (better to have a fixed hour because if you do it only when you "feel like it" you may be meditating when your focus is less problematic).
- Then bring it into your everyday life (visualize that you are doing this).