

## THE FIVE-POINT POSTURE-STILLNESS

- Sit cross-legged, on a cushion,
- With your back straight
- Chest open and expanded, like an eagle soaring through the sky
- Hands in equipoise position (palms facing up, left palm resting on right, thumbs placed at the base of the corresponding ring finger, hands placed low in the belly, resting on your lap), and
- With your chin tucked slightly down and in to lengthen the back of your neck.

If you are unable to sit on a cushion on the floor, you may sit in a chair with your feet flat on the floor, with your back straight and sitting forward in the chair. The rest of the posture is the same as that of sitting on the cushion.

Keep your eyes closed or if open, gazing peacefully but not looking around.