

Where and When to Meditate

Meditation is essential to one's health and well-being.

Regular practice requires little effort,
but over time yields great rewards.

To begin, choose a place away from distractions
and a time free of interruptions.

Arrange a clean and quiet room, a space of your own.

A good time is before breakfast,
and at day's end (sunrise and sunset).

Or, if you prefer, join a local group that practices together.



Meditation Posture

A good meditation posture is one that allows you to be still and alert for a sustained period without becoming drowsy or restless.

Sitting cross-legged on the ground, the pose often used to depict the Buddha in meditation, is the most traditional and widely used posture.

If someone has physical limitations, he or she may use a chair with back support, or a meditation bench.

If seated meditation is not possible, one can also meditate standing, walking or even lying down.



Before sitting,

it is good practice to gently stretch the body.

If the weather is cold, cover your legs with a blanket during meditation but leaving your head uncovered helps keep you alert and clear.

After meditation, before standing up, rub and massage your legs until they regain their full strength.