



### **Meditative Postures**

Each exercise of a kundalini yoga kriya specifies what position to take. Sometimes the instructions for a meditative posture simply state that you should sit in a comfortable, cross-legged postures with a straight spine. If you can't sit that way comfortably, it's all right to sit on a small firm pillow to keep the spine straight. If your muscles are very stiff and the posture must be held for a long time, you may need to sit in rock pose (see below) or on a chair instead. Your sitting posture should always feel well-balanced and comfortable to you. It should reflect harmony.

### **Easy Pose**

There are three variations of easy pose from which I choose.

1. Sit with the legs out straight. Pull one foot into the groin. Place the other foot over the ankle of the first foot so that it rests near the thigh. Straighten the spine (7) (Also called "half-lotus. ")
2. This is like the first variation, but the top foot is placed on the calf of the other leg, rather than right at the groin (8). In this pose, make sure to press the lower spine forward, as it will have a tendency to slip backward. (Modified "half-lotus") .
3. If the first two postures are too strenuous, try this one. Sit up with both legs straight. Put one foot under the opposite knee and then draw the extended foot under the other knee. Pull the spine up straight and press the lower spine slightly forward (9).

### **Rock Pose**

This pose is well known for its beneficial effects on the digestive system. It gained its name from the idea that one who masters the posture can sit in it and "digest rocks". It also makes you solid and balanced as a rock. To get in this position, kneel on both knees with the top of the feet on the ground. Then sit back on the heels (10). The heels will press two nerves that run into the lower center of each buttock. Keep the spine pulled straight.

### **Sitting in a Chair**

If none of these poses is comfortable for your meditations you may sit in a chair. Pick a chair which gives you firm support. A large overstuffed lounge chair may be uncomfortable for a long meditation, while a straight-backed chair will give you support. You will have a tendency to totally relax or slump in a chair. Be sure to counter this impulse by reminding yourself that you are sitting down to become relaxed and totally attentive. A common error is letting the legs hang loosely. It is essential that the feet be equally placed on the ground, so that your lower spine and hips do not get out of balance (11).