



THE FIVE POSTURES

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Welcome to Harmonic Mind meditation program. In this session, we will experience the fundamentals of meditation. Before you begin, make sure you're in a quiet place where you won't be interrupted. For best results, please use stereo headphones. You'll want to be wearing loose fitting or comfortable clothing with your shoes off and preferably listening at a time when you have no pressing matters to attend to immediately after. This next 20 minutes is your introduction to meditation with Harmonic Mind neuro-acoustic technology. This guided session will provide you with the basics for you to begin to practice each time you meditate.

Before you begin, pick a chair or a section of the floor in a comfortable part of your house or bedroom. Wherever you choose to meditate should be the same location every day to help establish comfort and familiarity. Some people prefer sitting on a Zafu or cushion on the floor while others prefer a more comfortable setting. Having your lower back supported by sitting in a chair can be very beneficial in beginning a meditation practice as your physical comfort allows your awareness to be where you want it to be, rather than on the discomfort of the body. I find that sitting on a chair either with feet planted on the ground or crossed in a half lotus or full lotus position is ideal for comfort. You may have to experiment with a couple different options before you find the one that best suits you.

Now that we've settled down into a comfortable position we will do what I like to think of as the ritual of dropping in. We're going to explore the five postures. This ritual becomes ingrained as an automatic habit that starts the occasion of meditation. There are five postures that we will attend to at the start of every meditation. We will do this at the beginning of each meditation to connect with ourselves and drop into a deeper state. So let's begin.

Posture one, the physical posture. Close your eyes and notice the body. Check your physical posture. Make sure you're sitting upright. That your spine is straight but also relaxed. Cross your legs if you like. I personally cover my shoulder with a small blanket. You can wrap your hands so they're in a comfortable position. If you're cross legged, you can rest the top of your left hand onto the palm of your right hand with your thumbs touching or you can interlace your fingers and thumbs together. If you're sitting in a chair with your feet on the floor, rest your hands in your lap. There's no right or wrong way, it's just what feels best to you. Tilt your head slightly forward and drop your eyes so that if your eyes were open, you'd be looking at the floor a couple feet in front of you. Now drop your shoulders away from your ears and down your back so that your chest and heart are open and relaxed. How you sit in meditation will also extend into your day to day. So you'll want to make sure you're not hunched over or off center. Now notice the feelings in your body. Is it open and relaxed? Is it loose or tight in any place in particular? Just notice and give a scan of your body and lean into observing the state of your body with openness and curiosity. If you'd like to make any adjustments to make yourself more comfortable, go ahead and do that now.

Now posture 2, the emotional body. Just notice the quality of your emotions. Do you feel open or closed? Is there anxiety or relaxation? Whatever you feel is perfectly

welcomed. Just notice. Leaning into what you observe with openness and curiosity, allowing whatever you feel to be just as it is. Not going away or toward whatever you feel but just to notice.

Now posture 3, the mental body. Notice the quality of your mind. Notice your thoughts. Is it busy or still? Is it relaxed and open or tight? Is there something in particular up? Or is there a general sense of movement with no specific content? Whatever you see is perfectly welcomed. Just notice and lean into what you observe with openness and curiosity, allowing your mental state to be just as it is while also noticing it. Good.

Posture 4, breath. Notice your breathing. Feel the air moving in and out of your nose. Feel the rise and fall of your belly and chest as it enters and exits your body and do not try to control your breathing. Just let it flow naturally. Good.

Posture 5, listening. Now, focus your attention on your sense of hearing. Notice the sounds of the music and the feeling of listening itself. Perhaps you can make a scan of the frequencies or notice the low tones, the mid-tones and the high tones. And take them all in together. And now rest your awareness in listening. I like to listen almost like a wild animal, like a deer in the forest with attention in every direction. You can use whatever analogy works for you. Perhaps it's like being a SETI satellite listening for an extraterrestrial signal. Or perhaps it's like you're trying to make out a particular word of a song being sung by a faint voice across the way. The idea is to open inwardly to the quality of listening that is sensitive and alert, to bring openness and curiosity with relaxation.

And now at this point, you can let go and continue to relax in your experience. Throughout the rest of your meditation, if your mind wanders that's okay. Just come back to your breath or your sense of hearing or any of the five postures. Observe and rest.