# Zazen Meditation Guide

This guide provides a step-by-step introduction to Zazen, a Zen meditation technique, emphasizing correct posture, controlled breathing, and mental focus for beginners.

### Step 1: Preparation

Choose a quiet space where you will not be disturbed. Wear comfortable clothing and have a cushion or chair ready for sitting.

### Step 2: Position

Sit on the cushion or chair. Cross your legs comfortably in front of you if on a cushion, or plant your feet flat on the ground if on a chair.

### Step 3: Posture

Straighten your back, slightly tuck in your chin, and push the crown of your head towards the ceiling to elongate your spine.

### Step 4: Hands

Place your left hand on your right palm, with both palms facing upwards and thumbs lightly touching, forming an oval shape.

### Step 5: Gaze

Lower your eyes and gaze softly at the ground about 2 to 3 feet in front of you, to minimize visual distractions.

### Step 6: Breath

Take deep, slow breaths. Inhale from the nose and exhale gently through the mouth, keeping the breath natural and unforced.

### Step 7: Mind

Allow your mind to settle. Acknowledge any thoughts that arise without attachment, and gently bring your focus back to your breath.

### Step 8: Duration

Begin with 5-10 minutes of meditation, gradually increasing the duration as comfort with the practice grows.

### Step 9: Conclusion

When the meditation session ends, slowly open your eyes, take a few deep breaths, and rise gradually, being mindful of your body and surroundings.

## General Notes

### Consistency

Practicing Zazen regularly can significantly enhance the meditation's benefits.

### Post-Meditation

Spend a few minutes post-meditation to reflect on the experience and any insights that may have arisen.