

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.

