**The Seven Points of Posture**

The seven- point meditation posture is commonly practiced in Mahamudra, which is also known as the ***Seven Points of Vairocana***. This meditation posture strives to achieve balance in mind and body through the sitting posture.

**Reginald Ray** has an excellent set of 4 CDs that uses the body as the tool for meditation – ‘Meditating with the Body’ which I am happy to recommend.

1. **Legs**: Create a stable base by sitting down (- with your legs crossed, or in any other way but make sure the hips are higher than the knees)
2. Place your **hands** evenly in your lap, palms up, one palm on top of the other or palms down on your knees.
3. The third point of posture is that **our spine** be as straight as possible. This is quite important because by keeping our back straight, we straighten out the subtle channels within our body through which our subtle winds or energies flow.1 If these channels are bent, such as if our back is bent, these channels will be bent. But if our back and channels are straight, then the winds or energies will flow properly, which will allow our mind to relax naturally, and become calm
4. The fourth point is that**the shoulders** be pushed back a little bit ***-*** Allow for a bit of space between your upper arms and torso. Here the shoulders are really just an example. It means that all parts of our body are held in a proper and wakeful posture, so that they are relaxed, but not so relaxed that the posture becomes sloppy
5. the weight of your **head** to rest evenly on the top joint of your spine, which means that our chin be brought back in and down. This should happen naturally simply by straightening our back
6. Allow your **mouth** to rest with your lips and teeth slightly parted ***to touch your tongue to the palate***.
7. Leave your **eyes** closed or if you prefer slightly open, but your gaze slightly down and straight ahead

**Main thing:**

1. Keep your spine straight
2. Relax everything else.

Or: USE IMAGES - **Sit like a mountain** -

1. Allow your lower body (legs and pelvis) to be **heavy**, like a rock, never separated from the earth.
2. Allow your **upper body to be light** – perhaps like a balloon, moving gently in a breeze. Allow your head to be is even lighter, like a rainbow.