



The key point relating to body- The Seven-Point Posture of Vairochana:

1. Sit with your legs crossed in the vajra posture (lotus position)
(If you are unable to sit in the full lotus position, it is also acceptable to sit in the half lotus position, or simply cross legged);
2. Form the Dhyanamudra with both hands (Place your right

hand over your left hand with thumbs touching each other. Rest your hands about 4 fingers' below your navel. Leave a space of approximately a fist's width between your arms and ribs, and make sure your arms and ribs do not press against each other.);

3. Sit up straight like an arrow (keep your spine as straight as a pile of coins);

4. Gently pull your shoulders back and relax;

5. Bend your neck forward slightly (your chin should be tucked in slightly toward your chest);

6. Mouth slightly opened (the tip of your tongue touching your palate);

7. Eyes focus on the tip of your nose (or stare naturally downward at the space in front of you).