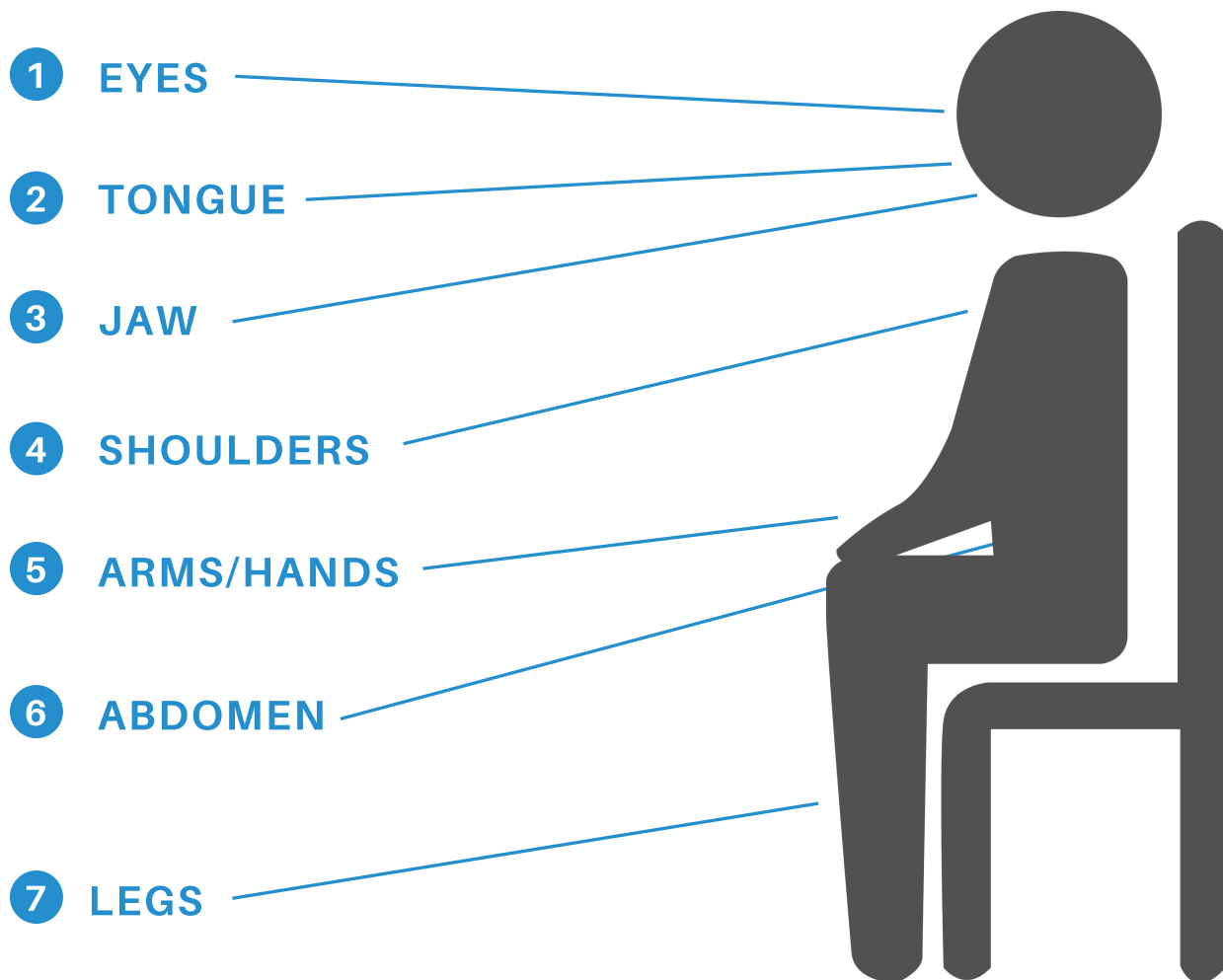




PREPARING FOR MEDITATION

When you first set up your meditation posture, find a position that allows you to feel comfortable *and* alert. It's best to keep your spine straight but not stiff. From here, you can begin to relax the muscles in your body, checking in specifically with the 7 points listed below.



SHORTCUT:

- A) Sit with your spine straight
- B) Relax the muscles in your arms and legs