

# Let's do Zazen at home!

In such a terrible occasion such as COVID-19 affecting.  
How about making some time to relax by practicing Zazen meditation?  
Follow the simple steps below to begin.

①



## ① Prepare a seating cushion

Find any kind of cushion or pillow to sit on, and fold it over itself to create a seat which is a good distance from the ground. First of all, put your both hands in prayer by standing and then make bowing to start your practice.

②



## ② Cross your legs

Sit cross-legged. If you have the flexibility, try placing your right foot onto your left thigh, and your left foot onto your right thigh.



[Otherwise it is good to sit on one leg, cross leg, straight seat, or even a chair without overdoing it.]

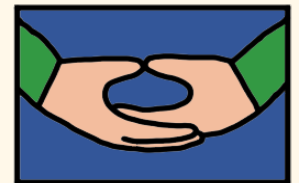
③



## ③ Find your center

Slowly shift your weight from side to side, gradually coming to a comfortable center position.

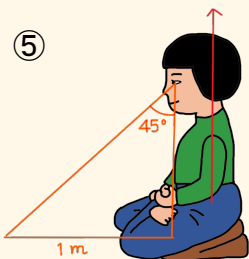
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## ④ Join your hands

Join your left and right palms together in front of your chest, with thumbs touching each other.

⑤



## ⑤ Settle your posture and gaze

Straighten your back. Settle your gaze a short distance away on the floor in front of you, eyes half open, and soften your gaze.

⑥



## ⑥ Breathing

Exhale slowly. Establish a slow and comfortable rhythm.

⑦



## ⑦ Prepare the mind

Ease your mind into the meditation.

Remember, the goal is not to suppress your thoughts, but to simply let them flow, and observe them with detachment.

⑧



## ⑧ Completing

Let's start by sitting for about five minutes rather than sitting for a long time on the first try...Once finished, bow with hands together.

Use this practice as an opportunity to get away from the information overload created by TVs or smartphones, and let your mind release its anxieties....