

POSTURE

(Excerpt from *the Ocean of Definitive Meaning* by the Ninth Karmapa, pp.93-99)

Essential Points Concerning the Body and Their Purpose

Place the body in the seven-point posture of Vairocana (*nam-nang-gyi cho-dun*)

1. **Legs:** in Vajra posture or crossed
Brings **the downward-expelling prana** into the avadhuti,
pacifies the mental affliction of **jealousy**, and prevent obstacles
2. **Hands:** in the position of meditative equipoise, 4 finger widths below the navel, elbows straight
Brings **the water prana into** the avadhuti,
pacifies the mental affliction of **aggression**
3. **Spine:** straight like an arrow
4. **Shoulders:** parallel, extending so that they resemble the wings of a culture
3 & 4 Both bring **the earth prana** into the avadhuti
Pacify **ignorance**
5. **Neck:** curved like an elephant prod (an iron hook), slightly bent downward, slightly pressing down on the Adam's apple
Brings **the fire prana** into the avadhuti
Pacifies **desire**
6. **Eyes:** resting 4 finger widths off the end of the nose and gazing into space, with your eyes open, not wavering
7. **Lips:** almost touching, teeth slightly separated, tongue resting on upper palate
6 & 7 both bring **the wind prana** into the avadhuti,
Pacify **pride**, and generate mental clarity

The essential point for the mind is based on the prana; the essential point for the pranas is based on the nadis; and the essential point for the nadis is based on the eyes. Therefore, the correct gaze is important.

The physical posture of meditative concentration (either the five-point or the seven-point) pacifies the mental afflictions naturally, and brings the pranas and mind into the avadhuti of their accord. Thoughts stop on their own; a light openness and vibrant lucidity manifest; and realization arises quickly. Therefore, the essential points for the body are important.