

ACT 1: Optimal Body Posture

"Checking 6 touching points to make sure whether the body posture is correct or not"

Two points of lower jaw  
- Head straight  
- Saliva swallowed

Two points of buttock  
- Abdomen in <sup>1</sup>  
- Chest out <sup>2</sup>

Two points of feet sole  
- Calf  
- Tigh flat <sup>3a</sup>

ACT 2: Three Ways of Cittānupassanā

"Stopping the process of mental obstacle"

Way 1:  
- Abdomen in  
- Chest out  
- Sitting-Sitting-Sitting <sup>3b</sup>

Way 2:  
- Abdomen in  
- Chest out  
- Hold breathing  
- Focus on crown  
- Sitting-Sitting-Sitting <sup>3b</sup>

Way 3:  
- Abdomen in  
- Chest out  
- Hold breathing  
- Focus on crown  
- ANCHOR  
- Tailbone  
- Sitting <sup>3c</sup>  
- Right-left buttock points <sup>3d</sup>

BASIC MEDITATION TRAINING

These Act 1,2,3 are the duties of a yogi that should be done since the beginning of meditation. It is best for a beginner to use this guideline according to the sequences first until proficient.  
<<< MEMORIZE ONLY THE BLACK COLORED WORDS.  
Act 1 is done sequency for 10x. While Act 2 and 3 should be finished per section first for 10x before moving to the other sections.  
E.g: Way 1 is done 10x, then to Way 2 for 10x, and so on. While doing any of the act and PHYSICAL OBSTACLE ARISES, then directly handle it with VEDANĀNUPASSANĀ. If MENTAL OBSTACLE ARISES, then use CITTĀNUPASSANĀ again. When finished and no obstacles arise, directly go back from Act 1 again. MIND IS ALWAYS ACTIVE!

FOOTNOTE

- 1 Erect whole body.
- 2 Pull both shoulders back.

For standing meditation should be changed into:

- 3a Tigh straight
- 3b Standing-Standing-Standing
- 3c Standing
- 3d Right-left lower jaws  
Right-left buttock points  
Right-left feet soles
- 3e Standing  
Right lower jaw - Left lower jaw  
Right buttock point - Left buttock point  
Right feet sole - Left feet sole

4 Forth or back aren't moving, but awareness moving forward until the finger / toe tips, then back from the other side until the initial part.

ACT 3: Active Stages of Body Awareness

"Aware of different body parts to direct air elements in order to detect physical problem"

Active Stage 1:

- Crown
- ANCHOR
- Tailbone



Active Stage 2: <sup>3e</sup>

- Sitting
- Right buttock point
- Left buttock point



Active Stage 3:

- Face, Crown, Back of head,
- Both shoulders, Arms, Fingertips,
- Back, Chest, Both toetips



Active Stage 5:

1. Upper jaw

2. Cheeks

3. Eyes

4. Forehead

5. Crown

6. Back of head

7. Back of neck
8. Right shoulder

9. Right arm forth <sup>4</sup>

10. Right arm back <sup>4</sup>

11. Left shoulder

12. Left arm forth <sup>4</sup>

13. Left arm back <sup>4</sup>

14. Back
15. Waists

16. Hips

17. Right buttock point

18. Right leg forth <sup>4</sup>

19. Right leg back <sup>4</sup>

20. Left buttock point

21. Left leg forth <sup>4</sup>
22. Left leg back <sup>4</sup>

23. Right-left buttock points

24. Private part

25. Abdomen

26. Chest

27. Front of neck

28. Lower jaw

After proficient, proceed to learn SATIPATTHANA and ACTIVE STAGES OF BODY AWARENESS.