



Deeply Relaxing Guided Meditations Online

## Does Meditation have to be uncomfortable?

It is a myth that you have to sit in an uncomfortable, cross-legged position for hours to practice meditation! Although some meditation traditions place a great emphasis on posture and there are valid reasons for this, at Rest & Be we believe that your body should be comfortable to get the most from your meditation practice. When your body is comfortable, it's much easier for your mind to relax.

At Rest & Be, we offer a style of meditation called True Rest, based on an ancient form of meditation that is traditionally done lying down. However, for those who do prefer to sit, True Rest meditation can also be practiced seated, either on the floor or on any type of chair. One of the commitments we are making in meditation is to be still, because if the body is restless, the mind will tend to be restless too.

At Rest & Be we encourage you to 'make a nest' for yourself so that your body is comfortable, warm and fully supported while you meditate. You can use any props you might have at hand to make your nest. The ideal posture for True Rest is to lay on your back with your legs a few feet apart, your arms out to the sides and your palms turned upwards. Support your head and neck and, if necessary, place some support under your knees and ankles to help ease any discomfort in your lower back. Another option can be to have your knees bent and together, with your feet out to the sides. When meditating in this way your temperature is likely to drop as your body goes into a deep state of relaxation, so cover yourself with a blanket and get really cosy!

If you are sitting for your meditation, try to do so with your back straight, but without it being rigid or uncomfortable. See if you can find that balance of just enough effort so that you are bright and aware, without your body tensing up. If sitting like this is uncomfortable for you, sit in a way that your body feels completely supported, using any props that are helpful. Often our bodies are already uncomfortable because of illness or chronic tension, so we don't want to add to that discomfort.

You might be thinking that you will fall straight to sleep if you meditate like this! True Rest is not about sleeping, unless you are using the meditations specifically to guide you into a restful sleep or to help with sleep related problems. However, you might find that you do drop off to sleep when you first start, especially if you are very tired when you practice. Most of us are sleep deprived to a certain extent because of our busy lifestyles, so try not to judge yourself if you do fall asleep. Each time you notice that you have drifted into sleep, simply come back to the direct feeling of your body or the breath, as a way of gently refreshing your mind. It can be helpful to set an intention to remain present and aware during your meditation before you start, or you could try doing the meditations sitting. The

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guidance we offer in our True Rest meditations at Rest & Be are designed to help you remain awake, present, and aware.

At Rest & Be we believe that the attitude we bring to our practice is more important than a rigid posture. Approaching meditation with sincerity and the willingness to meet experience in an open way is more important than any hard and fast rules about posture. Don't turn your meditation practice into a doctrine or an endurance test, but let it be a time of gentle openness to your experience as it unfolds.

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