

ZEN TRAINING

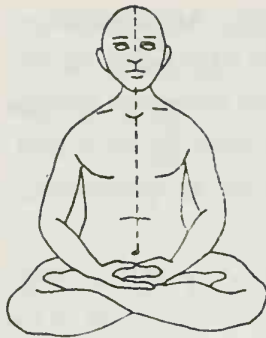


Fig. 1

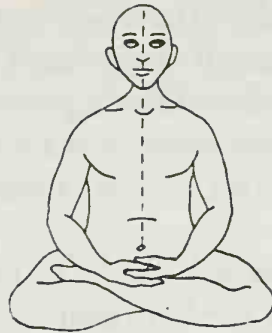


Fig. 2



Fig. 3

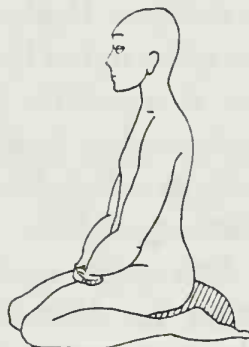


Fig. 4

1. The full-lotus position (kekka fuza).
2. The half-lotus position (hanka fuza).
3. A modified Burmese posture.
4. A posture in which the legs are directed backward and placed on either side of the pad.

5. The configuration of the spinal cord in a correct posture. Note that the spine is not held in a straight line.

6. This figure illustrates the method of relaxing and lowering the shoulders by placing the hands on the legs and exhaling deeply. In a correct posture a vertical line can be drawn through the center of the forehead, nose, chin, throat, and navel.

7. In a correct zazen posture the buttocks and knees form a triangle that acts as a base for the body. The weight of the body is concentrated in the lower abdomen, with the center of stress in the tanden (T). The trunk is perfectly vertical.

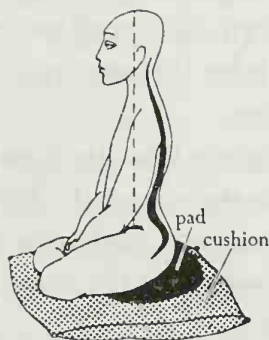


Fig. 5

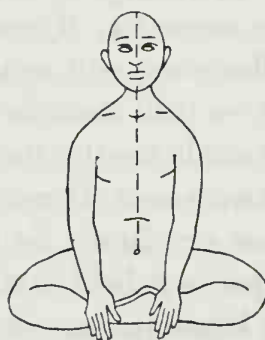


Fig. 6

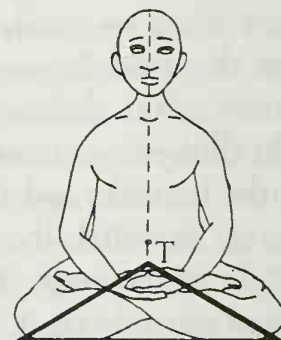


Fig. 7