

“Rise with the Sun”

**- The proper way to start
your day -**

Presented by
The ECCAC Vietnamese Community



Stress

- Stress can be found in all aspects of human life.
- Stress can be destructive to the human body, and can lead to an immune system much weaker than before.
- Stress can be controlled, and to some extent, minimized.
- Stress reducing methods: Exercise, Entertainment, Relaxation, Social Support...



Meditation

- Meditation, put very simply, is a method to relax the mind by easing it out of the current stressful situation. Meditation's power, however, does not end here. It can be used to heal the body, keep the body clean, and even raise IQ points!

Meditation can be aided and deepened by effective music. The deeper the meditation, the more relaxed the body will be at the end of it, and the more refreshed and rejuvenated the person will feel. Deep meditation music can come in various forms.

Zen Meditation Technique

- Sit on the forward third of a chair or a cushion on the floor.
- Arrange your legs in a position you can maintain comfortably. In the half-lotus position, place your right leg on your left thigh.
- In the full lotus position, put your feet on opposite thighs. You may also sit simply with your legs tucked in close to your body, but be sure that your weight is distributed on three points: both of your knees on the ground and your buttocks on the round cushion. On a chair, keep your knees apart about the width of your shoulders, feet firmly planted on the floor.

Continue...

- Take a deep breath, exhale fully, and take another deep breath, exhaling fully.
- With proper physical posture, your breathing will flow naturally into your lower abdomen. Breathe naturally, without judgment or trying to breathe a certain way.
- Keep your attention on your breath whilst practicing this **Zen meditation**. When your attention wanders, bring it back to the breath again and again -- as many times as necessary! Remain as still as possible, following your breath and returning to it whenever thoughts arise.
- Be fully, vitally present with yourself. Simply do your very best. At the end of your sitting period, gently swing your body from right to left in increasing arcs. Stretch out your legs, and be sure they have feeling before standing.

- Practice easy **Zen meditation** every day for at least ten to fifteen minutes (or longer) and you will discover for yourself the treasure house of the timeless life of zazen - - your very life itself.

Source: www.freemeditations.com



The Vietnamese Lithophone