

Basic Instructions on Daoist Quiet Sitting

(*Jìngzuò* 靜坐)

Daoist Foundation 道教基金會

Sit in a comfortable position.

Rest the hands on your knees or on your lap.

Hang the eyelids. Eyes either slightly open or completely closed.

Tongue touches the upper palate.

Allow your breathing to be natural.

Now begin the actual method of quiet sitting.

The ears listen to the center of the head.

The eyes rest lightly on the tip of the nose.

Then the gaze extends from the tip of the nose, down the front centerline of the body, to rest in the lower elixir field, the navel region.

Enter stillness. Allow any thoughts, emotions or extraneous concerns to dissipate naturally.

Sit in silence, maintaining awareness on the navel region, for 20-30 minutes.

After completing your meditation session, gradually open your eyes and return to sensory engagement.

Stretch and massage the body before standing up.