

How to Meditate Without Sitting Down

I've been asked to write something about meditation for those who are unable to sit physically in any comfortable way or who have to spend a lot of time in bed.

In considering this I found myself, much to my surprise, wanting to talk, first of all, about Precepts - that is starting with "Do no harm". While you are lying there or trying to go about your day, make a determination - begin the morning with a commitment to try and do no harm, speak no harm, think no harm, wish no harm. When you are distracted, worried, in pain, discouraged, come back to "Do no harm". Remind yourself that whatever else you are unable to do, you can do that and that is, in itself, something useful.

Next, try to let go of the unnecessary such as worry over the news: the world will go on without you - leave it be when it gets overwhelming. Let go of family quarrels - you can't take them with you into the next world.

Try practicing this for several days. There should be more calm. Explore this calm. When you experience a calm moment throughout the day, stop whatever you are doing and rest in it - take refuge in it, trust it. It is a door.
