



CONTENTS

1. SITTING IN MEDITATION	1
2. OUR PHYSICAL BODY	7
3. MEDITATING FOR HEALTH	11
4. EMBODYING THE LIFE FORCE	17
5. PHYSICAL BALANCE	24
6. SITTING ACCOMODATION	32
7. IDENTIFYING WITH THE BODY	37
8. THE NEED FOR ASANA	48
9. ASANA GUIDELINES	55
10. HORIZONTAL RELAXATION	62
11. SITTING IN SAMADHI	73
12. THE CROSSLEGGED POSE	81
13. THE LIBERATED POSE	88
14. THE HALF-LOTUS POSE	90

15. THE LOTUS POSE	93
16. HAND SEALS	96
17. THE ART OF SITTING.....	99
18. DISCOMFORTS	105
19. SITTING STRETCHES	108
20. SPECIAL SITTING SOLUTIONS.....	115
21. THE PRACTICE OF PAIN	117
22. CONCLUSION	120
ON COACHING & HEALING.....	122
ABOUT THE AUTHOR	124
THE SAMADHI HANDBOOK	126
ONLINE RESOURCES	130