

## **Daoist Meditation**

Jake Newell, 2008

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Daoist meditation is a practice of sitting quietly and letting the activity of the mind settle down. When the mind becomes calm, it becomes clear, and the light of our original nature spontaneously shines forth. To practice Daoist meditation:

Sit down, relax.

Align your body, keep your spine upright,  
and let your posture be stable and comfortable.  
Fold your hands in your lap or rest them on your legs.  
Let the tongue rest against the upper palate,  
and let your eyes rest half open.

Breathe in, breathe out, naturally.  
Let the breath be smooth, easy, and quiet,  
as the belly rises and falls.

Forget everything and let go of all concepts.  
Simply remain present as thoughts come and go.  
Let the cultivation happen naturally.  
Gradually, the mind will settle,  
the energy will stabilize,  
and the spirit will become bright.

It's a natural process.