

Class 7: 3/6/07

Q & A

Q: Why must we do Sitting Zen with our legs crossed and body still?

A: Overcoming yourself is the most important objective in practicing Zen. The first step is to overcome your physical hindrances. You need to at least manage yourself in order to manage and control such as relationships or businesses, which were usually controlled by others. By training yourself sitting cross-legged with body absolutely still, you can develop your spirit to overcome more challenging issues. If you could overcome the sore, pain or numbness during Sitting Zen you could get into the next level of consciousness from the level of physical body. Besides, those sore and pain are signs of a unhealthy body and overcoming them through Sitting Zen can improve your health.

Q: In order to master belly breathing, I have taken every possible occasion to practice. When I am on a bus, however, the air quality is not so good. Would practice in such kind of condition actually hurt my health on the contrary?

A: This is worried by many of us. The fact is, even when you breathe with your chest, you still inhale unhealthy air. On the contrary, belly breathing naturally filters the air. Try it and experience yourself.

Q: What are some the techniques to help me concentrating on the Navel Chakra? Why do I have difficulties?

A: Most of the beginners could not do it well and could only concentrate at the surface of the belly button. What you can do is trying to hold your breath for about 1 or 2 seconds and see if you can feel warmth or vibration around the belly button? That area with these sensations is the Navel Chakra. You could also enlarger the area that you focus on. You start with a larger area and then gradually shrink your focus to a needle size point. Like a flashlight, it is the brightest when the light is focused to a small spot. Focusing on your Navel Chakra is no different. From large to small, from surface to depth, you eventually will activate the Inherent Qi inside your Navel Chakra and merge it with the Acquired Qi you breathed in. Just practice this way over and over again.

Q: I have been practicing Sitting Zen for a while, but still experience the emergence of random thoughts. Should I go back and start from the basics such as "following my breath or counting my breath"?

A: Yes, always focus on the basics. Only good basics can quiet your mind. Like building a 100-story skyscraper, the foundation must be able to support it. It better be solid.