

**The little giant encyclopedia of meditations & blessings** By Nathaniel Altman



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***Swaying the Body***

When you feel the need, **swaying** the body can be a part of Zazen **meditation**. Place your hands palms-up on your knees and gently sway the upper part of your body from side to side. You can do this several times. Without moving your hips, move your trunk as though it were a long, flexible pole leaning to the right and to the left, so that you stretch your hip muscles. You may also sway forward and backward.

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As you sway, let each movement becomes smaller and smaller until it ceases with your body in an upright position. This exercise should take several minutes. At this point, assume the Cosmic Mudra position with your hands once more.