



## Becoming the Lotus

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## **Becoming the Lotus** Matin Faulks

In every school of meditation, the Lotus posture is held to be the ideal seated position. Depicted in the earliest texts of the spiritual traditions of Japan, China and India, and even on the tomb walls of ancient Egypt, the Lotus posture offers a pathway to inner tranquility and self-knowledge for those with the will to find it. Becoming the Lotus offers a systematic course of stretching postures leading to the easy, safe and comfortable adoption of the Lotus posture. The entire course is laid out in an easy-to-follow and understandable way as to make it useable to anyone, no matter who. So whether you are a martial artist, follower of Indian yoga, a Buddhist, or a Taoist — sit in the Lotus posture.

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