

# GOM TRAINING CHARTS AND LISTS

## **Suitable Environment**

- dwelling in appropriate places
- having small needs
- being content
- going away from demands of society
- having pure ethics
- lessen the thoughts of desire

## **Benefits of GOM Meditation**

- happiness and joy in body and mind
- complete control over your mind
- non-virtue will be greatly reduced
- attainments of siddhis like clairvoyance
- sleep transforms into profound meditation
- it allows you to develop the wisdom that makes liberation from suffering possible

## **The 7 Point Vairochana Posture**

- legs: sitting cross legged in vajra posture
- arms: hands held one above the other in lap underneath navel, thumbs joining together
- spine: sitting up straight
- shoulders: two shoulders straight, relaxed
- head: not too upright, not too tilted
- eyes: half open, looking down bridge of the nose
- lips, teeth, tongue: mouth closed, tongue against upper teeth from inside, jaws relaxed
- breath: regular and natural