

## Standing Prostrations

This seems like an impossibility, an oxymoron. However, what do we do when we are committed to foundation work, and yet develop knee problems or have a knee injury?

The following sequence was developed by Catherine Jetsun Yeshe and approved by Karma Thinley Rinpoche as giving the true inner experience of prostration. It does not change the body structure or act as de-armouring as in the full-length body prostration.

Instructions as follows:

- Stand visualizing the refuge tree and the Guru in the centre, as one would do normally for full prostrations.
- Namó Hands are folded in prayer position over the heart.
- Guru Arms open and hands are facing forward with a gesture of openness
- Deva In one smooth motion, left arm drops to the side so that it is 30° to 45° from body, arm straightening, with hand facing up and elbow being slightly bent; upper body and right foot turns to the right; right hand comes toward the face, hand facing up, elbow bent, palm slightly cupped as if holding the deva cup, eyes looking down at cupped hand.
- or Deva A simpler form of the above gesture is to remain standing with legs in same position as for Guru, then lift arms and hands upwards in a gesture of supplication. Head is slightly back and gaze is upwards.
- Namó Body returns to facing forward, with hands are folded in prayer position over the heart.
- Om Folded hands to forehead centre
- Ah Folded hands to throat centre
- Hung Folded hands to heart centre
- Benza Guru Padma Siddhi Hung (Diamond Teacher, Unfolding Powers, May they be established in me, Hung)  
Body bends slightly and R hand drops, towards R knee, L hand remains at heart
- Recite "I let go of attachment"  
Right hand is placed palm down over right knee
- Recite "I let go of aversion (hatred, anger, etc.)"  
Left hand comes down to left knee is placed palm down over left knee
- Recite "I let go of confusion (delusion, ignorance, etc.)"  
Right hand is turned to face up
- Recite "I let go of envy (and jealousy)"  
Left hand is turned face up
- Recite "I let go of pride)"  
Neck is bent and head bends down