

## The Zen of Pyjamas

Sales of pyjamas more than doubled in 2020 compared  
with 2019, the fastest growth among clothing categories  
– Harvard Business School

I sit in the Zazen posture,  
gentle my eyes,  
*(inhale)*  
    feel the weightlessness  
of cotton against my skin.  
*(exhale)*

*outside it rains*

I watch my mind  
separate body    fabric,  
*(inhale)*  
    observe my breath  
until body & fabric become One.  
*(exhale)*

*cat curls asleep on cushion*

I centre my spine,  
    relax  
my diaphragm,  
*(inhale)*  
    feel the waistband  
embrace my sacral chakra.  
*(exhale)*

*crowing in the garden*

I focus my mind

on my heart chakra,

*(inhale)*

    imagine a flower

bloom under the buttons.

*(exhale)*

*stomach grumbles*

I open my hands

in the Cosmic Mudra

*(inhale)*

    & rest my body

under cotton sanctuary.

*(exhale)*

*stillness*