Zen and the Virus

March 16, 2009 By Oriol R. Gutierrez Jr.

Self-promotion Alert: I interviewed an amazing cover subject for the March 2009 issue of *POZ*. Robert Chodo Campbell is an HIV-positive, gay Buddhist monk with lots of no-nonsense things to say about wellness and living in the moment.

I also had the privilege of doing a video segment with Chodo on the basics of Zen meditation. There are no car chases or fancy 3-D graphics, but nonetheless I believe that the video gets you in the mood for mindfulness (if I do say so myself).

My favorite moment in the video is getting into half lotus position. I was trying for a full lotus position. Regardless, Chodo was impressed that I could even do a half lotus (not sure whether that was a compliment, come to think of it, but I'll keep it as such).

I've always been interested in helping my body help itself in my struggle to keep HIV in check. After this interview, I must admit that my interest in meditation has grown as a component of my overall health strategy.

Curious? To read the article and watch the video, click here.

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