X0 and Y0 are vectors which contain the starting pixels for each of
your input images, with respect to the output mosaic. For example, if
you are mosaicking four 100 x 100 images into one 200 x 200 image,
then:

X0 = [0, 0, 100, 100]
Y0 = [0, 100, 0, 100]

(I can't remember if these are referenced from the upper left or lower
left corner.)

POS determines which bands of the input files to include, and in what
order. If there are two bands in the four files listed above, use
something like this:

POS = rebin(lindgen(2), 2, 4)

print, POS
        0   1
        0   1
        0   1
        0   1

Hope that helps,
David