



Creating My Meditation Space

Creating a meditation space you regularly use is important in sustaining a long-term practice. Here are some tips to creating your own meditation space:

- Select a place that will not be disturbed to become your dedicated meditation space. A spare room or a place in your bedroom generally suffices.
- Make sure the room is clean, tidy and well ventilated.
- Set up your space with a mat, cushion, a small clock (that does not make any sound).
- Include any ornaments, pictures, flowers, statues, a candle (you feel would be appropriate) for your meditation space.
- Ensure your meditation space is not close to any power points, heaters, tv's or other electrical devices.
- If, after a while, meditating in this same spot, you find you consistently become agitated while meditating, move to another spot. This is because you may be sitting on energy/earth lines like acupuncture meridians in people. These energy lines are known as the [Hartmann Grid](#).
- Use a dedicated blanket or shawl for your meditation practice. It is preferable to use a blanket to keep warm whilst meditating than a heater or air conditioning.
- Digital devices can (will) interrupt your meditation, so having them switched off or on airport mode is desirable.

If you are more spiritually inclined:

- Set up a small altar to position your candle, statues, pictures and other ornaments as an offering to spiritual worlds and spiritual beings. An altar can be useful when practicing trataka.
- You may choose to make a deity the focus of your devotions.
- Position yourself at arm's length to the altar should you bend forward or employ mudras.

A final note:

- If you choose to light a candle while meditating, be mindful not to set fire to anything around the flame. Also be aware of moving legs or arms when coming out of meditation in case of knocking the candle over.
- Always extinguish your candle on completing your meditation. Lighting and extinguishing your candle can even become a little ritual part of your meditation practice.

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