



Meditation 'Nesting'

To make meditation efforts really pay off,
the environment should work for, not against you.

Tips for a "Zen" meditation nest:



DARK

Not only might a darkened space help calm you, but it can also help your eyes from being distracted by things in the room while you are trying to concentrate on meditating.



QUIET

Especially when starting out, it is important to eliminate ambient noise from your meditation space. Try to make everything as quiet as possible before you begin.



COMFORTABLE

If a darkened and quiet space puts you somewhere that isn't ideal for sitting, make it comfortable with pillows or blankets.



DISTRACTION-FREE

No phones, TV's, radios, or other electronic devices unless they're being used for a guided meditation.

