



**HOW TO CREATE
THE PERFECT
MEDITATION SPACE
AT HOME**

Rachael Kable

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When you have somewhere you can meditate quietly and meaningfully, you'll probably feel inclined to meditate more regularly. And when you do meditate, you'll have the perfect space to get comfortable and have everything you might need for your meditation!

In this guide, you'll discover 5 steps to help you create the perfect meditation space at home, how to set yourself up comfortably for meditation, tools and meditation aids you can use and my top tips for using guided meditations.

Setting up Your Meditation Environment

STEP ONE

CHOOSE YOUR PERFECT SPACE

Walk around your home and find a fairly quiet area, free from too many distractions. Try to find somewhere that actually feels relaxing to you – for example, if you can see the kitchen from your meditation space, you might keep getting distracted by looking at dirty dishes and thinking about your next meal.

STEP TWO

DECLUTTER & CLEAN THE SPACE

When you've found a good space to work with, take some time to declutter it and clean it. Remove any unnecessary furniture, items, or potential distractions. Wipe down any surfaces and give it a vacuum.

STEP THREE

ADD YOUR FAVOURITE MEDITATION TOOLS & AIDS

Prepare your space by collecting your favourite meditation tools and aids to keep nearby. That way, when you're ready to do a meditation, everything is already there for you! To learn more about meditation tools and aids, be sure to check out **page 4**.

STEP FOUR

SET GOOD BOUNDARIES AROUND YOUR SPACE

Let other people in the house know this is your quiet space. Ask them to keep any clutter away and to avoid using the area for loud activities. Tell them it's important to you and not to disturb you when you're meditating. If you have young children or pets, this may take some time to implement!



STEP FIVE

USE YOUR SPACE TO ITS FULL ADVANTAGE

Set up a regular meditation schedule and use your space whenever you meditate. Become used to meditating in your meditation space and use it whenever you feel like you need a break from stress and overwhelm. The more you associate your meditation space with an area of calmness and quietness, the more it will become a meaningful meditation space for you to use.

How to Set Yourself Up Comfortably in Your Meditation Space

Experiment with different meditation postures to find what works best for you. Perhaps, you prefer to sit on a chair with good back support. Maybe, you feel most comfortable sitting cross-legged on a cushion on the floor. You could also try leaning against a wall or sitting on a bolster.

If you choose to lie down, try to keep the space on the cool side to prevent you from falling asleep.

Make the space a little darker or turn your face away from any direct sunlight.

When you meditate, it's a good idea to keep your back gently straight and rest your hands where they feel comfortable. You might like to face your palms up (to receive energy) or palms down (to feel grounded), or use a mudra (hand gestures used during meditation). For example, one of the most commonly used mudras is called Gyan, which involves holding your index fingertips against the tips of your thumbs, while keeping the rest of your fingers gently straight and relaxed. This mudra is said to help generate knowledge, creativity and wisdom.



Gyan (up)



Gyan (down)



Palm (up)



Palm (down)

Finally, it can be important to consider the temperature of your meditation space. If it is too warm, you might accidentally fall asleep. If it's cold, you might feel distracted and uncomfortable. Try to find a comfortably cool temperature and keep a blanket nearby, just in case you need it during your meditation.

When I first started meditation, I put pressure on myself to choose a meditation posture and hold it for the duration of the meditation, even if it meant I was uncomfortable or in pain. Remember that it's okay to change your meditation posture if you need to and build up your meditation practice so you can become used to sitting still for longer stretches of time.

Tools and Meditation Aids

These are simple, helpful, or meaningful items you can keep in your meditation space to inspire your meditation practice. To avoid your tools and meditation aids becoming distracting while you meditate, you might like to keep a few things out and put everything else in a box. That way, you can open the box and select items you feel particularly compelled to use.

Not sure which meditation tools and aids to use?

Here are a few ideas...

1. Framed quotes
2. Plants
3. Singing Bowl
4. A Journal
5. Candles
6. Mala beads
7. Aromatic room spray
8. Inspiring books
9. Fairy lights
10. Miniature Zen garden
11. Salt lamp
12. List of affirmations

* Printable Affirmations available in my **FREE MEMBERS SECTION!**



Tips for Using Guided Meditations

Especially when I was first starting to meditate, I found it really useful to have the extra guidance. I used a variety of different apps and I still use guided meditations from time to time!

If you like using guided meditations (such as guided apps and meditation albums), check out my top tips below.

TIP ONE USE EARPHONES

This can help cancel out other distractions, such as dogs barking or traffic and it will also help you hear the meditation more clearly. You might like to keep a pair of earphones at your meditation space so you don't have to go looking for them when you want to meditate.



TIP TWO TURN OFF YOUR PHONE NOTIFICATIONS

There's nothing worse than being immersed in a meditation only to have your phone alert you to a phone call, message or email. Not only does it disrupt your practice, but it will probably distract you for the rest of your meditation time because you'll be wondering who the notification came from and what it's about!

TIP THREE FIND A GUIDE WHOSE VOICE DOESN'T DISTRACT YOU

It can be difficult to concentrate when the voice of the guide doesn't resonate well with you.

My Meditation Albums

I have created two guided meditation albums for my lovely community to help encourage a positive meditation experience. Both meditation albums I have created come with their own gorgeous journals to help you track your meditations, use interesting journaling prompts and share helpful meditation tips. All the meditations have beautiful background music created exclusively for these albums!



Meditation Album **SELF-COMPASSION**

In this album, you'll discover two 20-minute meditations designed to help you cultivate more self-compassion.

Meditation 1: Holding Space for a Difficult Emotion. This meditation will guide you to hold self-compassionate space for a difficult emotion (such as anger, sadness, or jealousy) so you can process it and heal.

Meditation 2: Self-Compassionate Affirmation. This meditation will help you use a self-compassionate affirmation so you can practice speaking kindly to yourself and develop more positive self-talk.

Music Track: Self-guided meditation.



Meditation Album GOOD MORNING

This meditation album contains 5 awesome morning meditations, each of 10-minutes duration.

Meditation 1: Good Morning Affirmation. *The affirmation meditation will help you focus on positive statements and get into a great headspace for the day ahead.*

Meditation 2: Good Morning Grounding. *This grounding meditation is wonderful to use if you're feeling stressed or overwhelmed because it connects you with the present moment.*

Meditation 3: Sunshine Visualisation. *The visualisation is a really fun meditation to help you imagine positive energy in your body and feel refreshed.*

Meditation 4: Good Morning Breathing *This simple breathing technique was designed to help you let go of tiredness or lack of motivation and welcome fresh energy and vitality into your body.*

Meditation 5: My personal favourite, the "Don't Know Mind" Meditation, *will help you let go of planning and predicting and practice going with the flow.*

Music Track: Self-guided meditation.

Head to www.rachaelkable.com/shop to get your copy of the Self-Compassion Meditation Album and the Good Morning Meditation Album.

**Congratulations for reaching the end of this guide
about creating the perfect meditation space at home!**