

# Your Meditation Practice Checklist

- 1** Set up a sacred space. Find a quiet corner or area in your home that you can use just for meditation.
- 2** Decorate it with candles, incenses, crystals, photos, or other meaningful items.
- 3** Before you begin your practice, **eliminate all distractions**. Turn off your phone and other devices. Advise your family not to interrupt you.
- 4** Select **meditation music** or guided visualizations you enjoy.
- 5** **Get comfortable** in the same position each time. Ensure that you can remain still in your position for at least twenty minutes with fidgeting or getting 'pins-and-needles.'
- 6** **Set your intention**. What do you want to get out of your practice? Peace of mind? Guidance? Clarity on an issue?
- 7** Begin with **cyclical breathing and focus**.

"We need silence to access the wisdom within."  
Diane Demetre

