

## INGREDIENTS

- Quiet space
- Comfortable seating
- Timing device
- Add'l props (optional)

## PREP TIME

- Prep | 2 m
- Serves | many
- Ready in | 15 m

# CREATING A SACRED SPACE FOR MEDITATION

a recipe for solitude



## PROCEDURE

01

### Select a Quiet Space

Choose a place where you feel cozy and safe. Avoid doors, windows and heat vents.

02

### Choose A Comfortable Seat

Determine whether you will be sitting or lying down. If sitting, select a firm cushion or chair.

03

### Select a Timing Method

Choose a method for timing your practice. Many free apps can help deepen and track your progress. My personal favorite is Insight Timer.

04

### Add Props to Customize Experience

Adding blankets, pillows, candles, music, chimes or essential oils help customize your experience.

## TIPS

Intentionally creating a Sacred Space for meditation practice is a powerful motivator and a beautiful act of Self-Love. The art of becoming still, reconnecting with your innermost thoughts, feelings and desires is a power practice that when done daily can create lasting positive change in your physiology and life! Namaste.



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