

## Meditation / Yoga Room

### 1. Dedicated Space

- Collects and focuses energy
- Removes decision-making fatigue (where to practice)
- Habit and association helps the mind move inward more quickly and deeply
- Evokes yearnings and inspires you
- Cultivates a devoted practice
- Creates a relationship between the space, your life, and your home

*A space where you can be undisturbed by phones, TV, pets, and other people.*

### 2. Make the space your own, perhaps including . . .

- A folded blanket or cushion and perhaps a chair
- Yoga mat that you love
- Props such as two blocks, yoga strap, eye pillow, blanket
- Music for practice & yoga nidra (deep relaxation)
- A plant or two, bringing oxygen and life
- Colors that soothe, nourish, and renew
- Mala beads, books, quotes, journal . . . close by

*Does the space feel like a haven, inviting you in again and again?*

### 3. Create a simple altar to . . .

- Provide inspiration and focus
- Link outer and inner worlds
- Remind you of meaning and purpose
- Connect you to strength and guidance
- Include objects that give focus, substance, and strength to your highest intentions – elements, objects from a pilgrimage or a place you love

*Does your altar uplift your mind and touch your heart?*

## Visualization

### Creating a Sacred Space

Imagine a new room or space in your home that knows you intimately – who you really are and how you show up. It knows your deepest feelings and emotions, thoughts, challenges, and desires. It knows your moods, fears, anxieties, and dreams.

You come to this space when happy, sad, frustrated, elated, bored or depressed. You come simply to come, because it is your practice to show up. You practice self-acceptance but judgment often creeps in and sometimes you become frustrated or find yourself in tears. Other times you smile or dance, and occasionally you laugh out loud.

You begin to love being in this space because who you are in all your imperfections begins to emerge. Every experience is a new you while the space remains the same, present to all of you; a place for you to be yourself, exactly as you are, or not. It is a sacred space within your home, a place to go inside and simply be; the all of you, beautiful and complete, just as you are.

Through it all, the space simply holds you, giving you a place to land, a place of practice. It is a place where you can reflect, inquire and accept, to unwind, stumble, sweat, strengthen, release, and to heal. It is a place you will come to on a regular basis, to practice yoga and to meditate, to simply be . . . a place in which you feel safe, protected and open. **Imagine being in this space.** Notice all the details. Look around you . . . see colors, objects, and notice the energy in the space. What about the space gives it this energy? Imagine you are really there [long pause].

Where in your home will you create this sacred space? How will it look? See yourself creating the space in your home. Notice what first step will help you begin the process. Imagine taking this step deliberately, with strong commitment and intention. Be aware of what else must be done to create the space. See yourself doing those things that allow you to design and create the space [pause].

Now, see yourself in the finished space, breathing, practicing yoga and meditation. Look around and feel a sense of gratitude for the beauty of the space, for yourself and for the conscious lifetime that you are in. Let gratitude fill you up and overflow. Every cell in your body is smiling.