

ENVIRONMENT

While it is recognized that some individuals are capable of attuning to inner guidance under the most severe conditions, i.e. in the middle of a busy street intersection, many of us will find ourselves distracted by activities around us. So at the onset at least, it may help you to consider the following points, but hopefully not allowing them to become limitations:

1. Surroundings - Strive to make your surroundings those which are the most pleasant and relaxing to you as possible.
2. Sounds - Some sounds can be distracting, while others are soothing and induce a state of calmness. Decide which sounds provide you the very best state of tranquility, and then record and play them while meditating.
3. Sight - The last thing you see before closing your eyes to meditate DOES have an influence upon you. Select the colors or focal point, i.e. a candle, that you find most pleasant. Having a clear glass of water nearby often is helpful also.
4. Feeling - Our sense of touch is significant, wear clothing that is comfortable. Don't wear tight jewelry or binding clothes. If possible, sit or lie on something pleasing to your touch.
5. Temperature - Our body temperature usually falls when in deep meditation and this could become distracting. Be sure you are warm enough, but not hot. Consider lightly covering yourself if need be.
6. Odors - Some will be more sensitive to odors than others. Often certain fragrances can help induce tranquility and thus a deeper meditation. Incense is available in many interesting fragrances and a subtle one can often help to "lead" you away from conscious thoughts. Obviously, you shouldn't let this become too strong or it could quickly become the focal point of your meditation. Try a few of them and see what effect they have.
7. Position - In addition to finding a comfortable posture in which to meditate, your magnetic alignment can be significant as well. Generally, to work with spiritual or mental forces keep your head (or back) to the north. To work with the emotional or physical, keep your head or back to the west. Experiment and find the alignment which is best for you.
8. Electrical Appliances - These produce both heat and energy fields, and even an electric light can be a significant distraction to some people. Turn off unnecessary appliances, or move as far away from them as possible.