



# Meditation Tools

*Enhancing your experience*

Whether you are getting started or advancing your practice to a deeper level, every time you meditate it may be different. I believe that it is more important to start where you are, developing a practice than to get caught up in the thought of “I can’t meditate because \_\_\_\_\_” You wouldn’t have a pro set up if its your first time playing a sport, right? Truthfully your practice doesn’t need to be contingent on any of these, that’s why I carefully chose the word “enhancing” your practice. The great benefit of a meditation practice is that you can take it with you, even with all of these tools, the only one required is your own mind and conscious awareness.

You may find that it is easier to meditate in your quiet back yard than inside with a screaming toddler. Then maybe one day, you’ll be able to meditate inside with the commotion of your house, or maybe there are times where those sounds soothe you and other times in which they do not, which is something going on with you (which you will begin to take more notice of with a mindful or meditation based practice:) There are meditations that can be helpful for commotion like paying attention directly to those sounds (I’ll also share that with you in another post and if you are curious before that is up- don’t hesitate to contact me)

This is also not an inclusive list. When I first began I was minimally if at all aware of these tools and I still reaped the benefits, stuck with it, and further developed. Always keep in mind that this is *your* practice and part of cultivating that can be to simply listen to your intuition, what are you drawn to, what do you need, what strikes your fancy? Does your body tense or relax with certain audible pitches, or a certain scents? Recognizing that it may be different at different times.

In another post I will delve into the science behind the benefits (and quality) of each of these tools, in the mean time if you have them already in your home you can begin to incorporate them straight away.

Music	Mala Beads
Essential Oils	Singing bowls
Nature (Fresh air/sounds)	Candles
Bolster or meditation stool	Crystals
Incense	Specific Space, room or alter

“The inner journey is the deepest one you will ever take”