

# CREATING YOUR PEACE WITHIN SPACE

Find a place where you can practice the exercises in this book that is as quiet and out of the way as possible. Although a room dedicated to this is wonderful, for many this is unrealistic. The size is less important than having a regular place where you can retreat from the world to practice.

Essential elements include:

- 1) *A cushion, bolster or meditation bench for sitting meditation*
- 2) *Yoga or pilates mat for lying down meditation*

Optional elements are:

- 3) *Objects important from your life journey—photographs, drawings, writings, etc.*
- 4) *Candle (be careful with open flames!)*
- 5) *An MP3 player for playing guided meditations*
- 6) *Eye pillow or mask to block out light and soothe eyes*