

## Top Meditation Tools and Accessories

You need nothing more than the proper mindset for meditation. While it is possible to enjoy a healthy meditation practice in uncomfortable, noisy surroundings, a calm, relaxed, comfortable environment will lead to better results and benefits. In the same way, the following tools and accessories can help you get the most out of your meditation practice.

**Meditation cushions** - These stress-relieving cushions are made specifically for a meditation practice. The Mobile Meditator Inflatable, Brentwood Home Crystal Cove, and Peace Yoga Zafu cushions are great for meditation sessions as well as yoga class.

**Meditation benches** - A meditation bench gets you up off of the floor. It usually contains a cushioned top layer, and a very short base or legs that elevate you from 4 inches to about 8 inches above the ground.

**Meditation mats** - Similar to yoga mats, meditation mats are often thicker and more cushioned. A search for "meditation mats" on Google or Amazon yields a wide variety of sizes, shapes, and materials.

**Incense** - The many different forms of open monitoring meditation ask you to keep your focus open, rather than directed. You reach out with all of your senses to identify with your present moment in time. Incense sticks in Sandalwood and Patchouli help create a calm, peaceful, stress-free environment.

**Meditation candles** - Some meditation practitioners enjoy a candle lighting ceremony that prepares them mentally for a session of mindfulness or meditation. Meditation candles are available in a wide variety of colors, sizes, and aromas.

**Meditation music** - As with incense, the appropriate music can help create a more serene and peaceful environment. YouTube is home to countless free Zen, meditation and relaxation videos and music, and a recent search on Amazon for the term "meditation music" returned more than 149,000 results.

**Airplane mode on your phone** - Nothing can ruin a good meditation session like the shrill ringing of a cell phone. Don't forget to put your phone on airplane mode or turn it off before you begin meditating. Alternately, some

phones offer a "Do Not Disturb" mode that keeps you free of distractions as well.

HeadSpace - The HeadSpace application markets itself as a "Gym Membership for the Mind." Subscribers are guided through daily meditation sessions, which start at just 10 minutes each. The application was developed by a sports science student who traveled to Asia to become a Buddhist monk. Some other top free and paid medication applications include Checky, Calm, Meditation Made Simple and Buddhify.