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The 5 W's of Meditation- Part IV: Where is the best place to meditate?

In Western culture, we are often left wanting for good guidance around meditation. Simple foundational information can be difficult to find. I have met many people who want desperately to meditate, to create a daily practice that increases their connection to self, other and the Goodness of Life that is all around us. Yet there are blocks for those who, “do not know how.”

One key component of a daily meditation practice is the ‘Where’ one chooses to be while in contemplation.

In asking the question, “Where is the best place to meditate,” I would simply answer, “In the space that feels right for you, within which you are able to be present with yourself.”

Let’s look at this answer together. “In a space that feels right for you...” simply means that it is ideal to be in a physical location where you feel comfortable. Meditation is truly about being present with your self. This often requires a space where you will not be disturbed by other people, where the temperature and textures you feel are to your liking, so as not to distract you from what comes up internally and where you know you will not need to get up and move in a hurry (i.e. railroad tracks are not ideal!).

You can choose to meditate inside or outside, in one location or in many. I would recommend trying out a number of different places for a while until you find one or two that feel best. You can always change it.

Finally, some people need to move while they meditate. This is generally called a Moving Meditation. In this case, walking, running, dancing, etc will require a larger space or path to be used. This is also a great way to tune in to the self, but requires a bit more planning ahead. It is important that the body is in a safe space and that any movement is done after some experience with sitting meditation, so as to make sure the student is aware of how he or she operates within the contemplative space. (Another article titled ‘Moving Meditations: Key Benefits and Questions’ will be out shortly.)

Meditation is a process that can be done anywhere. Ideal conditions are those that give you the freedom to be where you are in your body, your mind and your spirit, opening up an honest internal dialogue that allows greater self-awareness. The external space is a tuning fork for the internal experience.

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