



## Meditation

### **What is meditation?**

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. (Wikipedia)

### **Who is the target audience for Earth Energies Sanctuary?**

The target market appears to be couples who want to have a relaxing time and become secluded from lives stress.

### **What helps aid meditation (semi precious stones, singing bowls, moss/grass walls etc)**

Don't just meditate in one way, vary your techniques to help best suit your healing process.

Guided meditation- apps, plans/ workouts.

Meditate to calming music. i.e. playlists that have been made already.

Rooms with little or no distractions best help with meditation.

### **How much space does meditation areas require?**

### **What equipment is required for meditation?**

A meditation pillow (zafu)

A chair (only if your new or have back problems)

**Are there any textiles or features that can amplify the sense through touch/feeling the space?**

**What is an alter**

A meditation alter is something that can be used to help go into a deeper meditation.

You can put deities (gods), photos, flowers and anything that will help you relax while you meditate.

**What does processing flower essence really mean?**

Flower essences, or flower remedies, are infusions made from the flowering part of a plant. The process of sun steeping, or boiling the flower in water, captures the energy imprint of the flower.

<https://www.drnorthrup.com/what-are-flower-essences/#:~:text=Flower%20essences%2C%20or%20flower%20remedies,energy%20imprint%20of%20the%20flower.>