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2. Make it beautiful. "The more beautiful it is, the more you'll want to go there," Susanka says. Human beings are drawn to natural light, so set up near a window if you can. (If your window has an uninspiring view, you can cover it with Japanese rice paper.) 3. Make it simple.

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The string of lights set behind the sheer fabric adds a soft, warm glow to the space, and the gold in the fabric, pillows, and frames on the walls helps tie the

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meditation area in with the rest of the

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room idea is unique in that it mimics the
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50 Best Meditation Room Ideas that Will Improve Your Life

This resin case decorated with thangka

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art contains approximately 40 matches.

Perfect for lighting incense on your
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her first box as a way for her friend to
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day. The laptop size felt familiar, while
the layer of sand within ...

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