

How to Create a Self-Locking Meditation Cell

1. Find a suitable room (one with walking space would be advised).
2. Remove all distractions i.e Tech, Reading materials, Writing Materials. Possibly add a urine bottle if you think it may be useful.
3. Apply a lock, together with a hasp and staple to the inside of the door.



4. Purchase a K-safe, a plastic (breakable) lockbox with a self setting timer, sold on Amazon.
5. Lock door and place key inside lock box.



6. Choose how long you like to be inside your Meditation Cell, I advise increasing the time in hour long increments as you get accustomed.
7. Wallah- your now free to sit and walk with less distraction. Good luck.

