

# How to Meditate in a Noisy Place

**Surprisingly, it is possible to meditate in a noisy place.**

From noise-canceling devices to headphones to simply training your mind to observe noise differently, there are multiple methods that can help you tune out distractions.



**1. Isolate yourself:** If you're in a noisy place, the best option is to find a quiet place. Whether that means leaving the place you're in, or staying but finding the quietest corner or room possible, see if there's a way to find a relatively calmer environment.

**2. Block the noise:** Using earplugs or noise-canceling headphones, see if you can dull the noise or remove it entirely.

**3. Drown out the noise with music:** Turning up the meditation music on your headphones has the effect of drowning out any noises that may be coming from your environment.

**4. Noise-canceling headphones plus music:** This is my preferred option. With noise-canceling headphones plus meditation music, you can nearly guarantee that you have control over your auditory environment.

**5. Change your perception of the noise:** Some more advanced meditators find that they're able to meditate on the sounds themselves. By shifting focus to the sounds passing by and the vibrations they cause in your eardrums, without assigning value or judgment to them, you may find you're able to reframe the noises from "bad" to "neutral."