

Meditation Apps

- 1) Calm.com** - the app lets you begin immediately with its free “7 steps of Calm”. Each step focuses on a different part of the guided meditation practice such as “breath”, “posture” and “mindset”. After you’ve completed the beginner’s program, you can unlock yearly pro-access for \$9.99 which includes dozens of guided meditations ranging from 2-20 mins with relaxing nature scenes like forest rain and an ocean beach. (Free iOS)
- 2) Buddhify 2** - has dozens of options for nearly every life scenario. Built for busy city-dwellers with less than 10 minutes to spare at a time, Buddhify is a carefully-designed app that offers both guided meditations and solo practice. While terrific for beginners, more serious meditators might find the 10-minute meditation maximum limiting. To track your progress, the app neatly saves your weekly stats, record streaks and percentage of app content consumed. (\$1.99 iOS)
- 3) Headspace** - Once you get past the introductory animations, the popular Headspace app’s free “Take 10” offering includes a new guided meditation each day for 10 days. Once you’ve finished the intro offer, Headspace’s most popular package costs \$7.99 per month for a year. (Free iOS)
- 4) Omvana** - use the one that is called “The 6 Phase Meditation” which is an active 20 min free meditation – that goes through relaxation of the body, spreading compassion to the world, making gratitude statements, imagining how you want the day to unfold, expressing forgiveness, and asking for a blessing. Check out the Omvana store and choose from thousands of tracks to add to your meditation mix. Tracks cost \$1.99 and up. While this is a great app to see what’s out there in the world of meditation, the app lacks focus (pun intended) and any sort of measurement of personal progress. And with such a large library of offerings, it’s easy to become overwhelmed. (Free iOS)
- 5) Simply Being** - A woman’s slow, calming voice eases you into relaxation with 5, 10 or 15 minute guided meditations. You can choose from voice-only or add music and nature sounds like ocean, rain and stream. Simply Being is as simple as it gets and a great free app to download if you’re just wanting to test the water. (\$.99 iOS)
- 6) Breathe Sync** - an app that measures the quality of your breath using your iPhone’s camera. Claiming to be one of the world’s first biofeedback breathing apps, Breath Sync provides you with your well-being or “WQ” score, which is based on your pulse rate variation. Here’s a quick guide on how to use the app, which explains that the higher your WQ score is, the more relaxed you are! (\$9.99 iOS)

7) MindBody Connect - apps to help you locate the nearest yoga or meditation class near you. As long as you're in a metropolitan area in the U.S., simply open up the app, update your settings and search for "yoga" or "meditation" and hit Discover to find your next yoga or relaxation center. You can save favorites and also book and pay right from your phone. (Free iOS)

8) Meditation helper - Use this handy app to set a target for the length of time you want to meditate each day. It lets you know when you've hit your target each day so it's a good motivator to make sure you stick to your guns. Free, available for iPhone, iPad and Android

9) Room to Breathe Meditation - your breathing is key in helping you keep calm and switch off. This app can help anyone who has had problems meditating. There's a step-by-step-guide to breathing techniques with music options to choose from too. Available on iPad, iPhone and Android

10) Walking Meditations - this app for busy people who want to mediate when they can fit it in. There's a choice of three short tracks, each with a different focus - ideal for a mindfulness fix on your lunch-break. \$0.69, Available on iPhone, iPad and Android

Online Courses

<http://www.freemeditation.com/> through Sahaja Yoga offers free online classes and courses

<https://sites.google.com/site/mindfulnessonlinecourse/Home> - Mindfulness Meditation and related practices.-*Eight weekly units* of online instruction on the theory and practice. -Daily meditation practice with audio/video-guided instruction. (Daily practice increasing from 10-15 minutes in the first week to 20-45 minutes in the last week.) -Informal application of mindfulness in daily life.

<http://www.dhamma.org/> - Vipassana Meditation - [Vipassana](#), which means to see things as they really are, is one of India's most ancient techniques of meditation. It was taught in India more than 2500 years ago as a universal remedy for universal ills, i.e., an [Art of Living](#). For those who are not familiar with Vipassana Meditation, an Introduction to Vipassana by Mr. Goenka & related videos and [Questions & Answers](#) about Vipassana are available.

<http://palousemindfulness.com/selfguidedMBSR.html> - This free online MBSR course parallels the **live eight-week course** which is based on the **University of Massachusetts Medical Center's MBSR program**. While the absolute best way to

learn MBSR is with a live, in-person class, where you have the benefit of interaction with the instructor and other class members, and the group support that this provides, sometimes that's just not possible. This free, web-based version of MBSR is designed to give those who would otherwise be unable to attend an MBSR course in person the opportunity to learn and practice the skills of MBSR. This material can also be helpful for those who have experienced a live class and who would like a structured review and/or who have missed a particular class.

<http://marc.ucla.edu/body.cfm?id=22> – UCLA Mindful Awareness Research Center
- For an introduction to mindfulness meditation that you can practice on your own

<http://www.fragrantheart.com/cms/free-audio-meditations> - Fragrant Heart Meditations

Your Heart knows what's correct for you, but its voice is often drowned out by the confusion reigning in the mind. Meditation helps quieten the mind so you can listen to your Heart. By listening to our Heart we can experience greater peace and better health which in turn bring us more fulfilled and balanced lives.