**Ana’s Favorite Meditations**

**App- Insight Timer**

The cool thing about this app is that you can bookmark your favorites. After a meditation, you can even see who at the same time all around the world, or even in your own area! And, you can give the meditation teacher feedback about your experience with his/her meditation.

Some are just music, some have nature sounds. Or, you can simply set at timer and meditate in silence.

Here are my favorites:

Be Calm 11 minutes by Tom Evans

Gratitude Meditation 17 mins by Kathryn Remati

Mindfulness for Releasing Anxiety 24 mins by Glenn Harold

**Anything by Tara Brach** (You might like her books as well, especially if you are hurting. She uses Buddhist philosophy.)

Increasing Your Intuition 16 mins by Lou Redmond. This one is great…I get ideas!

Accepting and Letting Go- 30 mins Andy Hobson (Do this one when you are upset!)

Live Awake- Sarah Bondin **(ANYTHING BY SARAH BLONDIN…SHE’S INCREDIBLE**!)

Blissed Out: Make Peace and Heal 16 mins by Claire Obeid

Poem- **She Let Go** 3 minutes by John Siddique **(Be SURE and listen to this at least once!)**

Three Doorways to God: Breath, Body, Sacred Word 27 mins by Tom Bushlack

Grasslands (music only) 33 mins Adrian Freedman

Loving Kindness with Self-Compassion 20 mins with Kristin Neff

1 minutes Meditation: Center After an Upset- Robin Rice

I have more, but this list will get you going.

There are lots of books on meditation, including those by the Buddhist monks [Thich Nhat Hanh](https://www.amazon.com/Thich-Nhat-Hanh/e/B000AP5YRY/ref=sr_ntt_srch_lnk_16?qid=1507747775&sr=1-16) and Pema Chodran. BUT meditation is not just for Buddhists! It is a technique for achieving mental, physical peace. It does not replace prayer. It is simply a way to still your mind, experience peace, and center your energy. Try it!