

Resources for Meditation

As you learned in the video, fear is always about something which doesn't exist, and it only takes place in your mind. People are always suffering because of things that either happened yesterday, or that might happen tomorrow. And that suffering means that you are rooted not in reality, but in your mind.

This is why I created this list of meditation apps that are free for you to use. Try them out and find out what works best for you.

1. Headspace

The ideal app for anyone who wants to implement meditation in their everyday life, and therefore it's great for beginners. In their level-one course, you can find 10-minute sessions which all focus on different topics (such as health, foundation and performance). Headspace allows you to set reminders, and you can share your journey with your friends as well.

<https://www.headspace.com>

2. Insight timer

A free meditation app in which you can set a timer and enjoy a meditation break of any length. These breaks are accompanied by soothing sound options, like raindrops or eternal streams. You can also use, for example, a wood block sound as a timer during your meditation session, or as your daily reminder. Just hearing those sounds will lead you to a peaceful place.

<https://www.insighttimer.com>

3. Calm

This app offers a 7-day starter program so you can check whether it's the one for you. Each day, you get a different 10-minute guided meditation on topics ranging from mindful awareness to patience. The paid version then offers a huge variety of specific meditations, for example: deep sleep, forgiveness, focus and even one for kids. The main page displays soothing sounds, and images of nature so you can focus on something visual while meditating.

<https://www.calm.com>

4. Simple Habit

The perfect app for busy people. Here, you can find 5-minute guided meditations from expert teachers, addressing a variety of topics from stress reduction and deep sleep, to study breaks and morning sickness.

<https://www.simplehabit.com>

Not a fan of apps?

Are there any yoga studios or meditation centers in your area? Check them out and ask whether they offer a free trial. This way, you can see whether they fit into your daily routine and/or can help you to overcome anxiety. Yoga is also said to have a calming impact on the mind, which will help you release stress and unblock unhelpful mind patterns.

Visit <https://www.heart-and-style.com>