

HAPPINESS *of* YOU

PRAYER & MEDIATION RESOURCES

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PRAYER & MEDITATION

resources to keep you in your practice

GUIDED MEDITATIONS

~ Check out Green Heart's Maven of Mindfulness page for tips and guided meditations ~ <http://greenheartmindfulness.com/maven-of-mindfulness/>

~ Deepak Chopra and Oprah periodically run free guided meditation series that I really enjoy ~ <https://chopracentermeditation.com/>

~ Deepak Chopra: Chakra Balancing: mind, body, & soul

~ Wayne Dyer: I AM Wishes Fulfilled meditation

PEACEFUL MUSIC

~ Donna DeLory: The lover and the beloved

~ Riley Lee: Buddha's Dream

~ Benjamin Lobst: Seven Metals: Singing bowls of Tibet

OTHER

I enjoy using mala beads to meditate, and I purchase them from Japa Mala ~ <http://yogabasics.com/japamalabeads/>

For meditation cushions, chimes, and other peaceful items for your practice ~ <http://sagemeditation.com>

Apps for a smartphone ~ Meditation Timer, Mindfulness Bell