

## **Meditation Station**

### YouTube Videos for Meditation

★ “LET GO of anxiety, fear, & worries: A GUIDED MEDITATION → Harmony, Inner Peace, and Emotional Healing” <https://www.youtube.com/watch?v=4EaMJ0o1jks> Walking Meditation

### How-To

- ★ You can type into youtube “guided meditation” and a lot of options will come up. You can even specify it to what you need, like “guided meditation for grounding” “guided meditation for gratitude” “guided meditation for intuition” etc.

★ <https://jackkornfield.com/walking-meditation-2/>

### Free Apps for Practicing Meditation

- ★ Calm
- ★ Insight Timer