

Download Simply Meditation Simply Series

Podcast — Meditation Oasis

Our Meditation Oasis ® Podcast features guided meditations, instructions for meditation, and music for meditation. You can listen to it at iTunes or Google Play or by clicking on the play buttons below. Episodes are listed from the oldest to the most recent.

The Meditation Podcast | guided meditation | binaural beats

The Meditation Podcast creates an extraordinary and life-transforming meditation experience. We use guided meditation, binaural beats, mindfulness, and 20+ years experience in Healing Arts. Binaural beats affect the brainwaves, to move your consciousness into a transcendent, altered trance-like state of deep relaxation, with a brain pattern similar to REM sleep.

Simply Sadie Jane – A Lifestyle Blog for the Modern Mom

A Lifestyle Blog for the Modern Mom. Let's work together to make them a reality! Yoga, some weights, candy, meditation, and even more chaos; that is pretty much how I roll!

Meditation & Yoga: How to Meditate, Guided Meditations ...

"Meditation" and "mindfulness" are buzzwords these days for good reason. Yogis have been practicing dhyana (meditation) for millennia. Get expert insight here on meditation and its symbiotic relationship to yoga.

Meditation 101: Techniques, Benefits, and a Beginner's How ...

by: Inner IDEA Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. But many meditation techniques exist — so how do you learn how to meditate?

Talks: Audio & Video

Talks: audio & video - are offered freely by Tara Brach, Ph.D, psychologist, author and teacher of meditation, emotional healing and spiritual awakening.

Meditation

Christian meditation is a term for a form of prayer in which a structured attempt is made to get in touch with and deliberately reflect upon the revelations of God. The word meditation comes from the Latin word meditari, which means to concentrate. Christian meditation is the process of deliberately focusing on specific thoughts (e.g. a biblical scene involving Jesus and the Virgin Mary) and ...

Home

There's a war going on inside your brain! Are you winning? Find out here... Who you are—and everything you

experience—starts with your brain: your moods, relationships, energy level, creativity, intelligence, and ability to learn. Your brain determines your personality, motivation, confidence, persistence, happiness, inner peace—and your ability to love and be loved...

Boost Your Brain with This Science

“This study is the first to offer evidence that intensive and continued meditation practice is associated with enduring improvements in sustained attention and response inhibition, with the potential to alter longitudinal trajectories of cognitive change across a person’s life,” lead author Anthony Zanesco of the University of Miami, said in a Springer (the publisher of the Journal of ...

Meditation vs. Self Hypnosis

Both meditation and self hypnosis are hugely beneficial, but are there any differences between them? Or are they really just the same thing? Let's find out.