

## Guided Meditation Podcasts and Apps

### Thoughts on Selecting a Podcast

Finding a voice/script that you like can take a lot of searching. I can usually tell in a matter of seconds if I can stand the narrator's voice. Sometimes I skip to the middle of a track to get a better sense of the script. Some people talk frequently, other times there is more silence. If you are looking for something to help you fall asleep you may find that the narrator you like most doesn't have a specific sleep meditation. Even so, doing a relaxation, anti-stress, or quieting the mind exercise may be helpful in preparing you to sleep. This article goes into a lot of detail about different types of serious meditation, but if you skip to the bottom section "5) Guided Meditation" the writer describes a few styles you may want to try out:

<http://liveanddare.com/types-of-meditation/>

I found a nice list of 10 different meditation resources:

<http://herohealthroom.com/2014/12/08/free-guided-meditation-resources/>

Personally, I like Meditation Oasis. They have a paid app (\$5) called iSleep Easy (<https://itunes.apple.com/us/app/isleep-easy-meditations-for/id509260769?mt=8>). The good thing about the app is that you can choose to turn off any background music or nature sounds and just listen to the voice recording.

Not included in the above list are these podcasts, which I've found to be pretty good:

The Meditation for Health Podcast (Dr. Puff): <http://www.meditationforhealthpodcast.com/>

Meditation Society of Australia: <http://meditation.org.au/index.asp?mobilecheck=true>

Meditation Minis: <http://meditationminis.com/>

The Daily Meditation Podcast (Sip and Om): <https://www.sipandom.com/the-daily-meditation-podcast/>

Moodstreams Guided meditation: <http://www.moodstreams.com/>

Adrian Cooke: <http://meditatewithac.com/>

My Meditation Station: <http://mythoughtcoach.com/Library.aspx>

Lastly, this podcast is not focused on meditation, but the few episodes I listened to touch on good information for everyone:

The Overwhelmed Brain with Paul Colaianni: <http://theoverwhelmedbrain.com/>