

## Resources for Guided Imagery, Visualization, Deep Breathing/PMR, and Mindfulness...

### YouTube

- Hay House
- MeditationRelaxClub (1.3 Million Subscribers!!!)
- The Honest Guys Guided Meditation and Relaxation Exercises
- Positive Magazine Meditations
- Meditative Mind
- Jason Stephenson
- New Horizon
- The Meditation Manifesto
- Mindfulness Meditation
- A **10-HOUR-LONG** version of “Weightless” by Marconi Union exists out there, too.

### Podcasts

- Learn to Meditate
- Daily Meditation Podcast
- The Meditation Podcast
- Hay House Meditations
- My Meditation Station
- Meditation Oasis

### Apps

- Calm
- Headspace
- The Mindfulness App
- Buddhify
- Stop, Breathe & Think
- Breathe
- Breethe (yes, it's the same name just spelled different)
- Omvana
- Simple Habit
- Insight Timer
- 10% Happier
- Jour (guided journaling app)
- Grid Diary (guided journaling app)
- Penzu (journaling app)
- Day One (journaling app)
- Daylio (mood tracker — with reports!)