



Here is a list of guided meditation on the insight timer app, I would recommend that you listen to at least one a day and practice with it. You can type in the name of the meditation on the search area and click your bookmarks and save it in your library:

1. Drawing life in
2. Manifest from your “Being-ness”
3. Energy Grounding meditation
4. Intention meditation
5. Believe in yourself
6. Rise and shine meditation
7. Self-Healing Journey
8. Loving and Listening to yourself
9. Sacral Chakra Tibetan Singing Bowl (Music only)
10. Visualization & Manifestation Evening Meditation
11. Deep Sleep Meditation
12. Law of Attraction**
13. Practicing Gentle Kindness Toward Our self**-Sarah Blondin (Guided)
14. Surrender into flow—Nicole Bayliss
15. Inner child healing meditation: Self-love, inner power & self-worth affirmations**
16. Free of Fear and Feeling Completely relaxed**

Enjoy your daily meditation and manifest your life just the way you want it!

Love, light and blessings,

Wen Chi