

Guided Meditations & Meditation Related on You Tube

*“Tara Brach : Guided Meditation for Sleep & Relaxation”**:*

<https://www.youtube.com/watch?v=OfxTy5v7yIA>



“Mark Houston – Meditation – Step 11”:

<https://www.youtube.com/watch?v=qZe8KS1Sx94>



“Guided Meditation: Letting Go with Tara Brach:

<https://www.youtube.com/watch?v=EINJpsBGQkI>



“Free 11th Step Evening Meditation: A Higher State w/ George Lewis:

https://www.youtube.com/watch?v=_PNybCTm2hA

** = the Guided Meditation of Feb.4, 2024