



# Keep Going



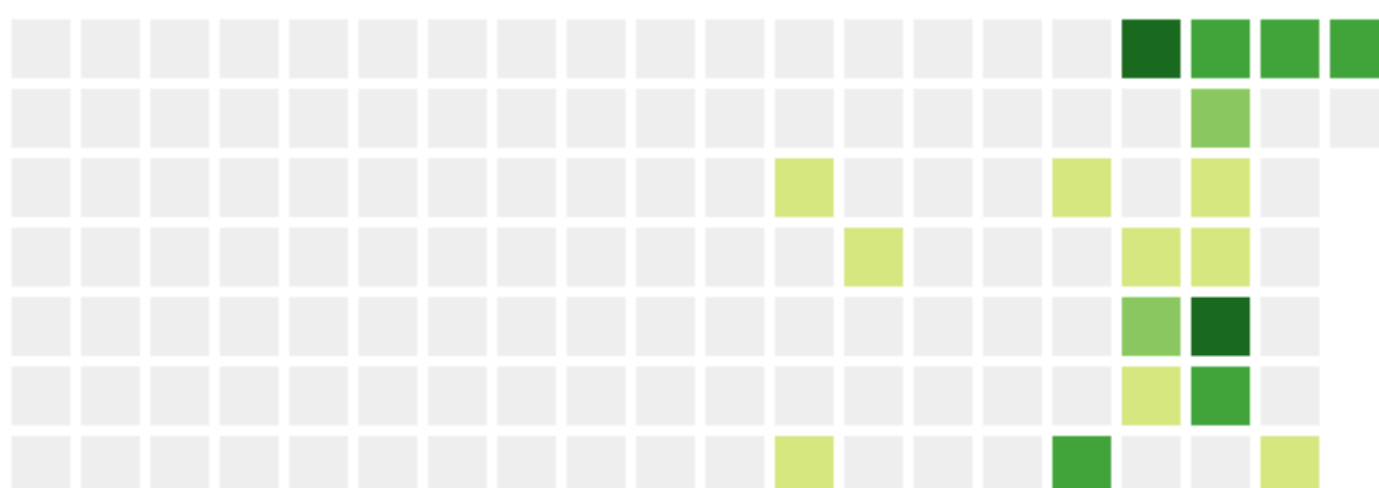
Listing to guru join as he guides you thought a ...



Timed



## Feb



Less  More

# What kind of mediation today?



# Binaural Beats



# Ambient Sounds



# Chants



# Guided



# Mine



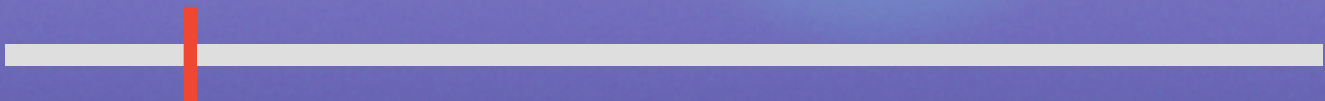


 Back

# Meditation



1:06



-5:03





Conscious

Reminder sound 5 min >

Reminder tone Tibetan bell >

Background sound Rain >

Audio Feedback Reverb >



< Swipe to adjust visualization >





# Meditation

-5:03



# Bad







HOME



**Fresh Squeezed Organic Orange Juice**

The Plant Restaurant, Marina, San Francisco



**Kale Beet Smoothie with Almond Milk**

The Plant Restaurant, Marina, San Francisco



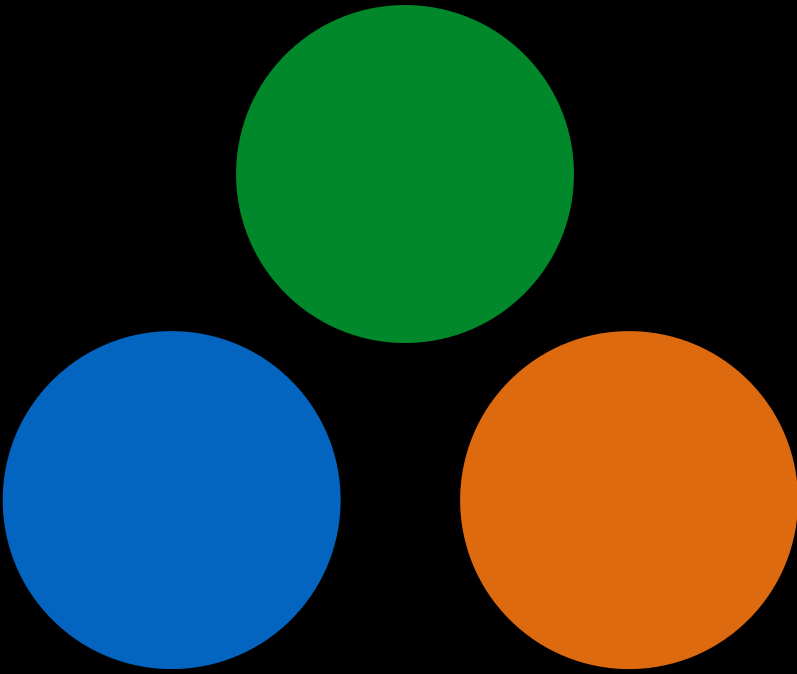


1:06

-5:03

# Loving Kindness Meditation

Guru John







**Kale Beet Smoothie with Almond Milk**

The Plant Restaurant, Marina, San Francisco



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The Plant Restaurant, Marina, San Francisco



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