

Welcome to conscious  
Learn to Mediate.  
Continue your practice.  
Listen to guided meditations  
and relaxing sounds



Begin Intro



Binaural Beats



Ambient Sounds



Timer



Guided



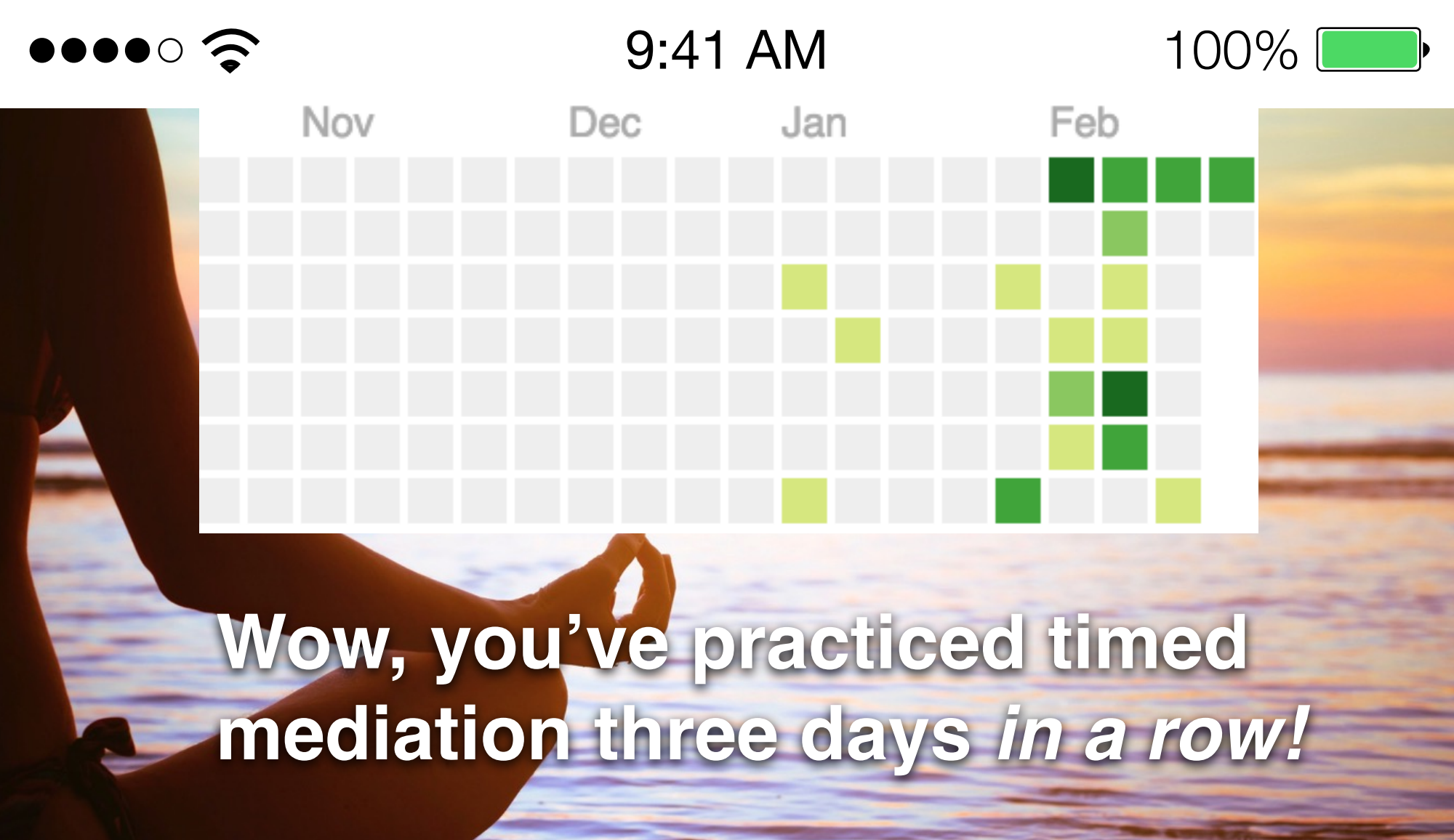
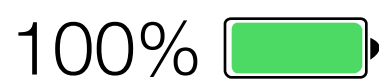
Chants



Recommend

Loving Kindness meditation  
with Guru John





The image shows a mobile app interface with a calendar grid for November, December, January, and February. The grid uses color-coding to represent meditation practice: dark green for 10+ minutes, medium green for 5-10 minutes, and light green for 1-5 minutes. A white dot on the top row of February indicates a completed practice session. The background features a person meditating by the water at sunset.

Nov	Dec	Jan	Feb
			10+ min
			5-10 min
		1-5 min	1-5 min
		5-10 min	5-10 min
			10+ min
			5-10 min
		1-5 min	1-5 min
			1-5 min

Wow, you've practiced timed meditation three days *in a row!*



# Recent Mediations

A silhouette of a person with long hair, seen from behind, sitting in a meditative pose (lotus or similar) against a bright, cloudy sky at sunset or sunrise. The person's arms are resting on their knees. The sky is a mix of blue, orange, and white clouds.

**Loving Kindness meditation  
with Guru John**

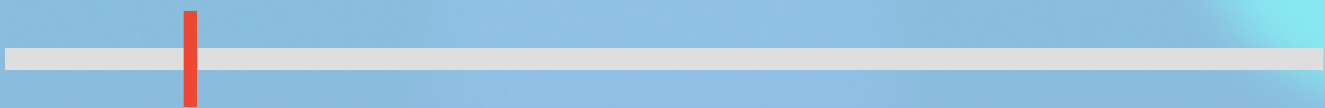


 Back

# Meditation



1:06



-5:03

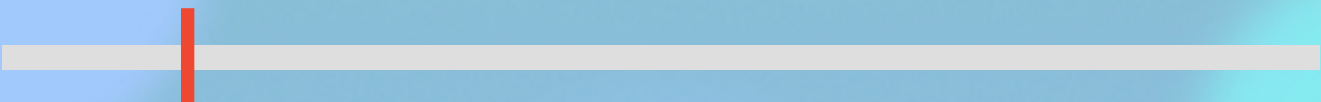


5 minutes with rain and reverb

# Conscious



1:06



-5:03



5 minutes with rain and reverb

Timer Interval

5 min >

Reminder tone

Tibetan bell >

Background sound

Rain >

Audio Feedback

Reverb >





# Meditation

-5:03

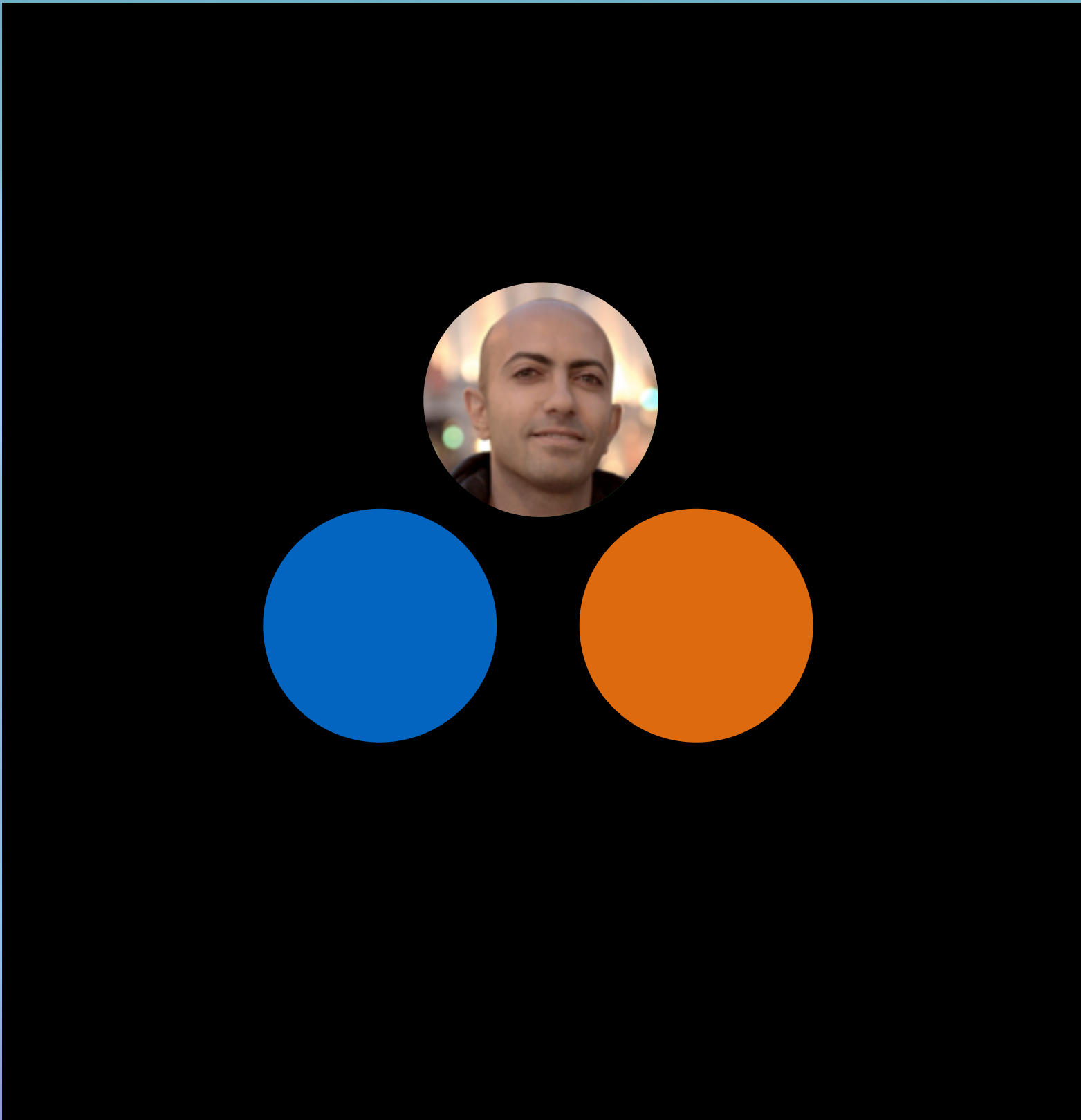


# Bad

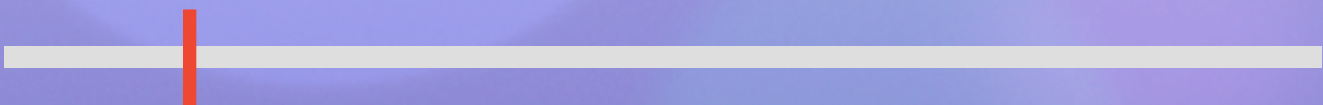


 Back

# Meditation



1:06



-5:03

## Loving Kindness Mediation

Guru John







# Guided Meditations



Relaxation all your worries away

45min



Breathing Mindful

10min



PM Meditation  
by John Guru

20min

\$5



PM Nidation by John Guru

1 hr 35m - Learn all about the best that john has to offer

