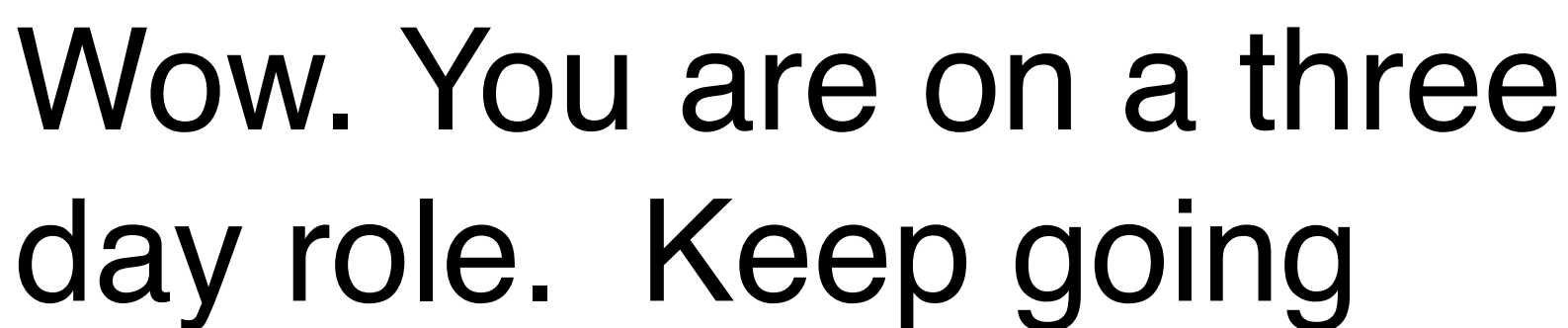


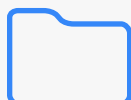


Conscious



Loving Kindness meditation with Guru John

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



Reminder sound

5 min >

Reminder tone

Tibetan bell >

Background sound

Rain >

Audio Feedback

Reverb >

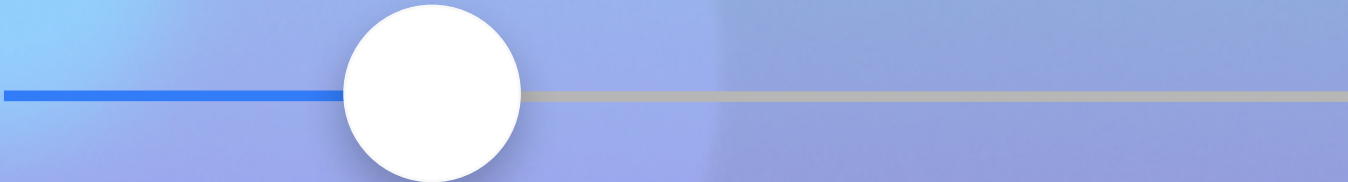


AirPlay



How do you feel now?

Good



Bad

Start Mediation



Swipe to adjust visualization



Dashboard



My Favorites



Browse



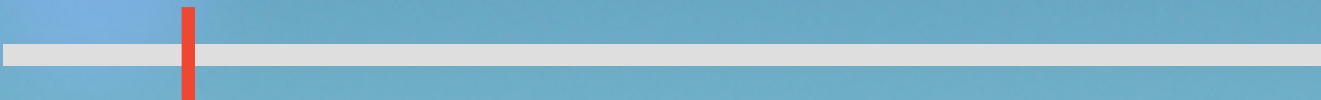
Saved

< Settings

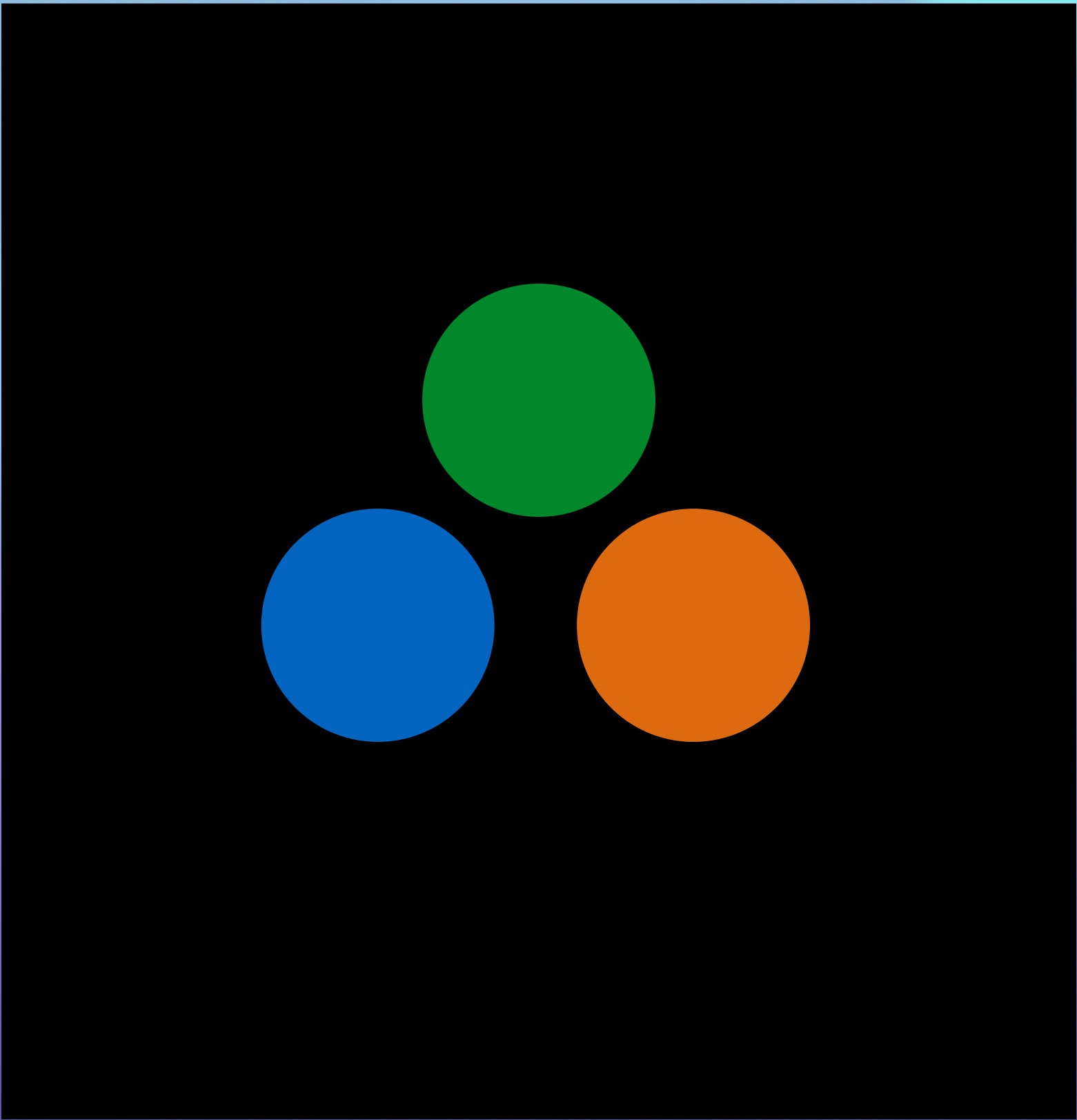
Meditation

Done

1:06



-5:03



Dashboard



My Favorites



Browse

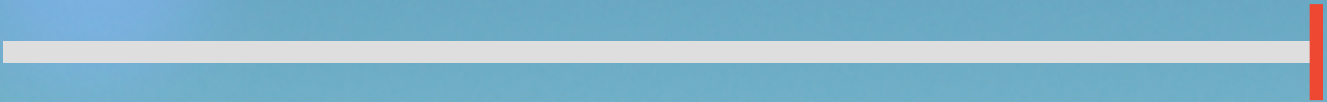


Saved

< Back

Meditation

1:06



-5:03

Congratulations!
You mediated for 9 minutes
already today, and 45
minutes this week.

*Would you like upload your
mediation to share with
others?*

Upload



Dashboard



My Favorites



Browse



Saved



HOME



Fresh Squeezed Organic Orange Juice

The Plant Restaurant, Marina, San Francisco



Kale Beet Smoothie with Almond Milk

The Plant Restaurant, Marina, San Francisco



Dashboard



My Favorites

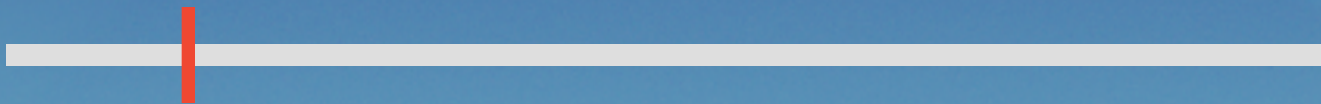


Browse



Saved

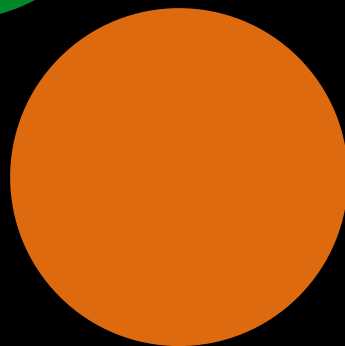
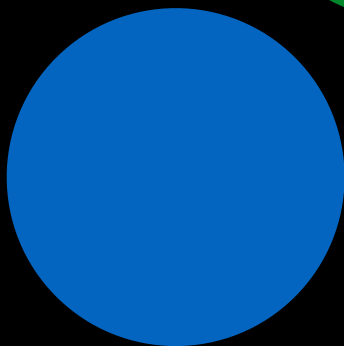
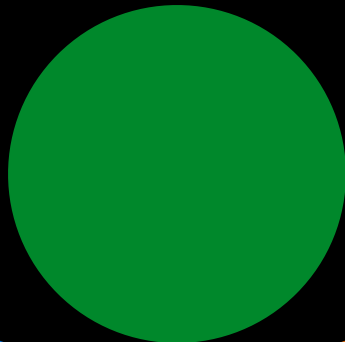
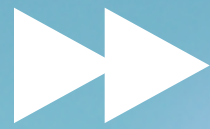
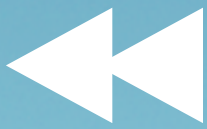
1:06



-5:03

Loving Kindness Meditation

Guru John



Dashboard



My Favorites



Browse



Saved



Guru
John

9,876
followers

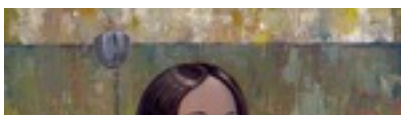
9,876
following

Follow

Guided

Favorites

Sounds





Kale Beet Smoothie with Almond Milk

The Plant Restaurant, Marina, San Francisco



Fresh Squeezed Organic Orange Juice

The Plant Restaurant, Marina, San Francisco



Kale Beet Smoothie with Almond Milk

The Plant Restaurant, Marina, San Francisco