

To return to website click here: SoulisticWell-Being.com



HeadSpace - the most "normal" marketed to regular folks. Breathing, relaxation or for sleep



Insight Timer - Can be a bit awkward for those not used to meditation. Eastern Philosophy within, regular folks seem to feel uncomfortable with this apps meditations.



Breathe - Check in and it will find a meditation based on how you are feeling in the moment. Check in: Physically, mentally, and emotionally. Meditation and breathing timers.



Abide

Abide - Abide is the #1 Christian meditation app brings more peace into your daily life. Transform your mind by listening to beautiful guided meditations.



Daily Bible studies on hundreds of topics from anxiety to courage. Great messages for those who seek God for meditation time, relaxation and to regain inner peace, true focus and purpose.



Calm (not free) Targets anxiety, improves concentration and induces sleep.



10% Happier (not free) - For fidgety skeptics.

