

Meditation

1. <https://www.mindful.org/how-to-meditate/>
 - a. Includes detailed steps of how to meditate
 - b. Explains what meditation is and how it benefits a person
 - c. Includes a 3-part guided audio series
 - d. Includes meditation tips and techniques
2. <https://www.headspace.com/meditation/morning-meditation>
 - a. Explains benefits of morning meditation
 - b. Includes a 1 minute video on finding your focus
3. <https://www.healthline.com/health/mental-health/types-of-meditation#spiritual-meditation>
 - a. Describes 9 different types of meditation
 - b. Explains what they are
 - c. Encourages the reader to pick a type of meditation that works best for them
4. <https://positivepsychology.com/meditation-exercises-activities/#:~:text=A%20meditation%20exercise%20can%20be,watching%20the%20world%20go%20by.>
 - a. Excellent resource of different meditation exercises
5. <https://chopra.com/dosha-quiz>
 - a. Quiz to discover one's dosha
 - b. Teaches about mental equilibrium
6. <https://markmanson.net/meditation>
 - a. How to meditate for dummies
 - b. Very casual in language