

# **Meditation Resources**

## **Meditation**

<https://www.headspace.com/meditation-101/what-is-meditation>

[www.Calm.com](http://www.Calm.com)

<https://chopracentermeditation.com/>

## **Mindfulness**

[www.Mindful.org](http://www.Mindful.org)

<http://www.mindfulnesseveryday.org/pdf/MindfulParentingFamilyToolKit.pdf>

<https://positivepsychology.com/mindfulness-education/>

## **Visualization**

<https://www.loveyourbrain.com/visualization-meditations>

<https://www.headspace.com/meditation/visualization>

<https://chopra.com/articles/how-to-use-meditation-to-visualize-your-goals>