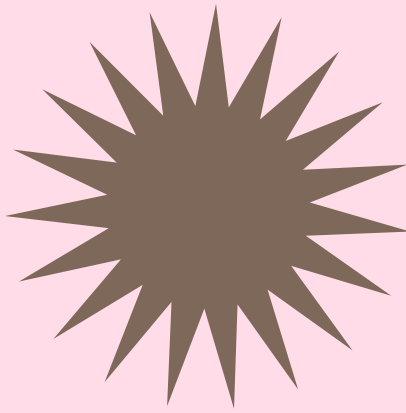


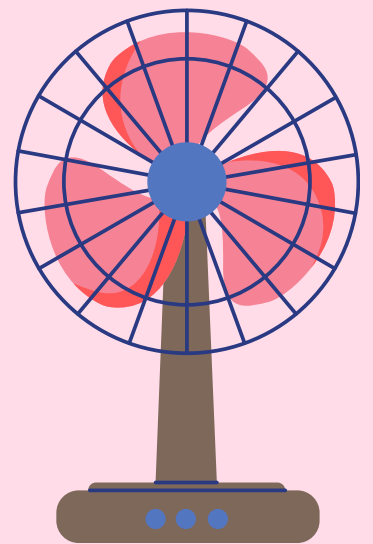
HELLA HELPFUL RESOURCE LIST



CHOOSING YOUR MEDIATION SOUND SOURCES

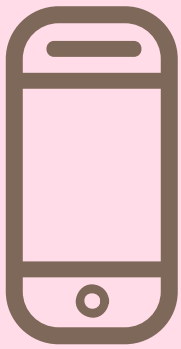
HOUSEHOLD SOUND DEVICES THAT YOU MIGHT ALREADY HAVE!

- BOX FAN OR ANY FAN WITH A NICE DRONING SOUND
- CENTRAL AIR IN YOUR HOME. MAKE SURE IT DOES NOT SHUT OFF DURING YOUR MEDITATION
- NICE SOUNDING CLOTHES DRYER WITH A TIMER ON IT. TRY DRYING SOME TOWELS AND USE THAT FOR YOUR SOUND EFFECT
- OLD FASHIONED TICKING CLOCK. GRANDFATHER, GRANDMOTHER, STEAMPUNK THEY ALL WILL WORK, AS LONG AS YOU ARE NOT SITTING NEXT TO IT WHEN IT CHIMES.



APPS FOR IPHONE AND/OR ANDROID (GO TO YOUR APP STORE TO GET)

THEY COME WITH A CHOICE OF SOUNDS AND A TIMER



- CHILLAX BY YARGO
- MYNOISE BY NSMUSTACHE
- MEDITATION SOUNDS, NATURE SOUND, & QUICK SLEEP BY RED HAMMER SOFTWARE.
- BEDTIME FAN: WHITE NOISE SOUND BY INDIAN SUMMER MEDIA
- 1000 NATURE SLEEP RELAX SOUNDS BY AUDIOJOY SOFTWARE INC.

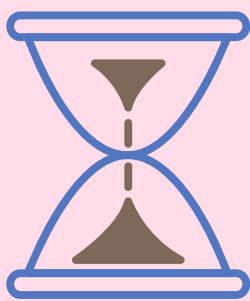
SOUND MACHINES (ALSO CALLED WHITE NOISE MACHINES)

IF YOU ARE MORE HANDS ON, THE NON-DIGITAL STAND ALONE SOUND MACHINE MIGHT BE FOR YOU.



- GREENBAR™ PRO WHITE NOISE MACHINE
- MODERN TRAIN™ 3 IN 1 WHITE NOISE MACHINE
- ADAPTIVE SOUND TECHNOLOGIES MACHINES
- DOUNI SLEEP SOUND MACHINE

TIMERS (NO SOUND)



- MEDITATION TIME AVAILABLE AT MEDITATION-TIME.ORG OR APP STORES
- POCKET MEDITATION TIMER OR MEDITATION TIMER APP FOR IPAD
- YOUR SMARTPHONE'S TIMER
- AN "OLD FASHION" KITCHEN TIMER (ONLY IF THE DING AT THE END DOESN'T SCARE THE S**T OUT OF YOU. THAT DEFEATS THE POINT OF THE MEDITATION.)
- WRIST WATCH TIMER (SAME WARNING FROM ABOVE APPLIES HERE)