

# Guided meditation

In this module, you will find two audio files with guided meditation. The files are identical, but one is a bit longer and invites a relaxed state of mind.

The short version is suitable for balancing the mind, but continuing everyday activity afterwards.

## **Guided meditation - Long version**

Enjoy a long meditation (17 min) before going to bed or whenever you feel like it.

## **Guided meditation - Short version**

A shorter meditation (10 min) to listen to during the day.

