

# MEDITATION

Take a break with these short meditations provided by  
Beth Lynch, of Inner Light Teachings, Meditation Center

---

## 5 MINUTE MEDITATION

<https://www.dropbox.com/s/m7n9u0ezzhjivek/Meditation%205min%20spiral.m4a?dl=0>

## START YOUR DAY A POSITIVE WAY—6 MINUTES

<https://www.dropbox.com/s/9wqeqhzmdbdnejq/Path%20Meditation%206min.m4a?dl=0>

## 7 MINUTE DAILY MEDITATION

<https://www.dropbox.com/s/mrs4idl2px00wvm/Meditation%207min.m4a?dl=0>

## STUDY, CLEAR YOUR MIND, FOCUS & ENERGY—8 MINUTES

<https://www.dropbox.com/s/3ieay8o0ozy9qf3/Track%202%20Concentration%20%26%20Clearing%20the%20Mind.mp3?dl=0>

## 15 MINUTES RELAX MIND

<https://www.dropbox.com/s/hi9ov79cbjo75x1/Meditation%20spiralbrainrelax.m4a?dl=0>

## Yoga 4 Change - KATHRYN THOMAS

<https://www.youtube.com/channel/UCZpwrT1k2hEuHwZwqmh7t2g>

