

This email contains the links to the guided meditations for two types of meditation created by Dr. G. Dave Zirin. I hope you find these meditations useful.

There are two forms of meditation:

1. mindfulness/breath awareness
2. metta/ loving kindness

The metta comes in several forms with directions to practice metta toward

- a. yourself
- b. someone you care about
- c. an adversary, or someone you are in conflict with

You can find many versions of these meditations by searching for "guided metta meditation" or guided mindfulness meditation in youtube.

Metta toward self

<https://mega.nz/#!2KIyzaiD!xnAmIz52ujBW2cN-epgyjCJMNyiv2MiP2q2f7u6x95w>

metta toward other person

<https://mega.nz/#!2KIyzaiD!xnAmIz52ujBW2cN-epgyjCJMNyiv2MiP2q2f7u6x95w>

Metta toward person with conflict

<https://mega.nz/#!uLAGCIST!TEyQtr5hNceyk11JLcxtPJZluDs8RfIHP-vaLK-XUdI>

breath awareness mindfulness

<https://mega.nz/#!uHRAjYYI!GrZmct1-9L7YBEK9silqtLs7QRjFDhjhHzSxKzyf6sc>