

## Background 'Sounds / Music'

On *Spotify*: Search:

*"Dream State"*

*"Delta State : Access to the Unconscious Mind"*

*"Sleep State"*

*"REM Sleep"*

## GUIDED MEDITATION:

On *YouTube* : Search:

- "Tara Brach: Guided Meditations"

"11<sup>th</sup> Step Meditation by George Lewis"

"Mark H. talking about meditation for Step 11"