

Recommended Brain Tap Meditations (Customer Favourites)

** = MUSIC ONLY meditations / No voice

10 - 15 MINS:

1) Stress Buster	10 mins
2) 10 minutes to your Best Self - Dr Ross Carter	13 mins
**3) 10 MIN Vitanya Alpha Training - Patrick Porter - MUSIC ONLY - Brain waves	11 mins
4) Mental Tune-Up - Patrick Porter	11 mins
5) Strengthen Your Inner Resilience - Patrick Porter	14 mins
6) Eliminate negative thinking and start your day right - Patrick Porter	11 mins
7) Wim Hof Breathwork for Energy & Focus - Pavel Stuchlik - this one is more intense and energetic - powerful breath work	11 mins
8) Stem Cell Healing	14 mins
9) Tapping Positive Thoughts for Healing - Patrick Porter	10 mins
10) Ride the Wave - Kristin Weitzel	11 mins

15 - 20 MINS:

1) Your Time to Shine - Mitzi Lynton	17 mins
2) 20 MIN Vitanya Whole Brain Synchronization - MUSIC ONLY	
- 20 mins - VERY calm & relaxing	20 mins
**3) AM - RENEWAL - MUSIC ONLY	15 mins
4) Create Your Mountaintop Retreat for Stress Reduction	
- Patrick Porter - 20 minutes (DV = Dual voices in this one)	20 mins

20 - 25 MINS:

1) Putting Future Events into Perspective - Patrick Porter	20 mins
2) The Secret Power of Self-talk - Patrick Porter	22 mins
3) Create Your Mountaintop Retreat for Stress Reduction	20 mins
4) Eliminate Negative Thinking - Patrick Porter	23 mins
5) Wind Dance - MUSIC ONLY - NO VOICE	20 mins
6) Surrendering Control - Amy Budden	21 mins
7) Upgrade Your Nervous System - Patrick Porter & Dave Asprey - 23 mins (Call to action)	23 mins