

meditation apps reddit free download



10 Best Meditation Apps for Android.

We live in a world full of competition. Everyone is running after money to create a better and safe future. However, continuous work to improve performance, and perfection can cause depression, stress, and anxiety. The only best way to cure depression and anxiety is Meditation. This mental exercise helps us to slow down the number of thoughts entering our minds as well as the speed over which thoughts enter our minds.

How to do meditation for beginners at home? Does meditation really work? If you have the same questions, then don't worry. There are plenty of apps available to learn meditation online for Free. These applications help you fight stress, develop serenity, improve concentration, focus, manage weight, and get better sleep. In this article, we'll discuss the top 10 apps to Meditate and attain mindfulness practice anywhere, and anytime.

What is Meditation?

It is a mental training exercise to increase concentration and memory power. It can help reduce stress, increase calmness, promote happiness, and enhance attention as well as awareness.

Type of Meditation.

Mindfulness Spiritual Loving-kindness Focused Movement Progressive Relaxation Mantra Kundalini Yoga Transcendental Breath Awareness.

Meditation Benefits.

Improves immune system Increases blood flow Reverse heart disease Reduces Stress and Depression Controls Anxiety Cure Addiction Reduces Ageing Increases concentration Reduce Hair fall Lowers blood pressure Balances Emotion Relaxes the mind.

10 Best Meditation Apps for Android Free in 2020.

To help you meditate, we've listed the Top 10 Meditation apps and noted why every app might be the right one for you.

1. Let's Meditate: Sleep & Guided Meditation.

Price: Free, with in-app purchases.

Requires Android: 4.4 and up.

App Size: 3.9 MB.

This is a desi Indian app to meditate simply and effectively. It comes with plenty of features to cure depression, and sleep apnea. Moreover, it also includes sleep stories and relaxing music to calm the mind. Just select a track and tap play to heal and experience spiritual chakra activation. Besides, you can also download every track and listen to them when you are offline. To get a soothing experience and happiness in your everyday lives, do check out this app.

2. Meditation Music – Relax, Yoga.

Price: Free, with in-app purchases.

Requires Android: 4.0.3 and up.

App Size: 29 MB.

It is a free app that includes various relaxing sounds of nature and melodies to help you find inner peace and calmness. Furthermore, it provides a compilation of high-quality calm ambient music to practice yoga, meditate, relax, and sleep. Besides, you can also add a soft piano tune, relaxing sounds of waves, and rain to achieve Nirvana. With its offline support, you can meditate without an internet connection.

3. Serenity.

Price: Free, with in-app purchases.

Requires Android: 4.1 and up.

App Size: 77 MB.

Do you want to learn mindfulness skills online for Free? Then Serenity is the app for you. This app provides different mindfulness training modules that help you achieve happiness, self-awareness, and inner peace. Moreover, it sports a 7 days audio course with short sessions to practice relaxation. With such amazing features, it is the best meditate app for beginners.

4. Calm – Meditate, Sleep, Relax.

Price: Free, with in-app purchases.

Requires Android: 4.4 and up.

App Size: 36 MB.

Recommended by psychologists, therapists, and mental health experts, it is the most popular free app to meditate, relax, and sleep. As its name suggests, it is a portal to achieve inner peace, self-awareness, and mindfulness. Moreover, this app provides 3 to 25 minutes of guided sessions to change your life with positive thinking.

5. Sadhguru.

Price: Free, with in-app purchases.

Requires Android: 4.4 and up.

App Size: 23 MB.

When it comes to yoga and spirituality, Sadhguru is the most preferred app. This application provides daily insights and inspiration from Sadhguru himself. You can use these tactics to succeed in life. Additionally, it also features Sadhguru's articles, podcasts, videos, meditation quotes, etc. Moreover, the Sadhguru app is available in 8 languages, including English, Hindi, Marathi, Tamil, Gujarati, Telugu, Malayalam, and Kannada.

6. Insight Timer.

Price: Free.

Requires Android: 5.0 and up.

App Size: 64 MB.

All the apps listed here provide a free trial to a larger membership. However, Insight Timer is the only app that is entirely free to users. Here, you'll find more than 30,000 guided sessions from over 1,000 teachers along with pep talks and podcasts. Besides, it comes with also relaxing music tracks for stress relief and better sleep, a section for kids, tracks for time and productivity management, and therapeutic videos from the Indian yogi Sadhguru and psychotherapist Anthony DeMello.

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App Size: 50 MB.

Aura provides free unlimited access to mindfulness, life coaching, and sleep stories from best psychologists, and therapists. Moreover, this app automatically gives recommendations according to your mood. Besides, the app can easily track how much meditating you're doing. Additionally, you can set reminders to practice mindfulness throughout the day and improve mood swings.

8. Simple Habit.

Price: Free, with in-app purchases.

Requires Android: 4.4 and up.

App Size: 15 MB.

To be happy in a relationship, marriage, and life, use the Simple Habit app. This app provides 5 minutes of on-the-go quick meditation techniques for a busy daily life. Simple Habit app is for those people who need quick and easy ways to meditate. However, to enjoy offline meditation, you need to buy a premium subscription of \$12 per month or \$90 per year.

9. Meditation & Relaxation.

Price: Free, with in-app purchases.

Requires Android: 5.0 and up.

App Size: 41 MB.

This application promises to change your life in 7 days. Besides, it provides the most effective, and easiest techniques to meditate and find happiness in life. There is no doubt that this is the best way to treat depression without medicines. Furthermore, it comes with soothing music to increase concentration while studying and to improve self-esteem and self-confidence.

10. Headspace.

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Headspace is full of breathing exercises, body scans, silent music tracks, and mini sessions for kids. Besides, the most important thing about this app is that you can try it out for free before buying it. Moreover, if you are not getting sleep at night, then the soothing soundtrack can help you out. Furthermore, this app provides guided sessions on personal growth, physical and mental health, anxiety relief, and stress management.

Wrapping Up.

So these are the most used top 10 Android apps to Meditate. Which one is your favorite? Do let us know using the comment box below. Thank you!

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The 6 Best Free Meditation Apps of 2021.

Whether you meditate for stress, sleep, or anxiety, these excellent free meditation apps offer a wide variety of soothing recordings to keep you calm, centered, and focused.

A good meditation sets the tone for everything from a productive, inspired workday to a restorative night's sleep. It also increases feelings of social connectedness and increases grey matter in the brain, which can sharpen cognitive ability and improve overall health and wellbeing. That's a responsibility that the meditation apps below take very seriously, which is why the resulting phone-based platforms are so immersive.

The apps and podcasts detailed below are all super relaxing and free. However, they are not intended to diagnose or treat any specific problem. (We know you already know this, but we have to say it. You are responsible for your own health.)

Also: do not listen to recorded meditations while driving or operating machinery. Deep meditation can leave you feeling so calm you might even fall asleep. At night, that's great— but it's not exactly something you want happening on your morning commute.

Anyhow— we tested over 50 meditation apps and podcasts for this article . Below are the best free meditation apps in terms of value, quality, and usability, according to our repeat trials. We hope they bring more grace and lightness into your daily routine. □

According to IT's internal data, people spend more time on Insight Timer than on all other meditation apps, combined. || Image: Insight Timer.

Insight Timer (Most Variety + Celebrity Teachers!)

Insight Timer is a free app for sleep, anxiety, and stress— and it also offers the largest library of free meditations on earth (over 45,000 meditations, which you can search by theme, length, instructor, etc) .

You do, however, need to give them your email or login with Facebook in order to access the meditations. But trust me: it's worth it.

The app features free guided meditations from some of the most celebrated meditation teachers of our time . Do a “Mindful Breathing” session with everyone's favorite monk, Thich Nhat Hanh— or drop in on a “Lovingkindness Meditation” with renowned teacher Sharon Salzberg.

Insight Timer also hosts celebrity insights, live meditation events, and meditations from famous voices in the world of mindfulness. (Recent examples include Liz Gilbert and Russell Brand.)

Doing guided meditations to famous voices is an interesting, intimate way to get inside the minds of global icons. It's also very endearing, as it's a facet of these famous faces you're unlikely to see in other aspects of popular media.

Image: Grace & Lightness Magazine.

For those who want to dive deeper into different styles of meditation, Insight Timer also offers a paid tier that features multi-day courses and extended lectures with teachers.

We also like that Insight Timer now offers “open monitoring” or “open awareness” meditations. Open awareness meditations are an emerging trend in the cult of meditation that research suggests can help improve creativity. (These are a nice contrast to more focused-attention types of meditation. Try this if you struggle to focus on breath alone.)

Open-monitoring meditation also encourages divergent thinking, which the brain uses to generate creative ideas calmly.

Insight Timer is available for both iOS and Android. You can download the app [here](#).

Chel Hamilton's "mind-shifting meditations" are designed to help you feel better, fast. || Image: Meditation Minis.

The Meditation Minis Podcast (Ideal For A Time Crunch)

The Meditation Minis Podcast is an award-winning guided meditation podcast that functions like an app. You can play any meditation in the archive when you need.

10 minutes or less of restorative calm.

Overall, this is one of the best meditation services for people who don't have a lot of time. And because these 10 minute-or-less meditations are technically episodes in a podcast series, you can access them on any device.

Chel Hamilton's "mind-shifting meditations" are designed to help you feel better, fast. Accordingly, the Ohio-based teacher also takes requests for "themed" meditations, so you can really have an interactive experience.

If you're struggling with a certain issue, email Chel and ask her to make a meditation to help you.

It's also fun to develop a relationship with a single voice in a meditation practice. (Hamilton uploads new meditations every week, and has a rich, robust archive of existing meditations to choose from.)

Download or listen to the Meditation Minis Podcast [here](#).

|| Image via Live Awake.

The Live Awake Podcast (Super Poetic & Beautiful Meditations)

Sarah Blondin's free Live Awake podcast is an excellent free resource that offers some of the most beautifully written guided meditations we've ever heard.

Following along with these guided meditations is more like listening to a story from a very articulate life coach— they are not only touching and healing, but they are great for people who really need a narrative to follow in their meditations.

If you don't feel like downloading yet another podcast, Blondin's meditations are also available through Insight Timer (detailed first in this list). Just search her name and dive into the archive of rich, poetic meditations.

We specifically recommend her "Honoring Life" meditation, which is sensationally moving. (You'll understand what we mean after you listen. Enjoy!)

The Meditation Oasis Podcast is a soothing long-form meditation series ideal for experienced meditators. || Image: Meditation Oasis Podcast.

Meditation Oasis Podcast + Apps (Good If You Have a Specific Focus)

The Meditation Oasis Podcast is an excellent, long-form guided meditation series for experienced meditators and those seeking deep relaxation. While not technically an app, you can play each meditation on demand whenever you wish.

Mary and Richard Maddux also offer a generous platform of meditation apps that underscore the podcast. This includes a popular Meditation Rx App (← Stress relief for patients and families suffering from serious illness), as well as an At Ease App, and an iSleep Easy App (ideal for those suffering from insomnia or racing thoughts at night).

These apps all feature the same soothing voice and immersive, cinematic soundscapes that Meditation Oasis listeners know and love. (I personally think Mary's voice is very nurturing and almost maternal. I feel safe and comforted listening to her instruction.)

While you do have to navigate a few pesky ads to get the free version, we like that the Meditation Rx app is interactive. Users can choose the background sounds (e.g. rain/stream/ocean) that will underscore Mary's voice in each guided meditation.

Meditation Oasis apps are available for Apple and Android devices. Download them [here](#).

The Meditation Podcast is a pioneer in making long-form guided meditation accessible. || Image: The Meditation Podcast.

The Meditation Podcast (Best for Experienced Meditators)

The guided meditations that The Meditation Podcast offers use binaural beats to quickly calm and de-frazzle the body during moments of stress. < — There's a mounting body of research to support the effectiveness of employing this kind of sound in meditation, though explicit conclusions remain to be seen.

Either way, The Meditation Podcast effectively immerses listeners in a soundscape that is both transporting and reassuring.

This podcast focuses on longer meditations (between 18 and 20+ minutes each,) which is why it's best for experienced meditators . The podcast is available in the App Store, Google Play, and wherever podcasts can be found.

Whether you're listening on iOS or Android, the makers recommend listening to these meditations with headphones for the best experience.

Download The Meditation Podcast here.

With it's modern interface and user-friendly navigation, Headspace is one of the best meditation apps for beginners. || Image: Headspace.

Headspace's Free Trial (Best for Beginners)

Ok, so Headspace is not a free meditation app, but it's easily the best meditation app for those who are just learning to meditate. They offer the first 2 weeks of meditations for free.

After that time, you can continually listen to these meditations over and over again (but you didn't hear that from us). Just select their "Try For Free" option and try it out for yourself.

If you feel like paying after two weeks of free use, know that Headspace is one of the best meditation apps on the market today. Subscription plans can be hefty (up to \$69.99 for a yearly subscription,) but those who faithfully practice daily meditation know that it's worth every penny.

With its beautiful, bright interface and user-friendly navigation , Headspace is an ideal app for beginners . It's also a great app for folks who are new to the practice and want to chart their progress.

Like Insight Timer, the app tracks consecutive days of meditation. This data acts as a motivational cue to keep the practice going.

As a result, Headspace is the app I recommend most often to both experienced and new meditators. It was one of the first meditation apps to go mainstream, and it remains popular to this day.

7 meditation and mindfulness apps with free tools for coronavirus anxiety.

No matter what your pandemic year has looked like, what your coping mechanisms of choice have been, or how close you are to getting your vaccine any time soon, your mental health could probably benefit from adding a mindfulness or meditation habit. Or at least doing something with your phone that isn't doom-scrolling the news.

The coronavirus pandemic has impacted everyone in different ways, but stress and anxiety is a pretty universal effect. Whether or not you were already in the habit of taking some time regularly to meditate, the practice could be extra helpful for your mental health — because even once the worst of the pandemic has passed, we'll still need to take care of ourselves and each other.

There are loads of apps, courses, and other resources to help you develop a regular practice, but some of the most popular apps and guides can be pricey. All the below have free resources, from special access for healthcare workers, to meditations and whole apps that are completely free anyway.

Take a deep, slow breath, and let's have a look.

Ten Percent.

This app is great if you're looking for something with minimal woo-woo vibes. There's a pricey premium tier, but the Basics course of explanatory videos and guided sessions is free. With most, you can choose from a couple of options depending on how long you have, from just a couple of minutes to longer guided meditations. There are also free daily highlights you can do on your own, including some specific ones for dealing with coronavirus anxiety.

They've even created some free meditations especially for healthcare workers and other coronavirus responders, and are offering those workers free subscriptions too. Their website includes a whole section on managing anxiety around COVID-19, where you can access podcasts, quick meditations, and the free subs deal for health workers.

Headspace.

The OG "gym membership for your mind" is a comprehensive go-to in this, uh, space.

The app's not free, but there's a broader section with some free guided meditations, as well as more specialised resources for work and education.

Calm, another super-popular mindfulness and meditation app, has curated a page full of resources to help you "meet this moment together", all of which you can access in your browser without having to download the app and sign up.

As well as mindfulness exercises and guided meditations at a range of lengths, there are free "calm body" stretching exercises to take care of your working-from-home back, resources for kids, a talk on creativity from Eat Pray Love author Elizabeth Gilbert, calendars to print out with a mindfulness exercise or idea for every day, conversation and kindness prompts to help you reach out to others, and even a half-hour bedtime story read to you by the most chill man in showbiz, Matthew McConaughey. The page is available in English, Spanish, German, French, Korean, and Portuguese.

Insight Timer.

Insight Timer is incredibly popular and always free, with a library of over 30,000 guided meditations and a simple timer for meditation. You'll need to log in to use them. There's also a premium support tier, which has a generous 30-day trial.

Smiling Mind.

This free app was designed originally for kids and young adults (and their parents and teachers), but it's a comprehensive resource for everyone, including over 41 sessions across 10 modules in its Mindfulness Foundations section for adults. If you're a fan of Australian accents, the narrator's soothing, incredibly chill tones are a relaxing listen on their own.

Smiling Mind's COVID-19 resource page isn't as comprehensive as Calm's, as the resources are already completely free, but it features simple tips on self-care and grounding yourself during moments of panic, with a super effective, looping breath-guiding animation. There's even a recipe for mindfully baking some simple cinnamon scrolls, with prompts at each step to ground you in the moment. The design is super kid-friendly, so it's great if your Zoom-school-weary little ones need some calm.

UCLA Mindful.

This app from UCLA's Mindful Awareness Research Center is always free, with (as you might guess) a research-based approach. It includes basic meditations in English and Spanish, and the Center also hosts weekly podcasts from the Hammer Museum, which are currently being held over Zoom for safety reasons and will no doubt be tackling some topical strategies.

Simple Habit.

This popular app, which focuses on five-minute sessions to help busy people develop a daily practice, also has a collection of online resources dedicated to combating anxiety and other feelings around the coronavirus crisis. You'll need to sign up for a free account to access them.

VirusAnxiety.com

It's not an app, but this phone-friendly free site created by self-care app Shine offers daily mantras and meditations to cope with stress, as well as a handful more free meditations, FAQ advice from mental health experts, and links to delightful brain-bleach style content like Instagram accounts about round animals and Harry Styles' Tiny Desk Concert. There's even a section specifically for people experiencing xenophobic attacks and anti-Asian racism — which is, sadly, still as relevant in March 2021 as it was in March 2020.

Meditation that adapts to you.

Introducing the world's first personalized meditation app.

How it works.

Each day, you answer questions about your meditation experience, goals, and challenges.

Using an audio library with thousands of files, Balance assembles meditations personalized for you.

The more you share over time, the more personalized and effective your meditations become.

Learn more about why personalization matters.

Get guidance from experts.

Meditation coaches Leah Santa Cruz and Ofosu Jones-Quartey will guide you through Balance. Leah's background in neuroscience and Ofosu's experience coaching people of all ages combine into guidance that's research-backed and relatable.

Access a growing library of materials.

Complete your hand-picked daily recommendations to steadily grow your meditation practice, and explore Singles that enhance moments in your everyday life.