So, welcome to day 14, our last day of meditation.

In today's meditation, we'll be bringing everything together, and we’ll really be an open practice so you can practice any of the techniques we've gone over: from mindful listening to mindful breathing, to the body scan meditation, or working with thoughts, and feelings, and judgments.

You can even do some Loving - Kindness meditation, if you enjoyed that.

So, when you're ready to get started, go ahead and click on that next video, and I'll see you there.