

«Miracle of Mind» App



The New Free Meditation App From Sadhguru



Sadhguru has designed this app to help you take a powerful step towards your mental wellbeing - in just 7 minutes

Sadhgurus "Miracle of Mind" App : Your Path to Inner Peace

I am pleased to introduce you to Sadhguru's revolutionary **"Miracle of Mind" App**, which he recently presented at the **ISHA Mahashivratri** on 27/02/2025. This app is a gift to mankind and offers a simple yet powerful **7-minute-Meditation** that can transform your life. I support Sadhguru's idea and vision without belonging to his movement.

The Essence of Meditation

This meditation is based on a fundamental concept that perfectly summarises Sadhguru's philosophy and reduces it to its essence, so that everyone can find time to meditate:

- **Inhale: 'I am not the body'.**
- **Exhale: 'I'm not even the mind'**

This simple practice enables all practitioners to free themselves from the limitations of their body and mind and experience their true self, their primordial consciousness.

Why I use this App

1. **Simplicity:** The meditation takes just 7 minutes. I take these few minutes every day, no matter how busy I am, and even when I am practising my own meditation. It helps me and all the beginners to achieve regularity and discipline in practice.
2. **Deep impact:** Despite its short duration of 7 minutes, which I can increase to a time of my choice, this practice helps me to stay focused, reduce stress, promote concentration, find emotional balance and deepen stillness.
3. **Tracking progress:** This app enables me to meditate for at least 7 minutes every day, keep a record of it and to be motivated by inputs.
4. **Wisdom for my daily life:** Every day I receive inspirational and profound insights from Sadhguru that enrich my life - but I can also just do 7 minutes of meditation.

My Vision for a More Peaceful World

Be part of a global movement. Sadhguru wants to reach 3 billion people with this app to make our planet more peaceful. By meditating every day, I am actively contributing to this vision. Let's create a more peaceful world together - one meditation at a time, as a daily deepening and to create a collective peaceful consciousness.

My Invitation to You

I kindly invite you to join me on this journey. Let's discover together the power of this simple but profound practice. The app is free and accessible to all, regardless of your experience with meditation.

Download the "Miracle of Mind" App today from the App Store or Google Play Store:



[App Store](#)

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Available in English, Hindi, Tamil, Spanish and Russian.

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