

SAINT *in the* CITY

MALIKA DALAMAL zooms in on the latest digital solutions and gadgets for busy urban professionals to stay in touch with their spiritual side

PHOTO: RAYMOND MEIER; CORBIS; HAIR: RENATO CAVIOPORA/KERASTASE PARIS; WALL GROUP; MAKE-UP: ROMY SOLEIMANI/TIM HOWARD MANAGEMENT; FASHION EDITOR: PHYLLIS POSNICK

DAILY OM

Sign up to receive free emails from this inspirational website and you'll find yourself with a new (and easy) daily ritual. Delivered straight to your inbox, with each email comes a new tip on healing, awareness or well-being to inspire your day. Topics range from overcoming self-sabotage to quieting the mind, or the importance of sticking to your word.

Dailyom.com

MIND BODY GREEN

It's no secret that a healthy body is the first step to a healthy mind, so click on this comprehensive wellness website that calls on a community of contributors to cover everything from the latest nutrition trends to personal growth, spirituality, happiness, sleep, yoga and other topics they feel will enhance the lives of their readers. Catchy headlines and easy-to-digest articles make this a quick and easy pick-me-up at any time of the day.

Mindbodygreen.com

CREATIVE VISUALIZATION

Shakti Gawain's best-selling book explains how to use the power of your imagination to get what you want out of life. Download the app and you'll have a collection of 50 inspiration cards at your fingertips. Use them to remind you how to channel the art of mental imagery and affirmations to produce significant positive changes in you life.

Creative Visualization by Shakti Gawain (with audio) in the iTunes App Store

TED TALKS

You are bound to have come across some of the more popular Ted Talks on your social media feeds, but the app features several more inspirational talks by some of the world's most fascinating people, including well known and under-the-radar business leaders, tech geniuses and education experts. These short talks always provide food for thought.

Ted.com

ASTROLOGY ZONE

LA-based astrologer Susan Miller's monthly horoscopes are a first-of-the-month must-read for people all over the world. Her detailed forecasts are surprisingly accurate, include specific dates and cover all the bases from romance to career, friendships and family. You can also send her a tweet with questions about your personal chart and she usually replies with good advice.

Astrologyzone.com

CHANT BUDDY

Nichiren Buddhism—a Buddhist practice with its roots in Japan—is said to bring happiness, fulfillment and victories into the lives of those who chant the phrase *Nam-myoho-renge-kyo* daily. The ChantBuddy app has audio that synchronises with scrolling text to help you learn the pronunciation of the morning and evening prayer and accompany you while you chant. The app also includes a timer, progress charts and daily encouragement notices to help you keep up with your practice.

www.chantbuddy.com

THE MINDFULNESS APP

No one said meditating was easy. Switch on your iPhone to help you switch off the chaos in your head with The Mindfulness App, which always starts with the useful advice to take a deep breath. The guided meditations on offer—you can choose from three, five, 15 or 30-minute sessions—are particularly good. There are also silent meditations (with a bell to tell you when to stop) and the option to purchase new ones on topics like 'Letting Go' and 'Giving and Receiving Love' amongst others.

The Mindfulness App in the iTunes App Store



EYEZONE MASSAGER

Sometimes all it takes is a decent night's sleep or even just resting strained eyes to help you feel more centred. The Eyezone Massager is a gadget that might make you look like an extra from *Star Wars*, but you'll feel like you've been teleported to a spa in Thailand. Vibrating foam pads give the muscles around your eyes a pressure point massage, relieving stress headaches and improving blood circulation to help you focus.

Opal-london.com ■

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