

101+ Ways to Meditate

The Companion Resource for Beth Banning's **[Meditation for Life Series](#)**

Volume #1: **[How to Do Meditation for Beginners:](#)**

Answers to Biggest Your Questions and Five Easy Meditations

Volume #2: **[Using Kundalini Meditation to Awaken Your Divine Life Force:](#)**

Including Chakra Meditation, Heart Meditation and Other Daily Meditations

Volume #3: **[Mindfulness Training:](#)**

Practical Mindfulness Exercises and Mindful Meditations

Thank you so much downloading your free gift. I've created this supplementary resource for two reasons. First, I believe the practice of meditation is something we each can do to support a positive shift in our own lives and on this planet. Because of this I'd like to support as many people as possible in enjoying meditation enough that they are able to sustain a daily practice.

Second, I believe there is not just one way or that there is a right way to meditate. We are each unique beings with our own individual needs and requirements. There are so many wonderful teachers and ways to meditate that when people only focus on one form of meditation without any other exploration, it can often limit their enjoyment and stifle their long-term commitment.

To create this resource I have spent weeks searching the web to find a variety of meditations from numerous disciplines, including a few that are just for fun. I have categorized them by difficulty and level of meditative maturity.

But above all, the most important thing I recommend is that you schedule some time each day to quiet your mind and relax your body. I believe this is of critical importance if you wish to fully enjoy the life that you were meant to have. My hope is that this guide will help you find the perfect ways that will help you achieve tranquility, relaxation, peace of mind, and much more.

Yours in Peace and Love,

Beth Banning

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Beginner Meditations

Great Video Interview and Tips for Beginners

Little by little, meditation is shedding its image as a strange spiritual discipline practiced by monks and ascetics in Asia. Gwyneth Paltrow meditates. Rivers Cuomo, lead singer of the rock band Weezer, meditates. David Lynch -- his movies are strange, but he is strangely normal -- meditates. Meditation has helped recent military veterans deal with post-traumatic stress disorder. Beyond celebrities and the military, there's science. A growing body of research shows that meditation has a discernible effect on the brain that promotes various types of health and well-being.

<http://abcnews.go.com/Health/meditation-101-tips-beginners/story?id=14182979>

Beginner Guided Meditations

Find a comfortable place to sit, turn on one of the following meditations and enjoy!

Gayatri Mantra Mala

A beginners meditation using mala beads, connecting the physical and spiritual in meditation.

<http://soul-tv.com/watchvideo.html?video=206>

Meditation for Creating Healthy Happy Relationships

Are there painful experiences in your past that are keeping you from having the relationships you want? Are there people in your life that are still driving you crazy? If so... Don't worry - you can open the door to mutual respect and cooperation in all your important relationships.

<http://www.focusedattention.com/videos/meditation-videos/create-healthy-happy-relationships.html>

Eating and Drinking Meditation

We all spend several hours each day eating and drinking. By learning how to eat and drink with awareness, we can use this time to experience the fullness of the present moment—and to enjoy each one of our meals more deeply.

http://www.withinsight.com/guide/meditation/#!state_link_27

You are Love audio guided meditation

You are Love is a gentle and soothing yet powerful 15 minute energy activation that can be used daily or whenever you feel to use it, to help you deepen your sense of self-love.

<http://www.lee-harris-energy.com/audiogifts.html>

Fifteen Guided Mindful Meditations

Mindful Awareness has been scientifically supported as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

<https://itunes.apple.com/us/itunes-u/mindful-meditations/id434136047>

Guided Meditation with Adyashanti

A guided meditation with spiritual teacher Adyashanti. The art of allowing everything to be as it is. "Real meditation is not about mastering a technique; it's about letting go of control."

http://www.youtube.com/watch?v=WU1Agfd_nQw

Edgar Cayce's Meditation for Everyone Audio Course

A FREE internet course in meditation, from America's foremost clairvoyant, Edgar Cayce. Narrated by Charles Thomas Cayce, Edgar Cayce's grandson.

<http://www.edgarcayce.org/Meditation/m4mt/main2.html>

Three Guided Meditations for Children

I only wish I had started meditating as a child. These three guided meditations beautiful and well done meditations can be used to support your child's empowerment.

Relaxation for Children.

This short guided relaxation is for any child who is feeling distressed and anxious. It helps to relax the body and breath, gently guiding the child back to a place of safety within. (Recommended for children aged five years plus.)

<http://www.fragranheart.com/cms/free-audio-meditations/relaxation/relaxation-for-children>

Guided Visualization for When You Are Being Bullied.

This visualization focuses on a fear relevant to many school-age children: the trauma of being bullied and the anxiety of being around tormentors. If you are a parent or carer, this guided visualization may help your child. It will give a child two very simple but powerful tools for self-protection from victimization. At the end of the audio there are some helpful tips on being bullied so that your child can feel safe and protected.

<http://www.fragranheart.com/cms/free-audio-meditations/children/when-you-are-being-bullied>

Sleep Meditation for Children

Simple phrases to help children relax at bedtime, including a guided visualization to create a Make Believe Sleep Friend. Please listen first to make sure this meditation is suitable for your child.

http://ec.libsyn.com/p/c/6/a/c6ac3b8f1f21faa9/pod40.mp3?d13a76d516d9dec20c3d276ce028ed5089ab1ce3dae902ea1d01ce8337d9cd5a8dee&c_id=2968396

Beginner Written Meditations

There are meditations for every aspect of your life and no matter what's going on meditation can help. Here are some written meditations that you can read and then try for yourself.

Meditation Techniques for Beginners Demonstrated by Deepak Chopra

Recently on the Dr.Oz show, Deepak Chopra defined meditation, performed a healing meditation, and demonstrated the law of attraction using a basic meditation.

<http://www.mindbodygreen.com/0-491/Meditation-Techniques-for-Beginners-Demonstrated-by-Deepak-Chopra-Video.html>

Basic Meditation for Beginners

Focused on breathing, relaxation and awareness, this meditation is a good starting point for those new to the practice. This site also has great tips and a good FAQ section

<http://theconsciouslife.com/how-to-meditate-a-guide-for-beginners.htm>

10-Minute Mind Spa

A beginning mindfulness meditation that can be done anywhere. From the September 2008 issue of Oprah, the Magazine: <http://www.oprah.com/spirit/Beginners-Meditation-The-10-Minute-Mind-Spa>

Osho Passive Meditation

This is a simple breath-watching meditative technique that can be done anywhere:

<http://www.osho.com/Main.cfm?Area=meditation&Sub1Menu=othermethods&Sub2Menu=passivetechiques>

Stand By Your Mantra for a New Attitude

The word mantra is a combination of the Sanskrit root “manas,” which means the mind, and “tra,” a suffix that means tool. A mantra is like a barbell for the mind — by using one regularly it helps you become stronger in making the right choices and gets you engaged in doing something good for yourself.

<http://life.gaiam.com/article/stand-your-mantra-new-attitude>

Laughter Meditation

Laughter meditation is probably the easiest of all meditations. There is nothing to focus on, as one needs to in object focused meditation, nothing to chant, like in primordial sound meditation, and nothing to visualize, like you do in the chakra meditation technique. You just laugh.

<http://www.do-meditation.com/laughter-meditation.html#sthash.2QTEslw4.dpbs>

Zen Meditation

A practical guide to beginning Zen meditation techniques with an emphasis on the importance of posture and the importance of reducing body tension in order to induce mental calm

<http://www.clear-mind-meditation-techniques.com/meditation-for-beginners.html>

Forgiveness Meditation

A very healing meditation aimed at releasing the burden of anger and resentment and embracing forgiveness of the self and others: <http://www.soulanswer.com/forgiveness.html>

Zazen Meditation

At the heart of Zen training is zazen, or seated meditation. Here at Yokoji we sit zazen on a daily basis year round.

<http://zmc.org/zazen?qclid=CJ-BtOazhLYCFbGPPAodLFgAIA>

Sensory Beginner's Guide to Deep Meditation

Concentrating on the hands allows you to stay in the present with this deep meditation that creates relaxation, awareness and reduces stress: <http://www.quietmindssystem.com/how-to-meditate-deeply-a-beginners-step-by-step-guide/>

Relaxation Meditation

This is a guided meditation technique aimed at totally body, mind and spirit relaxation

<http://www.clear-mind-meditation-techniques.com/relaxation-meditation.html>

15 Minutes to Relaxation

A 15-minute meditation that brings together four techniques that produce total relaxation in just 15 minutes

<http://www.meditationmojo.com/deep-relaxation-technique>

3 Simple Meditation Techniques

These meditation-based practices fuel your life with the vital energy.

Stress Release Meditation

A beginning meditation that involves a mantra to induce a feeling of calm and eliminate stress, the "silent killer".

Pain Tamer Visualization

Visualization meditation is one of the most powerful pain management tools, used with great effectiveness by pain specialists, psychologists, and biofeedback therapists. Learn to erase your pain with this meditation

Five Clouds Meditation for Energizing

This is a simple meditation practice that can help you energize your internal organs. In traditional Chinese medicine, there are five organ systems in the body and five elements:

<http://health.yahoo.net/experts/drmao/3-easy-beginner-meditation-techniques/>

"Om" Mantra Meditation

This mantra meditation involves chanting "Om" and channeling the holy vibrational energy of "Om":

<http://www.meditationsociety.com/week20.html>

Meditate in 10 Easy Steps

A mindfulness meditation that creates a clarity you will be able to take with you in all of your daily activities: <http://www.guardian.co.uk/lifeandstyle/gallery/2011/jan/22/how-to-meditate-ten-steps-headspace>

Step-by-Step Meditation

A good beginner meditation for use during periods of stress. It creates a well-trained, focused and stable mind: <http://www.care2.com/greenliving/step-by-step-meditation.html>

Walking Meditation

A Simple walking meditation that combines movement with breathing exercises in order to relieve stress: http://stress.about.com/od/meditation/ht/walking_med.htm

Who Am I? Meditation

This is a famous meditation practice. It is said that the great Indian teacher Ramana Maharshi reached enlightenment through just this one.

[meditationhttp://centremusicaustralia.com/Meditation/pdf/Meditation3.pdf](http://centremusicaustralia.com/Meditation/pdf/Meditation3.pdf)

Just Breathe

Another wonderful basic meditation for you to experiment with.

<http://centremusicaustralia.com/Meditation/pdf/Meditation2.pdf>

Four Easy Meditation Techniques

These techniques are to help you to rapidly getting into a meditative state. It may be difficult to find time to sit down and forget about the world for half an hour. So, here are a few techniques you can benefit from, even with limited time to practice.

They include

- A Meditation Visualization Exercise
- A Simple Stress Relief Visualization
- A Mindfulness Meditation
- A Meditation with Binaural Beats

<http://www.clear-mind-meditation-techniques.com/easy-meditation-techniques.html>

Meditation for Chronic Pain Management

Basically you can expect: Heightened sense of connection to your body, Lessened pain, More restorative sleep, Lower blood pressure, Reduced stress, Increased ability to deal with flareups of pain and stress.

<http://traumadolls.com/2010/05/meditation-101-for-chronic-pain-management>

Relaxation Meditation

This is an easy skill to learn, and once you know it, it provides a quick way to relieve tension and stress. What is required is to link a more formal meditation practice with this very quick relaxation trigger. The meditation technique needs to teach you how to relax the body (as with the progressive muscle relaxation) and calm the mind (as with most meditation techniques).

<http://www.gawlerblog.com/2011/03/relaxation-in-daily-life.html>

Witness Meditation

You have a Witness within you that can observe your mind, body, and emotions. As long as your consciousness is attached to a human body, there will be stimuli impacting you from the environment. You will react physically, mentally, and emotionally - one way more than the other two. The predominant way you react is your primary problem; you are controlled by it.

<http://www.meditationsociety.com/week1.html>

Beginner Meditation Scripts

Doing a guided meditation with your own voice is one of the best things you can do for yourself. Your subconscious mind easily incorporates suggestions from a voice that it recognizes and trusts. I've added a few meditation scripts that you can record on one of your mobile communication devices and then save and listen to on a regular basis.

Relaxation Guided Meditation

The best of all guided meditations are the ones that are in your own voice. Your subconscious mind can loosen up more easily when the voice that it hears is one that it is comfortable and relaxed with. This is easy to do just read and record this script into some sort of recording device, such as your cell phone or computer.

<http://www.exploremeditation.com/dl/eb/Relxation-Meditation-Script.pdf>

Simple Guided Meditation

This simple guided meditation is based on the "Creating Money" book and focus and relaxation, clarity and affirmations to bring forth abundance

http://www.orindaben.com/pages/rooms/weekly_meditation

Intermediate Meditations

Intermediate Guided Meditations

I have selected a wide range of intermediate meditations to support you in every area of your life. These beautiful guided meditations will help you create more peace in your life, solve problems, connect more fully to yourself your higher power, and creating better health and much more. Find a comfortable place to sit and enjoy!

Guided Peace meditation from the Self-Realization Fellowship

This meditation is an exploration of your inner self. A guided meditation to experience the peace and joy that resides within your soul.

http://www.yogananda-srf.org/Guided_Meditations.aspx#.UU43EFerS-E

Emotional Release Guided Meditation

A guided meditation to help clear the turbulence when your needs are not met. This is a seven step process that helps you accept your feelings without judgment.

<http://www.chopra.com/library/med5>

The Bliss Meditation

Discover inner peace and bliss in this guided meditation.

<http://soul-tv.com/watchvideo.html?video=173>

Dozens of Beautiful Guided Meditations

These meditations are by Tara Brach. Her teachings blend Western psychology and Eastern spiritual practices, mindful attention to our inner life, and a full, compassionate engagement with our world.

<http://www.tarabrach.com/audioarchives-guided-meditations.html>

Meditate for Health

A meditation for health is an important key to partnering in our own wellness or healing. Faced with health challenges, our minds focus on the “diagnosis” or “prognosis” of a medical professional. It can also be challenging to mentally ignore physical discomfort. Our bodies tighten and our stress increases. Meditation helps release stress, thus allowing our bodies to activate their natural healing ability.

<http://www.candaceconradi.com/resources/meditations/>

Heart Meditation

In this beautiful audio visual meditation Drunvalo Melchizedek leads you in a thoroughly relaxing meditation. Close your eyes and lose and yourself for 10 minutes! Enjoy!

<https://www.youtube.com/watch?v=5iqAariX50I>

Guided Meditations for Working with Pain

Mindfulness of Breathing. http://www.audiodharma.org/talks/audio_player/1773.html

Free Floating in the Discomfort. http://www.audiodharma.org/talks/audio_player/1774.html

Emotional Reactions to Pain. http://www.audiodharma.org/talks/audio_player/1775.html

Meeting Your Guardian Angel Meditation

This guided audio meditation takes you along a path, to a temple where you meet your guardian angel. This powerful visualization helps you to access inner knowledge and wisdom. If you have something that you need to resolve in your life this meditation will give you guidance and understanding for greater clarity and awareness.

<http://www.fragrantheart.com/cms/free-audio-meditations/spiritual-awareness/meeting-your-guardian-angel>

Guided Meditation for Loneliness

Loneliness can be a doorway to deeper connection with yourself and others. Go deep into the feeling of loneliness to find that connection.

http://ec.libsyn.com/p/2/9/2/2920a580663f25eb/pod47.mp3?d13a76d516d9dec20c3d276ce028ed5089ab1ce3dae902ea1d01ce8337d9cd5b050d&c_id=5490304

Taoist Qigong Standing Meditation

The tradition of Taoism includes a variety of standing and sitting meditation practices, part of the family of energy cultivation exercises known as “qigong.”

http://www.withinsight.com/guide/meditation/#!state_link_19

Six Guided Self Compassion Meditations

Including, affectionate breathing, compassionate body scan, loving-kindness meditation, self-compassion/loving-kindness meditation, noting your emotions, and soften, soothe, allow: working with emotions in the body.

<http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>

Accessing Intuition Guided Meditation

This meditation guides you beyond thought and emotion to a place of inner knowing. Helpful for making decisions and finding clarity. Use it to develop your intuition.

http://ec.libsyn.com/p/3/5/8/35880d73595bb57d/pod37.mp3?d13a76d516d9dec20c3d276ce028ed5089ab1ce3dae902ea1d01ce8337d9cc59b0a8&c_id=1671090

Instant Problem Solver

Quick and easy visualization meditation that helps dissolve repetitive problem thinking loops. You can use this meditation anytime a current life challenge is causing you stress.

<https://www.youtube.com/watch?v=9Pf1IcSJVYY>

Celeste - Reiki Meditation

Beautiful guided Reiki meditation. The visuals, the voice, and music all lend themselves to deep relaxing state. Allow a minimum of an hour for this meditation.

<https://www.youtube.com/watch?v=bPqr-l1ub2A>

Ride the Wild Horse Meditation – Learning to Harness the Power of Your Emotions

Our feelings often seem like a wild horse, full of fear and unbridled energy. The only way to accept and tame these feelings is to learn how to ride them while holding on to the reins.

The Ride the Wild Horse mindfulness meditation teaches you how to harness all your emotions—even the uncomfortable or overwhelming ones you may have tried to avoid.

http://www.helpguide.org/toolkit/emotional_health_audio.htm

Intermediate Meditation Scripts

Doing a guided meditation with your own voice is one of the best things you can do for yourself. Your subconscious mind easily incorporates suggestions from a voice that it recognizes and trusts. I've added a few meditation scripts that you can record on one of your mobile communication devices and then save and listen to on a regular basis.

Awakening the Spirit Meditation Script

The best of all guided meditations are the ones that are in your own voice. Your subconscious mind can loosen up more easily when the voice that it hears is one that it is comfortable and relaxed with. This is easy to do just read and record this script into some sort of recording device, such as your cell phone or computer.

<http://www.exploremeditation.com/dl/eb/Awakening-the-Spirit-Guided-Meditation-Script.pdf>

Love Relationship Meditation

This beautiful relationship prayer can be easily used as a script to record your own relationship meditation.

<http://www.humanisticspirituality.org/uploads/Prayer%20LoveRelationship.pdf>

Intermediate Written Meditations

There are meditations for every aspect of your life and no matter what's going on meditation can help. Here are some written meditations that you can read and then try for yourself.

Meditation for Dealing with Death

The common question people ask is, "How do we deal with the emotional and psychological distractions when we walk into the room of a dying person?" Do we allow ourselves to be overwhelmed by the images our senses create for us, or is there a better way? Yes there is!

<http://www.soulsitters.com/resources/meditations>

Cleansing meditation

Cleansing meditation empties the receptacle to prepare it for receiving the divine or spiritual grace. We are the receptacles and we need to empty ourselves of our ego, or false sense of self, and our accumulated samskaras, before a link to that supreme divinity can be established.

<http://www.do-meditation.com/cleansing-meditation.html#sthash.Hm9ZtwDr.dpbs>

Esoteric Breathing Meditation

Breathing is the foundation of the meditation that emphasizes a state of being open, present and conscious: http://www.plotinus.com/exercise_breathing1_copy%281%29.htm

Basic Kundalini Meditation

This is a powerful basic meditation that includes a safety mantra to prevent any extreme effects of a heightened meditative state: http://www.soulanswer.com/tuning_in.html

Manifesting Meditation

A meditation that includes a self-created list of affirmations aimed at bringing into your life that which you desire: <http://www.solara.org.uk/meditation.aspx?element=272>

Buddhist Meditation to Reduce Delusions

Whether afflicted with anger, uncertainty, attachment, fear, jealousy or guilt, this meditation will lead to a release of that which is preventing you from being attuned to your true self:

http://viewonbuddhism.org/summary_delusions.html

Mantra Meditation

Mantra meditation works through the repetition of a word, group of words or phrase. In repeating a mantra, one attains mindfulness or "self-collected awareness.":

<http://www.awakeningnetwork.net/approach/mantrameditation.html>

Simple Zen Meditation

This meditation focuses on staying present – an exercise in perfect stillness and the cessation of action:
<http://www.bliss-music.com/zen-meditation-on-being-present.htm>

Seven spiritual meditations

Six of them are more advanced and can be done by themselves, or combined with each other as described on the website. Keep it simple. You can add in the other spiritual meditations as described, but get comfortable with one before adding another

1. Present Moment Focus Meditation
2. Unifying Phrase Meditation
3. Meditation for Finding God
4. Inner Vision Meditation
5. Forgiveness Meditation
6. Centerpointe Meditation

<http://www.wellbeingalignment.com/spiritual-meditation.html>

7. This intermediate meditation uses one's own conception of God or goodness in order to reach consciousness of the "energy body."

http://www.neoperspectives.com/intermediate_meditation.htm

Vulcan Meditations

I added these meditations because they are both interesting, and I happen to be a trekkie and find them pretty cute. There are several I like including Emotional Evocation Meditation: Controlling an emotion by invoking the exact opposite emotion is the key to gaining control over one's emotion reactions with this meditative technique and the Controlling the flow of Thought technique.

<http://www.marketaz.co.uk/StarTrek/Vulcan/med2.html>

World Breathing

This intermediate meditation is a continuation of a basic breath counting meditation and extends consciousness such that it embraces the whole body:

<http://centremusicaustralia.com/Meditation/pdf/Meditation4.pdf>

Light Visualization

It is recommended that this meditation be done directly after the world breathing meditation.

<http://centremusicaustralia.com/Meditation/pdf/Meditation5.pdf>

Three Meditations Worth Checking Out

4-2-8 Breath Work Meditation for Monkey Mind is one of the most complete meditations an intermediate can do. It balances mind body and spirit at the same time.

<http://thetotalconcept.org/focus%20on%20meditation.html#4-2-8%20Breath%20Work%20&%20Meditation%20for%20Monkey%20Mind>

Wisdom Guidance Meditation

The capacity for internal guidance is always available to help you. This meditation will help you stay get in touch with this guidance and help you ask the right questions so that you may begin to tap into your own profound inner wisdom.

<http://www.humanisticspirituality.org/uploads/GM%20WisdomGuidance.pdf>

Also the **Visualization Meditation** can be used to heal all kinds of personal issues. A visualization meditation aimed at total body and self-consciousness and self-healing:

<http://thetotalconcept.org/focus%20on%20meditation.html#Visualization%20Meditation>

Advanced Meditations

Advanced Guided Meditations

Most of these more advanced meditations are best to be considered once you have become familiar and are comfortable with a basic meditative state. These beautiful guided meditations will help you to your move to your next level of meditation. Find a comfortable place to sit and enjoy!

Tonglen—the Meditation of Taking in Others' Pain and Breathing Out Relief

From ancient Tibet comes a practice for opening the heart and cultivating love and kindness toward yourself and others. Known as tonglen, this powerful meditation can bring about a transformation in the way you perceive others and the world around you.

http://www.withinsight.com/guide/meditation/#!state_link_16

Theta Meditation

This theta meditation is supercharged with a 3rd eye booster which you can feel immediately as the meditation begins. This is an advanced meditation and not for everyone. Unless your third eye is ready it will feel uncomfortable and even seem annoying. Allow a full hour for this meditation.

<https://www.youtube.com/watch?v=P4tdU5cRkBA>

Inner Fire Guided Meditation

Guided meditation to help you find your own rhythm and cycle of change. This practice will help you open to change and flow with grace and ease.

<http://www.chopra.com/library/med8>

Intimacy of Spirit Meditation

Spiritual teachers Tom and Tricia Kelly guide you through this 30 minute meditation.

<http://soul-tv.com/watchvideo.html?video=144>

Chakra Activation & Healing Meditation

Chakra Activation & Healing uses 3D ambient sounds, binaural beats, and isochronic tones in a perfect blend for chakra activation. The frequencies are tuned specifically for activating your chakra energy centers starting with the base and finishing with the crown.

https://www.youtube.com/watch?v=R_mjh0K4nEM

Delta range binural & isochronic beats, meditation for healing

Karmic Beats I provide various, meditation, including; full chakra balancing, eye healing, pain relief, pineal gland activation and others.

<http://www.youtube.com/user/MrKlawdek>

Inner Child Meditation

This 20 minute Advanced Inner Child Meditation can be used any time to clear old data that is keeping you from achieving your true potential.

<https://www.youtube.com/watch?v=uVmqOlcXQ1k>

Pillar of Galactic White Golden Light Guided Meditation

The vibratory fields of each of the chakras are to be raised as close to white light and in concordance higher intelligence and the divine plan. As this is done there will begin to be seen around the being a gold aura which is the Golden Ring. This meditation is to help establish the Golden rain. **Warning:** This is not a calm and relaxing meditation video. Please do not watch this video if you are sensitive to flashing light or prone to seizures; it contains flashing colors and trancelike music.

http://www.youtube.com/watch?feature=player_embedded&v=WfauigoSJHo

Pinpoint Light Meditation

This Advanced Guided Meditation is for the Western World and is a combination of ancient methods observed by Dr Les Holden. While living as an ascetic and monk in India and Thailand, Dr Holden found these to be the most productive and universally adapted to use by the western practitioner.

<https://www.youtube.com/watch?v=7odxiNyacrc>

Seven Chakra Lotus Flower Meditation

This guided audio meditation leads you through the seven main chakras that ascend up your body from the base of your spine to the top of your head. This meditation helps to balance the chakras. This means that there is a direct flow of life force energy that enhances physical well being and spiritual awareness.

<http://www.fragrantheart.com/cms/free-audio-meditations/spiritual-awareness/seven-chakra-lotus-flower>

Guided Meditation for Patience

This meditation is designed to help you relax into the flow of life. It helps to calm the agitation and restlessness of impatience.

http://ec.libsyn.com/p/9/7/9/9790562b823672cb/pod41.mp3?d13a76d516d9dec20c3d276ce028ed5089ab1ce3dae902ea1d01ce8337d9cd58b5b4&c_id=3185001

Advanced Present Moment Awareness

This meditation is an opportunity to explore the “here and now” and discover what is present. This is a more advanced meditation in that the instructions are very subtle.

http://lnw.libsyn.com/p/6/4/1/641170b4d334dbb8/pod38.mp3?s=1364083550&e=1364084119&c_id=2203684&h=a22a6269812830752f25bd410c012d38

Angelic Higher Self Activation Meditation

This meditation puts you in touch with your higher self, your inner light and allows you to shed the ego nature of the material world. Can be listened to as a guide meditation or used as a script [with your own voice](#). [Http://www.solara.org.uk/meditation.aspx?element=362](http://www.solara.org.uk/meditation.aspx?element=362)

Unity Consciousness Meditation - The "New YOU Attunement

The images within this video were carefully coded to carry specific frequency patterns to help you unlock and easily work through any emotional barriers that you may have, to love and forgive in absolute acceptance without judgment.

http://www.divinewillpower.com/gmv_03.htm

Advanced Meditation Scripts

Doing a guided meditation with your own voice is one of the best things you can do for yourself. Your subconscious mind easily incorporates suggestions from a voice that it recognizes and trusts. I've added a few meditation scripts that you can record on one of your mobile communication devices and then save and listen to on a regular basis.

Relaxation of Purification Meditation

This meditation is excellent for anyone needing to make major decisions. It allows for your intuition to guide you to the correct path: http://www.plotinus.com/exercises_making_decision_copy%281%29.htm

Waterfall Guided Meditation

This is a very long but very beautiful advanced meditation script. If you have the time and patience, I highly recommend you record this in your own voice.

<http://thirtytwohousanddays.com/blog/2010/03/waterfall-guided-meditation/>

Theta Meditation Script

The best of all guided meditations are the ones that are in your own voice. Your subconscious mind can loosen up more easily when the voice that it hears is one that it is comfortable and relaxed with. This is easy to do just read and record this script into some sort of recording device, such as your cell phone or computer.

<http://www.exploremeditation.com/dl/eb/Theta-Meditation-Script.pdf>

Advanced Written Meditations

There are meditations for every aspect of your life and no matter what's going on meditation can help. Once again these advanced meditations should only be attempted when you are familiar and comfortable with basic meditation techniques. Here are some written meditations that you can read and then try for yourself.

Three wonderful Chakra Meditation Techniques

Essentially, charkas can be thought of as multi-dimensional energy vortexes that reign over various regions of the body and brain. Each chakra, thus being responsible for the health of the organs, glands and systems of the particular region where it is located, and also responsible for certain emotional

states and mental characteristics. The way therefore of healing and rejuvenation the body and also, of optimizing oneself psychologically and mentally, is by opening, healing and balancing the chakras.

<http://anmolmehta.com/blog/2007/11/23/chakra-meditation-techniques-the-top-3/>

Osho Dynamic Meditation

An intense one hour long meditation that requires a heightened state of alertness and consciousness in order to allow for the shedding of old, negative patterns:

<http://www.osho.com/Main.cfm?Area=meditation&Sub1Menu=activemeditation&Sub2Menu=dynamic>

Buddhist Equanimity Meditation

This meditation helps to create spiritual equanimity and releases one from the stratified attachments that stifle spiritual growth:

http://viewonbuddhism.org/Meditations/equanimity_compassion_meditation.html#2

Mindfulness of Death Meditation

This is a detailed contemplative meditation that helps one to face the reality of death. This is especially helpful for those struggling with grief over dead or dying loved ones. Read the article and contemplate what you read during a traditional meditation session: <http://www.arrowriver.ca/dhamma/death.html>

Meditation on Twin Hearts

An advanced meditation that works through activating the heart and crown chakras:

<http://www.meditationontwinhearts.org/steps.htm>

Down the Rabbit Hole

Using self-control and focus, this one-hour long meditation opens the door to psychological healing and addiction recovery

Part 1 http://houseofwakingspirits.com/PDFs/HOWS_11-00_meditation4-rabbit-hole.pdf

Part 2 http://houseofwakingspirits.com/PDFs/HOWS_12-00_meditation5-interface-with-subconscious.pdf

Dragon Meditation

A visualization meditation that uses the image of a "Dragon" to free you from your material self:

<http://coolblue01.tripod.com/dragonmed.htm>

Aura Balancing Meditation

This meditation builds upon a basic breath meditation and a simple aura balancing meditation to increase the effectiveness of the meditations in creating mental focus on leads to a complete cleansing and strengthening of the aura.

<http://auras.arcanemystique.com/Aura/AuraCleansingAuraBalancing/AdvancedAuraBalancing.aspx>

Chios Energy Healing Meditation

This advanced meditation technique builds on the self-awareness that comes with practiced meditation and produces an expanded awareness of the "point of pure being"

<http://www.chioshealing.com/Meditation/AdvancedMeditation/advancedmeditation.htm>

Entering Jhana

Here's a little bit for everybody. Some beginning, some intermediate, but what I really like here is the advanced meditation guide: This meditation will build upon the foundation established by beginning breath meditations and allow you to reach a state of "access concentration" and experience "Jhana" – bliss. <http://www.highexistence.com/advanced-meditation-guide/>

Four interesting advanced meditations:

1. Cleansing meditation
2. "Asking Questions" Meditation
3. Finding a Companion Animal meditation
4. And the Travelling meditation

All these meditations are best done after a simple breathing meditation.

<http://earthspiritway.com/Advanced.html>

Meditations on Light

These meditations include, a basic meditation for the entire system, a Kundalini and chakra meditations, a meditation with religious background, a Visualization, a Mental control exercise, and a meditation for Energetic disturbances.

Meditation on light can be used for

- Chakra meditation
- Kundalini arousal
- Enlightenment
- Aura healing

<http://www.spirit-web.org/meditation/meditations-on-light>

Third Eye Meditation

There are two versions of this meditation. The first focuses on stress reduction and cleansing while the second helps you to gain insight. <http://www.positivethinking-toolbox.com/third-eye-meditation.html>

61 Points Advanced Relaxation Meditation

By focusing on 61 distinct points throughout the body, this meditation produces total body and mind relaxation. <http://www.meditationmojo.com/meditation-articles/advanced-meditation/61-points-relaxation-meditation>

HONG-SAU Meditation

This meditation deals with the scientific approach to God: harmonizing breath, life force, and mind to achieve one-pointed concentration. Controlling the life force in the body enables the yogi to switch off the current from the sensory nerve telephones, thus making it impossible for disturbing sensations to reach the brain and distract the attention from its march toward the Divine Goal.

<http://reluctant-messenger.com/cyber-assembly/hong-sau.htm>

A Buddhist Archives of Advanced Meditation

This site is a wealth of knowledge about some traditional meditation techniques. You will also find specific information about four advanced meditations by Dr. Alexander Berzin including, Tantra Teachings, Kalachakra, Dzogchen, and Mahamudra.

http://www.berzinarchives.com/web/x/nav/n1.html_774677518.html