

## Lists of Meditations at World Satsanga

### 2021

January 30, 2021:

**"A meditation to create peace in the world"** (Meditation starts around 1:17:45)

February 27, 2021:

**"How to create peace in the world"** (Meditation starts around 50:45)

### 2020

January 25, 2020:

**"A meditation to see one's path and go down it without lack of confidence"**

(Meditation starts around 1:00:45)

February 29, 2020:

**"Meditation to help us become more connected with nature"** (Meditation starts around 1:03:40)

March 28, 2020:

**"Psychic Shield to protect ourselves against the virus"** (Meditation starts around 51:12)

April 25, 2020:

**"Meditation on healing the Earth"** (Meditation starts around 1:21:21)

May 30, 2020:

**"A way of creating a change in an environment and the opportunity for a better environment"**

(Meditation starts around 1:09:45)

June 27, 2020

**"Meditation on giving unconditional forgiveness"** (Meditation starts around 50:15)

July 25, 2020:

**"Working on ourselves to provide or create a great civilization"** (Meditation starts around 1:01:35)

August 29, 2020:

**"Giving Unconditional Forgiveness"** (Meditation starts around 47:55)

September 26, 2020:

**"Meditation to help the world see the truth and make change for the better"**

(Meditation starts around 56:03)

October 31, 2020:

**"A meditation to raise our frequency individually and as a group and to clear low frequency thought processes, (which is all) in our auras and our community"**

(Meditation starts around 1:05:05)

November 28, 2020:

**"To change one's belief system"** (Meditation starts around 57:55)

December 19, 2020:

**"To open everybody's minds and hearts to the greater reality and to change how we live and how we interact with it"** (Meditation starts around 1:00:55)

## **2019**

January 26, 2019:

**"Sensing the reality around us and accepting it"** (Meditation starts around 51:15)

February 23, 2019:

**"Allowing us to feel our connection with nature"** (Meditation starts around 1:08:35)

March 30, 2019:

**"Feel all those souls around us and log into their general reason for incarnating"**  
(Meditation starts around 1:15:03)

April 27, 2019:

**"A meditation to be successful"** (Meditation starts around 1:11:08)

May 25, 2019:

**"Meditation on in effect where we are raising the frequencies of our local environment"**  
(Meditation starts around 1:10:20)

June 29, 2019:

**"A meditation to become more expansive"** (Meditation starts around 1:10:10)

July 27, 2019:

**"How to remove the links with another person"** (Meditation starts around 1:23:25)

August 31, 2019:

**"How to create and keep a pure mind and thoughts"** (Meditation starts around 53:45)

September 28, 2019:

**"How to change a Reality"** (Meditation starts around 44:50)

October 26, 2019:

**"Meditating on perceiving other incarnate entities at a higher frequency"**  
(Meditation starts around 1:10:35)

November 30, 2019:

**"A meditation to resist the downward trend in the frequencies"** (Meditation starts around 1:13:50)

December 28, 2019:

**“A meditation to allow us to start the New Year in a clean and clear and fresh way”**

(Meditation starts around 48:52)

## **2018**

January 27, 2018:

**“To connect with the soul in the soul seat”** (Meditation starts around 1:22:16)

February 24, 2018:

**“A short meditation to energize the body”** (Meditation starts around 1:14:45)

March 31, 2018:

**“All about changing your reality”** (Meditation starts around 1:13:15)

April 28, 2018:

**“A method of connecting ourselves in totality to the Source and that will energize our body”**

(Meditation starts around 1:20:36)

May 26, 2018:

**“To help to repair or replace an organ or body part within the human form”**

(Meditation starts around 1:03:55)

June 30, 2018:

**“Opening the chakras by using the chakra opening exercises”** (Meditation starts around 1:14:50)

July 28, 2018:

**“To sever links with other parts of ourselves [in previous incarnations with aches, pains, karmic links, etc.] or other individuals”** (Meditation starts around 1:13:35)

August 25, 2018:

**“To release links that stop us moving forwards in our incarnation. (Detachment from things)”**

(Meditation starts around 1:39:03)

September 29, 2018:

**“Contacting our guides and helpers”** (Meditation starts around 1:17:09)

October 27, 2018:

**“To help us go with the flow”** (Meditation starts around 1:22:30)

November 24, 2018:

**“Helping us make the right decisions in life”** (Meditation starts around 1:01:13)

December 22, 2018:

**“Being in Satsanga together: to be together with Source”** (Meditation starts around 1:07:33)

## 2017

January 21, 2017:

**“Reconnecting with Source”** (Meditation starts around 51:44)

February 25, 2017:

**“To help others become more self-aware”** (Meditation starts around 1:02:37)

March 25, 2017:

**“Kundalini Meditation or the meditation that helps us move the kundalini: Hong-Sau Meditation & Kriya Yoga Meditation”** (Meditation starts around 44:05)

April 29, 2017:

**“Opening the Third Eye”** (Meditation starts around 1:05:50)

May 27, 2017:

**“Connecting to the “Formlessness” of the multiverse”** (Meditation starts around 59:57)

June 24, 2017:

**“To allow us to be in more contact with our physical selves and in essence work with our healing”** (Meditation starts around 1:07:05)

July 22, 2017:

**“To deal with keeping the ego at bay”** (Meditation starts around 1:05:53)

August 26, 2017:

**“Connecting with others”** (Meditation starts around 1:21:15)

September 30, 2017:

**“How to create high frequency in our local environment”** (Meditation starts at 1:00:27)

October 28, 2017:

**“Communicating with and experiencing our True Sentient Self”** (Meditation starts around 1:05:29)

November 30, 2017:

**“To recreate communion and negate our desire for separation throughout the world”**  
(Meditation starts around 1:10:18)

December 23, 2017:

**“To get ourselves connecting with the soul in the soul seat”** (Meditation starts around 1:13:33)

## 2016

July 23, 2016:

**“To create a synergetic effect: amplify our own connectivity”** (Meditation starts around 48:26)

August 20, 2016:

**“Connecting with your True Energetic Self”** (Meditation starts around 48:50)

September 17, 2016:

**“How to be in connectivity with all of the individuals on the Earth”** (Meditation starts around 51:42)

October 22, 2016:

**“Giving Energy to the Earth (a collective or individual meditation)”** (Meditation starts around 49:52)

November 26, 2016:

**“How to build a psychic shield”** (Meditation starts around 47:50)

December 16, 2016:

**“A Connection with the Source”** (Meditation starts around 1:33:19)