

Lists of Meditations at World Satsanga

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)

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)