

## Lists of Meditations at World Satsanga

**2026**

January 28, 2026:

**“Meditation an Expansion Meditation”**

(Meditation starts around 00:56:40)

February 25, 2026:

**“Meditation on Waking Up and Making the World a Better Place (Repeated in March)”**

(Meditation starts around 01:13:16)

March 25, 2026:

**“Meditation on Waking Up and Making the World a Better Place (Repeat from February)”**

(Meditation starts around 00:54:57)

April 29, 2026:

**“Meditation on Hong Sau Technique”**

(Meditation starts around 01:13:25)

June 24, 2026:

**“Being High Frequency and Maintaining It”**

(Meditation starts around 00:52:00)

## 2025

January 15, 2025:

**“Meditation on Blending In”**

(Meditation starts around 00:49:30)

February 26, 2025:

**“Meditation on on Sinking into our true self/personality**

(Meditation starts around 00:49:30)

April 23, 2025:

**“Meditation to Adjust our Frequencies from High to Low to High”** (Meditation starts around 56:00)

May 21, 2025:

**“The Meditation is a Meditation to help us Detach Pt1.** (Meditation starts around 01:06:50)

June 25, 2025:

**“The Meditation is a Meditation to**

**help us Detach Pt2.** (Meditation

starts around 01:02:10)

July 30, 2025:

**“The Meditation is a Meditation on**

**“Being Expansive”** (Meditation starts

around 00:51:45)

August 27, 2025:

**The Meditation is a “Meditation on**

**Feeling the Energy templates and**

**different frequencies associated with**

**the human form”** (Meditation starts

around 00:55:40)

September 24, 2025:

**The Meditation is a “Meditation on ): The Chakra Opening Exercises!** (Meditation starts circa 00:26:50)

October 29, 2025:

**The Meditation is a “Meditation on ): Being Satisfied** (Meditation starts circa 00:52:50)

November 26, 2025:

**The Meditation is a “Meditation on ): Seeing the Bigger Picture** (Meditation starts circa 00:52:50)

December 18, 2025:

**The Meditation is a “Meditation on ): Avoiding the trap of accruing Karma** (Meditation starts circa 00:52:50)

**2024**

January 31, 2024:

**“Meditation on Free Will”** (Meditation starts around 52:40)

February 28, 2024:

**“Meditation on how to remove our limitations”** (Meditation starts around 56:35)

March 27, 2024:

**“Meditation on Tolerance and Respect”** (Meditation starts around 57:30)

May 29, 2024:

**“Meditation on Avoiding our Dystopian Present”** (Meditation starts around 69:30)

June 25, 2024:

**“Meditation on how to be high frequency”** (Meditation starts around 53:52)

July 31, 2024:

**“Meditation on Giving The Considered Response – Beingness Through Calmness”** (Meditation starts around 55:02)

August 28, 2024:

**“Meditation on Connecting and Being in Communion with The Source”** (Meditation starts around 56:05)

October 30, 2024:

**“Meditation on "Removing Jealousy" (Meditation starts around 51:55)**

November 27, 2024:

**“Meditation on Achieving Collectivism”** (Meditation starts around 49:55)

December 18, 2024:

**“1st Meditation is a Meditation to Experience Communion with The Origin”** (Meditation starts around 14:05)

**“2nd Meditation is a Meditation to Remove Karma”** (Meditation starts around 54:30)

**2023**

January 25, 2023:

**“Meditation to experience higher frequencies by opening chakras”**  
(Meditation starts around 56:10)

February 22, 2023:

**”Meditation to support the acceptance of the change to the Aquarian Age”** (Meditation starts around 49:25)

April 26, 2023:

**“Meditation to make the decisions that are efficient from an evolutionary perspective”** (Meditation starts around 1:03:25)

May 30, 2023:

**“Core Star Meditation”** (Meditation starts around 51:05)

June 28, 2023:

**“Meditation to make one expansive enough to receive and understand the myriad versions of the same information, that, appears to contradict each other”** (Meditation starts around 54:35)

July 26, 2023:

**“Meditation to remove Fear”** (Meditation starts around 51:45)

August 30, 2023:

**“Meditation to Connect all those in the group via the Heart Chakra”**  
(Meditation starts around 47:00)

September 27, 2023:

**“Meditation to experience nowness”** (Meditation starts around 56:20)

October 25, 2023:

**“Meditation to help everyone around the world understand who and what we are - that we are all one and in hurting someone we only hurt ourselves.”** (Meditation starts around 53:30)

November 24, 2023:

**“Meditation to control the Ego”** (Meditation starts around 59:55)

December 20, 2023:

**“Meditation to rise above physical distractions”** (Meditation starts around 1:14:30) **2022**

January 29, 2022:

**“Meditation to expand clarity within the world and transprence”** (Meditation starts around 43:55)

February 23, 2022:

**“Meditation to experience beingness”** (Meditation starts around 53:30)

March 23, 2022

**“Meditation and instructions on how to perform Kriya Yoga”** (Meditation starts around 53:30)

April 20, 2022:

**“Meditation to heal or overcome one’s trauma”** (Meditation starts around 48:25)

May 25, 2022:

**“Meditation to avoid karma”** (Meditation starts around 51:10)

June 22, 2022:

**“Connecting with one’s TES”** (Meditation starts around 59:00)

July 20, 2022:

**“Connecting with one’s TES”** (Meditation starts around 50:00)

August 24, 2022:

**“A calmness meditation”** (Meditation starts around 47:40)

October 26, 2022:

**“Remaining calm meditation”** (Meditation starts around 51:30)

November 30, 2022:

**“Creating communion with The Source”** (Meditation starts around 55:35)

December 21, 2022:

**“Earth healing meditation”** (Meditation starts around 53:25)

**2021**

January 30, 2021:

**“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)

March 27, 2021:

**“Meditation on being in contact with or feeling the presence of the OM”** (Meditation starts around 1:00:15)

April 24, 2021:

**“Remove the problem we have with discrimination around the world”**

(Meditation starts around 57:15)

May 29, 2021:

**“Meditation to be one and everything with the multiverse”** (Meditation starts around 1:11:00)

June 26, 2021:

**“How to feel oneness with each other and sort of feel each other from a global perspective”**  
(Meditation starts around 51:45)

July 31, 2021:

**“Meditation to heal other”** (Meditation starts around 52:00)

August 28, 2021:

**“Mastering fear and removing astral entities that are taking your energy”**  
(Meditation starts around 43:50)

September 25, 2021:

**“Meditation to dislodge and send to the light any and all astral attachments to our energetic templates and chakras”** (Meditation starts around 32:43)

November 27, 2021:

**“Meditation to remove any forms of abuse completely from the human consciousness, including a heart and brain coherence meditation”** (Meditation starts around 52:00)

December 18, 2021:

**“Meditation to activate the third eye”** (Meditation starts around 35:45)

**2020**

January 25, 2020:

**“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:

**"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:

**"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:

**“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:

**“Meditation to resist the downward trend in the frequencies”** (Meditation starts around 1:13:50)

December 28, 2019:

**“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 1:15:15)

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 The 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:

**“Connecting with The Source”** (Meditation starts around 1:33:19)