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)

July 29, 2026:
“Meditation on Observing the Ego”

(Meditation starts around 00:52:00)

August 26, 2026:

“Meditation on how to stop feeling tired”

(Meditation starts around 00:53:00)

September 30, 2026:
“Meditation on How to create and keep a pure mind and associated thoughts”

(Meditation starts around 00:59:27)

October 28, 2026:
“Meditation on Moving into Communion”

(Meditation starts around 00:49:20)

November 25, 2026:
“Meditation on Connecting With Others”

(Meditation starts around 00:50:40)

December 23, 2026:
“Meditation on Being One”

(Meditation starts around 00:50:15)

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 transparence" (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)