

# Meditations 1-50

## Mindfulness

Present Moment Awareness  
Mindful Observation of Thoughts  
Non-Judgmental Awareness  
Mindful Walking Meditation  
Mindful Eating  
Mindfulness in Daily Activities  
Mindful Breathing  
Mindful Body Scan  
Cultivating Open Awareness  
Mindful Listening

## Body Awareness

Quick Body Scan Meditation  
Progressive Muscle Relaxation  
Sensory Awareness Meditation  
Loving Body-Kindness  
Energy Flow Meditation  
Body Movement Awareness  
Grounding Meditation  
Chakra Balancing Meditation  
Body-Scan for Tension Release  
Full Body Relaxation Meditation

## Breath Awareness

Deep Belly Breathing  
Counted Breath Meditation  
Breath Awareness in Nature  
Box Breathing Technique  
Breathing for Stress Relief  
Alternate Nostril Breathing  
Ocean Breathing Meditation  
Breath Awareness in Movement  
Breath Observation Meditation  
4-7-8 Breath Meditation

## Emotional Attunement

RAIN Meditation Technique  
Emotion-Focused Breathing  
Loving-Kindness for Emotions  
Gratitude for Emotional Wellbeing  
Cultivating Emotional Resilience  
Mindful Emotion Exploration  
Embracing Difficult Emotions  
Emotion Release Meditation  
Self-Talk for Emotions  
Joyful Emotion Meditation

## Gratitude

Gratitude Meditation  
Gratitude for the Senses  
Gratitude for Daily Moments  
Gratitude Visualization  
Gratitude for Challenges  
Gratitude for Relationships  
Gratitude for Self  
Gratitude for Nature  
Gratitude Affirmations  
Gratitude Circle Meditation