

Blossoms of Love

Blossoms of Love helps expand unconditional love. As awareness deepens, the practitioner gradually experiences a sense of connection with all beings and the world around them. It encourages compassion, openness, and a natural expression of love.



“Meditation is **witnesshood** of the original **stillness**

of mind without attaching to moving emotions and thoughts.”

“Meditation is not an activity but a state of **dissolving** yourself into **consciousness.**”

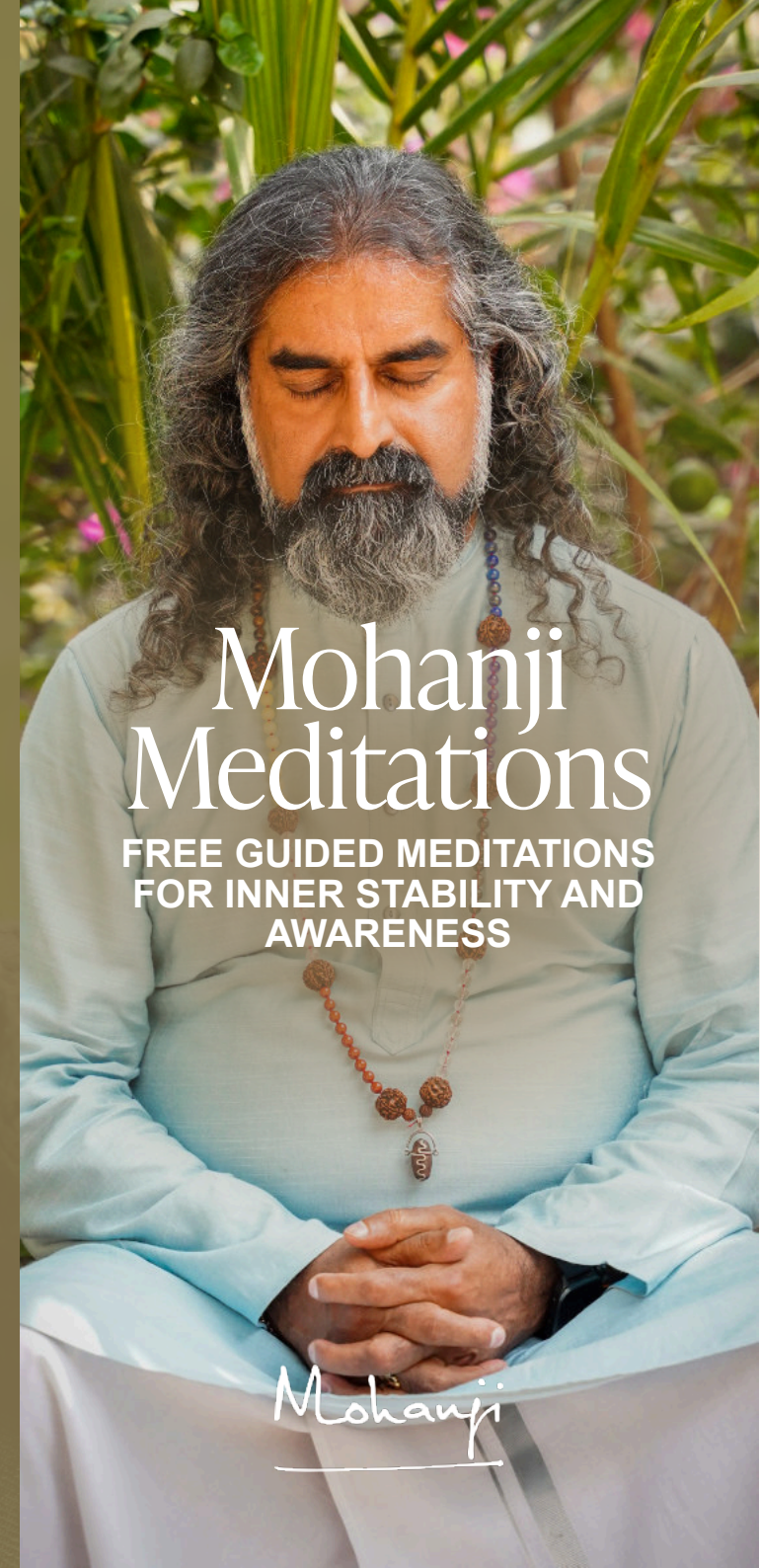
8 Meditations translated into **42** languages



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Mohanji
Meditations

**FREE GUIDED MEDITATIONS
FOR INNER STABILITY AND
AWARENESS**

Mohanji

Power of Purity

Power of Purity is Mohanji's signature guided gratitude meditation, first received from higher realms of consciousness and shared with humanity in 2007. The practice focuses on forgiveness, gratitude, and blessing others. Through this process, practitioners gradually unhook from past impressions and emotional baggage, allowing the inner space to be lighter and open.

Bliss of Silence

Bliss of Silence begins with relaxation of the body and gradually leads the practitioner into deep inner stillness. In this state of silence, thoughts naturally subside and awareness expands beyond the mind. Mohanji describes it as entering a one of emptiness where the system becomes quiet and peaceful.

360 Degrees

360° Meditation is an advanced awareness practice that expands perception beyond the limited view of the mind. By bringing attention to the spine as the axis of consciousness, practitioners cultivate stability and balance, and the ability to observe experiences with clarity and equanimity.

Freedom

(SUITABLE FOR CHILDREN)

Freedom Meditation is a short guided meditation created to provide therapeutic calm and emotional relief. It is especially helpful for those experiencing anxiety, restlessness, or mental pressure. The meditation supports relaxation of the nervous system and encourages a sense of inner ease and stability.

Doorway to Heaven

Doorway to Heaven is a meditation designed to guide awareness beyond the ordinary mind into subtler dimensions of consciousness. Through deep stillness and focused awareness, practitioners experience inner expansion and a sense of connection with higher states of existence.

Shirdi Sai Baba Miracle Meditation

This guided meditation connects practitioners with the presence and grace of Shirdi Sai Baba. Through remembrance and devotion, participants cultivate faith, surrender, and inner stability while aligning themselves with the compassionate consciousness represented by Shirdi Sai Baba.

Jagannath Meditation

Shree Jagannath Meditation is inspired by the sacred presence of Lord Jagannath. The meditation combines devotion, awareness, and inner stillness, allowing participants to experience surrender and connection with the universal consciousness represented by Jagannath.

