

# Different Meditative Styles

Not everyone's mind is suited to every kind of meditation, so in this video, I'll explain the different meditative styles and which one may be right for you. I'll explain the basic types of meditation according to Raja yoga, analyze techniques according to cognitive fingerprints, and finally divide techniques according to your goals in meditation.

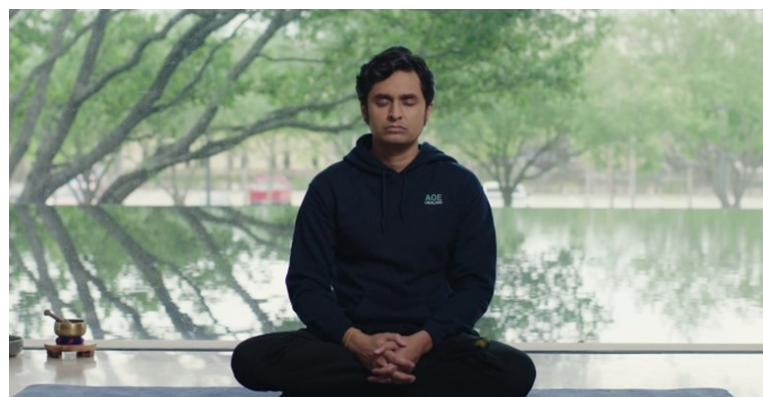
## References and further reading:

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## Glossary

Dharana	Dhyana	Samadhi
Iswara Pranidhana	Asana	Pratyahara
Zen	Kundalini Yoga	Muladhara Chakra
Pranayama	Raja Yoga	Yama
Ahimsa	Satya	Swadhyaya
Asteya	Brahmacharya	Aparigraha
Niyama	Shuddha	Santosha
Tapas	Trataka	Vishuddha Chakra
Ajna Chakra	Sahasrara Chakra	Swadhisthana Chakra
Manipura Chakra	Anahata Chakra	

## Meditation Videos



P13 – Following the Breath