**Free Guided Meditations**

**Fragrant Heart** (Heart Centered Meditations)

<http://www.fragrantheart.com/cms/free-audio-meditations#chakra>

**UCLA Mindful Awareness Research Center**

<http://marc.ucla.edu/body.cfm?id=22>

**Chopra Centered Lifestyle**

<http://www.chopra.com/ccl/guided-meditations>

**Tara Brach**

<http://www.tarabrach.com/guided-meditations/>

**Audio Dharma**

<http://www.audiodharma.org/series/1/talk/1835/>

**Contemplative Mind in Society**

<http://www.contemplativemind.org/practices/recordings>

 **Insight Meditation Society**

<http://www.dharma.org/resources/audio#guided>