

I'm not a robot



Below is a massive list of meditation words - that is, words related to meditation. The top 4 are: mindfulness, yoga, relaxation and thoughtfulness. You can get the definition(s) of a word in the list below by tapping the question-mark icon next to it. The words at the top of the list are the ones most associated with meditation, and as you go down the relatedness becomes more slight. By default, the words are sorted by relevance/relatedness, but you can also get the most common meditation terms by using the menu below, and there's also the option to sort the words alphabetically so you can get meditation words starting with a particular letter. You can also filter the word list so it only shows words that are also related to another word of your choosing. So for example, you could enter "mindfulness" and click "filter", and it'd give you words that are related to meditation and mindfulness. You can highlight the terms by the frequency with which they occur in the written English language using the menu below. The frequency data is extracted from the English Wikipedia corpus, and updated regularly. If you just care about the words' direct semantic similarity to meditation, then there's probably no need for this. There are already a bunch of websites on the net that help you find synonyms for various words, but only a handful that help you find related, or even loosely associated words. So although you might see some synonyms of meditation in the list below, many of the words below will have other relationships with meditation - you could see a word with the exact opposite meaning in the word list, for example. So it's the sort of list that would be useful for helping you build a meditation vocabulary list, or just a general meditation word list for whatever purpose, but it's not necessarily going to be useful if you're looking for words that mean the same thing as meditation (though it still might be handy for that). If you're looking for names related to meditation (e.g. business names, or pet names), this page might help you come up with ideas. The results below obviously aren't all going to be applicable for the actual name of your pet/blog/startup/etc., but hopefully they get your mind working and help you see the links between various concepts. If your pet/blog/etc. has something to do with meditation, then it's obviously a good idea to use concepts or words to do with meditation. If you don't find what you're looking for in the list below, or if there's some sort of bug and it's not displaying meditation related words, please send me feedback using this page. Thanks for using the site - I hope it is useful to you! sort by: relevancealphabeticalcommonness also related to: highlight, no highlightcommonness That's about all the meditation related words we've got! I hope this list of meditation terms was useful to you in some way or another. The words down here at the bottom of the list will be in some way associated with meditation, but perhaps tenuously (if you've currently got it sorted by relevance, that is). If you have any feedback for the site, please share it here, but please note this is only a hobby project, so I may not be able to make regular updates to the site. Have a nice day! A devotional exercise of, or leading to contemplation Traditionally, in China and Korea, only monastics engaged in Zen meditation, usually spending at least six months each year in retreat. A state of dreaming while awake A notion, impression or idea (of something) The forming of a theory or conjecture without firm evidence Meditation or therapy, typically involving the use of visualization A solemn request for help or expression of thanks addressed to God or another deity A form of secular meditation practice with roots in Buddhist meditation An innovative approach using intuition, meditation, and associations to generate creative ideas The practice of bettering oneself without relying on the assistance of others as in contemplationView definitions for meditationExamples have not been reviewed.The Monday evening sessions are a blend of gentle piano music, meditation, prayer and community.Wellness for dogs is a niche business that includes canine massage, sound baths for hounds, reiki meditation and more.Chakrasamvara, the blue-man emblem of compassion, is being embraced by his consort, Vajravarahi, bright red symbol of wisdom, in a spectacularly explosive display whose arrested design seems intended as a spur to deep meditation.In its graceful intertwining of meditation and obscenity, Afternoons of Solitude gives an ancient, controversial tradition the chance to shock and awe without hype or favor.After an idol of Panduranga Vittala, a form of Hindu god Krishna, was found in her cave dwelling, it was reported that she had gone there to do meditation and for spiritual reasons.From Roget's 21st Century Thesaurus, Third Edition Copyright 2013 by the Philip Lief Group.Browse#aabbccddeeffghiiijkkllmmnnnooppqrrsstuuwwwxyzzAbout CareersContact usCookies, terms, & privacyHelpFollow usGet the Word of the Day every day! 2025 Dictionary.com, LLCGuided meditation is a practice that involves a narrator or guide leading participants through meditative experience. This technique is often used to help individuals achieve relaxation, focus, and mindfulness. Various terms can be used interchangeably with guided meditation, enhancing the understanding and accessibility of this practice. Directed MeditationDirected meditation is a term that emphasizes the role of a facilitator in the meditation process. This synonym highlights the structured approach to meditation, where a guide provides instructions and support, making it easier for beginners to engage in the practice. Directed meditation often incorporates visualization techniques, allowing participants to immerse themselves in calming imagery. Facilitated MeditationFacilitated meditation refers to a guided experience where a trained facilitator leads individuals through meditation sessions. This term underscores the importance of having an experienced guide who can tailor the meditation to the needs of the participants. Facilitated meditation can take various forms, including group sessions or one-on-one guidance, making it a versatile option for those seeking mindfulness. Assisted MeditationAssisted meditation is another synonym that conveys the idea of support during the meditation process. This term suggests that individuals are not alone in their practice; instead, they have assistance from a guide who helps them navigate their thoughts and emotions. Assisted meditation can be particularly beneficial for those who may struggle with self-guided practices. Guided ImageryGuided imagery is a specific form of guided meditation that focuses on using mental images to promote relaxation and healing. In this practice, a guide leads participants through vivid visualizations, encouraging them to imagine peaceful scenes or scenarios. Guided imagery is often used in therapeutic settings to help individuals cope with stress, anxiety, or physical discomfort. Mindfulness Meditation with GuidanceMindfulness meditation with guidance combines traditional mindfulness practices with the support of a guide. This approach emphasizes being present in the moment while receiving verbal cues from a facilitator. The guidance helps participants maintain focus and deepen their mindfulness experience, making it an effective way to cultivate awareness and reduce stress. Structured MeditationStructured meditation refers to a systematic approach to meditation that often involves specific techniques and practices. This term highlights the organized nature of guided meditation, where participants follow a set framework provided by the guide. Structured meditation can include elements such as breathing exercises, body scans, and reflective prompts, enhancing the overall experience. Coached MeditationCoached meditation emphasizes the role of a coach or mentor in guiding individuals through their meditation journey. This term suggests a more personalized approach, where the coach tailors the meditation experience to the unique needs and goals of the participant. Coached meditation can be particularly effective for those seeking to develop a consistent practice or overcome specific challenges. Instructional MeditationInstructional meditation focuses on the educational aspect of guided meditation, where participants receive clear instructions on how to meditate effectively. This term highlights the importance of learning techniques and strategies that can enhance the meditation experience. Instructional meditation can be beneficial for beginners who are unfamiliar with meditation practices. Supportive MeditationSupportive meditation refers to a practice that emphasizes emotional and psychological support during meditation. This term suggests that the guide provides encouragement and reassurance, helping participants feel safe and comfortable as they explore their inner thoughts and feelings. Supportive meditation can foster a sense of community and connection among participants, enhancing the overall experience. Related We were very well taken care of and the General who was our host gave us a guided meditation on the night before we left for Chiangmai proper."She does guided meditation online with her, teaches her positive affirmations and sends vibes to her via the crystals."Tarot readings, Reiki, vendors, food, drinks, free workshops and guided meditation sessions.And these days, meditation is more accessible than ever, as employers offer mindfulness programmes in the workplace, mobile apps in guided meditation abound, and communities and fitness clubs add practices like tai chi and yoga to their rosters.Dreams of India is an instrumental album (aside from some vocal percussion) with roots as a guided meditation soundtrack; it evolved into a soundscape reimagining of the classic epic of the Mahabharata, India's ancient saga of love and war.In addition to weekly meetings that included practice of mindfulness meditation - which focuses on nonjudgmental awareness of sensations, feelings, and state of mind - participants received audio recordings for guided meditation practice and were asked to keep track of how much time they practiced each day. Meditation has become a popular practice for many, with a variety of techniques and approaches to choose from. From mindfulness meditation to secular practices rooted in Buddhism, the term 'meditation' covers a wide range of activities. However, what are some other words that convey the same meaning? With synonyms like contemplation, reflection, and rumination, the act of meditation is often associated with deep thought and introspection. Whether it's a period of deliberation or an innovative approach to generating ideas, meditation encompasses a diverse range of mental exercises aimed at personal growth and understanding.CharacteristicsValuesSynonymsContemplation, reflection, rumination, self-examination, concentration, deep thought, devotion, therapy, mindfulness, unconventional thinking, personal empowerment, self-guided improvementAntonymsInconclusive thinkingContemplationThe word "contemplation" stems from the Latin "contempln", which means "the act of looking at something, consideration". It was first recorded in use between 1175 and 1225 and was borrowed into Middle English from Anglo-French and Latin.For example, someone may go to a forest to spend time in contemplation of nature, or they may find themselves deep in contemplation after observing a work of art. Contemplation can also be a way to deal with problem debt, as it allows for careful and unbiased reflection.Devotional exerciseThe concept of devotional exercises is rooted in the belief that just as athletes exercise to get in shape physically, believers must also engage in spiritual exercises to grow and mature in their faith. This idea is reflected in the writings of Paul, who encouraged Timothy to "exercise himself toward godliness". In addition to meditation, devotional exercises can also encompass other practices such as yoga, which is often paired with meditation as a means of calming the mind and connecting with one's spiritual self. Other physical activities can also be devotional in nature, as taking care of one's body is considered a form of spiritual exercise by some. This is reflected in the Fitbit example, where physical health is monitored and improved alongside spiritual growth.Ultimately, devotional exercises are about prioritising spiritual growth and seeking to become more like Christ. They are a way to deepen one's relationship with God and strengthen one's commitment to Biblical principles. Through regular devotional practices, believers can work towards becoming fully mature followers of Christ, cultivating a disciplined and devoted spiritual life.Mindfulness practiceMindfulness is a natural quality that we all have, and mindfulness practice is the art of creating space for ourselvespace to think, space to breathe, and space between ourselves and our reactions. It is about paying attention to the present moment, without judgment.When practising mindfulness, you will likely find that your mind wanders. This is a natural part of the human experience and provides an opportunity to bring your attention back to the present moment. The more you do this, the more likely you are to be able to do it again.There are many ways to practice mindfulness, and you can do so anywhere and at any time. You can practice mindfulness while sitting quietly and focusing on your breath, or you can try mindful eating, moving, walking, or running. For example, when drinking a cup of tea or coffee, you could focus on the temperature and how the liquid feels on your tongue. If you are going for a walk, you might notice the breeze against your skin and the feeling of your feet against the ground.You can also practice mindfulness through body scans, where you move your attention slowly through different parts of your body, noticing feelings of warmth, tension, or relaxation. Mindful colouring and drawing involve focusing on the colours and the sensation of the pencil against the paper, rather than trying to draw something in particular.Remember, there is no need to buy anything special to practice mindfulness. All you need is to devote a little time and space to accessing your natural mindfulness skills every day. Self-improvementMeditation is a powerful tool for self-improvement, and its practice can be referred to by many other names. At its core, meditation is about introspection and deep thought, often with a focus on spiritual matters. This process of contemplation allows individuals to better understand themselves and their thoughts, leading to personal development and self-guided improvement.One way to think about meditation is as a form of "personal empowerment." It is a devotional exercise that encourages individuals to think carefully and consider matters deeply. By taking the time to meditate, people can gain new perspectives and enhance their ability to make considered decisions. This process of introspection can be a solitary endeavour, with the individual taking time to focus on their thoughts without external assistance.Meditation is often associated with mindfulness, which involves being aware of the present moment and one's thoughts and feelings without judgment. This practice can help reduce stress and improve overall well-being. Mindfulness meditation, derived from Buddhist Vipassana techniques, has become increasingly popular as a way to enhance one's mental health and resilience.Another aspect of meditation is concentration or focused attention. This involves directing one's thoughts towards a specific object, image, or idea. Visualization techniques are commonly used in therapy to help individuals manage stress and anxiety. By learning to control and direct their thoughts, people can improve their mental focus and enhance their problem-solving abilities.In addition to its mental benefits, meditation can also be a form of physical self-improvement. It is often practised in conjunction with yoga, stretching, and other physical exercises. By combining meditation with physical disciplines, individuals can improve their overall health and well-being, leading to a more balanced and harmonious life.ReflectionMeditation is a practice that has been around for thousands of years, and its benefits are well-known. It is a way to train yourself to "course correct in thinking and movement". The act of meditation is often associated with deep thought, contemplation, and reflection. If you're looking for a different word to describe this practice, "reflection" is a great choice.The verb "to reflect" is also a powerful alternative to the word "meditate". It means to think carefully and seriously about something, giving it deep consideration and attention. This is similar to the process of meditation, where one focuses their thoughts on a specific object, idea, or experience. By reflecting, individuals can gain new insights, perspectives, and understandings, which is the essence of meditation.In both its noun and verb forms, "reflection" captures the essence of meditation. It conveys the idea of thoughtful consideration, examination, and introspection. Whether one is reflecting on their thoughts or engaging in a period of quiet reflection, the act itself is a form of meditation. By using this word, we can describe the process of meditation in a new light, emphasizing the thoughtful and deliberate nature of the practice.In conclusion, "reflection" is a powerful alternative to the word "meditation". It captures the depth of thought, consideration, and introspection that meditation entails. By using "reflection", we can view the process of meditation through a different lens, highlighting the deliberate and thoughtful nature of this ancient practice. Whether one is reflecting on their thoughts or engaging in a period of quiet reflection, they are, in essence, meditating.Frequently asked questions Some synonyms for meditation include contemplation, reflection, rumination, self-examination, concentration, deep thought, and mindfulness. The noun form of meditation refers to the act of meditating or the state of being in meditation. It is often associated with spiritual or devotional practices, such as contemplation, concentration, and reflection. The verb "to meditate" means to contemplate, think deeply about, or give serious and careful thought to something. It implies a definite focusing of one's thoughts to gain a deeper understanding. Some words related to meditation include introspection, understanding, idea, concentration, and deep thought. While not direct synonyms, these words are closely associated with the concept of meditation. Synonyms for the verb "to meditate" include muse, ponder, ruminate, consider, examine, deliberate, agonize, think deeply, and focus. These words all convey a sense of thoughtful contemplation or reflection.

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