

Supplementary Material A

Tables of Meditation Techniques

Article: What Do Meditators Do When They Meditate?

Journal: Mindfulness

Authors: Karin Matko*, Ulrich Ott, and Peter Sedlmeier

*Affiliation: Chemnitz University of Technology

*E-Mail: karin.matko@psychologie.tu-chemnitz.de

Table A1

List of 309 Meditation Techniques

Primary technique	Secondary technique
Concentrate on the respiratory flow in the entire body	Combined with a simple mantra (Om, Soham) or a simple word for inhalation and exhalation
	Combined with a visualization that light enters the scalp during inhalation and spreads in the body during exhalation
Alternate nostril breathing	
Concentrate on the feeling at the tip of the nose while breathing	
Observe the breath and the sensations of the breath, particularly in the nose	Combined with a visualization that one inhales pure white light and exhales black smoke
Observe how thoughts arise in the mind	Combined with an associated visualization of clouds that dull the sky but pass by
Prayer - devotion and opening oneself up to blessings and inspiration	
Purposeful thinking about given sentences, instructions or line of thoughts with the aim of gaining insights and transferring these insights into daily life	Letting the object of meditation grow in the mind
	Developing inner comprehension of the object of meditation
	Dwelling upon the object of meditation without losing it
	Developing good intentions
Conscious breathing with short intervals of holding the breath	Combined with mentally repeating the syllables Om on inhalation, Ah on holding, and Hum on exhalation
Concentrate on the formless flow of breathing at the tip of the nose	
Silently repeat the four central thoughts	
Seek refuge	
Visualize a light or energy form of a specific Buddha with his/her specific attributes	Taking in these positive attributes
Repeat mantra with prayer beads (Mala)	Finding one's own rhythm, reciting loudly, whispering or silently
Creating a visual representation of a deity and then merging with this visualization, taking in his/her attributes	

Giving one's positive impressions as a gift	
Visualize a golden Buddha over one's head, allowing it to resolve into light and trickle into one's heart	
Scan and feel the entire body, skipping no part and not giving more attention to any particular body part, all are equal, if there is a blind spot, briefly sense it	Beginning at the fontanel, then on the outside of the body, from top to bottom, in smaller or broader strips, then from the inside
Going through and feeling the chakras from bottom to top	Combined with a visualization of the colors and energy qualities associated with each chakra
	Leave concentration on the chakra that is the most present, and expand from there
Opening up to the above and invite the cosmic energy to flow inside, while at the same time receiving earth energy from below and letting go of depleted energy, establishing a circular flow	
Successively inhale into each chakra letting it glow, and expand it on the outbreath	
Astral journey - go into a deep state of meditation to visit or travel to other places, out-of-body experiences	
Making 108 prostrations	
Chanting the four sutras	Sitting straight, open, sense and make use of one's sound tube, ground oneself to be able to open up to the above
Sit straight letting the eyes open and not fixating anything, gaze at the wall or the floor	Combine with a mudra - rest left palm in right palm with thumbs slightly touching
Sit and gaze at the wall, observe oneself doing nothing	
Inhale deeply into one's center, observe how the air expands and relaxes the abdomen	Let all thoughts sink downwards into the center (digest instead of pushing the away)
Contemplate on the question "Who am I? Who is observing? What is this I? Where do those thoughts come from?" and open up to any insight that might arise	Establish "don't-know mind" and get out of the "know-everything mind"
Observe and count the breath	Focus on one's center
Silently repeat a mantra as fast as possible	With or without Mala
Let go of everything, just look and stay with what is, no task, action, technique, object, total attention with oneself	
Listen to Koan and take it home as an impulse	
Walking meditation - walk one after the other through the room, be in the present moment (movement of feet, legs, clothing, hair, perspective, contact to the floor)	Continue practice employed during sitting meditation

Soenyu - seven easy movements that are performed in synchrony with the breath	Combine with observing of the mind
Repeat mantra associated with a specific god or goddess using a Mala	
Visualize specific god or goddess with all its attributes to then merge with this visualization (aim is a mystical state)	
Pranayama - voluntary manipulation of the breath	
Feeling the body, the floor, the breath, anything that is there, be open	Combine with visualization of thoughts passing by like clouds in the sky or waves in the ocean - observe and let go
Stare at a candle flame or picture without blinking, then close eyes, look inward, feel and see what happens, repeat several times if necessary	
Repeat mantra	Synchronize it with the breath
	Focus on a point of concentration
	Visualize light, love etc.
Repeating mantra unconsciously in the back of one's mind without focusing on it, informally	
Concentrating on something contradictory (Mahavakyas) without thinking discursively about it, maybe an insight arises	Take it along as an idea and see what happens
	Let go and allow it to unfold an effect, develop an intuitive understanding (samyama), advance into its essence
Perceiving, then releasing emotions and tensions while scanning the body	Letting the breath flow into tensions - inhale resolve, exhale flow off
	Let emotions speak a sentence, give them space to articulate themselves
Release the whole body, succumb	Combine with repetition of sentences like "I succumb myself", "Thy will be done not mine", "I am ready to die now", "Lead me from illusion to reality" and feel their effect
Produce simple sounds corresponding to specific centers of the body - A heart, U pelvis, M head, at last AUM jointly	Hands can be placed at corresponding regions of the body
	Can be practiced alone or in the group, sitting or standing
	Also possible with seven sounds corresponding to the seven chakras - ascending U-O-Ö-A-E-I-M

Listen to the sound of singing bowls that are hit successively, concentrate on the corresponding chakra, then go into silent meditation	Lying or sitting
	Supportively, affirmations, elements and characteristics of the chakras can be listened to
Select a small object that brings you joy (candle, flower, picture etc.) and look at it with half-open eyes and concentrate	
Try to feel one's heart beat	
1-4-2 Breathing: Inhale, hold breath and repeat a word that represents the divine or pure best for oneself (Om, Light, God, Tao), exhale	
Alternate nostril breathing	
Breath very calmly, after exhaling make a short pause without straining yourself	
Inhale positive attribute (love, peace, joy etc.), exhale its opposite (fear, restlessness, melancholia etc.)	
Visualize something calm and vast, e.g. calm surface of the water, deep ocean, sky, vastness at the top of a mountain	
Visualize a pillar of light above the head	
Visualize a flower in the heart and expand this visualization until you become the flower	
Visualize the sky in front of yourself, then in your heart, in yourself, and expand on and on	
Visualize a golden shield that repels all thoughts in front of one's forehead	
Repeat words (love, peace) and feel again and again what arises in the heart	
Repeat sentences: "I have no mind. I have only heart/soul. I am the heart/soul."	
Repeat mantra - OM (O in the heart, U in the throat, M in the forehead), or "Supreme" in the heart, or one's own spiritual name	
Sing/Chant spiritual songs (Kirtan), preferably within a community - opens the heart	
Read certain paragraphs in books or poems over and over again	
Look at picture of the master - first the whole picture, then focus on the third eye or heart	Possible to "breathe" with the picture
Visualize that you receive the awareness of the creator and perceive him/her as creation	God as the beloved, seeker as the loving

Everything is meditation, everything that was created/Shakti, can become the energetic gateway for awareness/Shiva, e.g., intense sneezing	
Focus the pause between inhalation and exhalation, carefully observing what happens	
Stare at a candle flame, then close the eyes after a certain period or when you feel something, direct the view inwards, feel and observe what happens, repeat several times	
Sound or hum, preferably in a completely silent space, after a certain time, when you feel something, go into silence, feel and listen to inner sounds	At the beginning, place hands over ears to intensify the inner sound
	Experiment with frequencies, under- and overtones, pitch, exploit new rooms, let the voice flow and observe carefully what the voice does
Repeat mantra - arabic words (99 names of Allah, beginnings of Koran Suras, invocations of grace and mercy, personal mantra received from a teacher), aim is reaching a trance	Repeat silently or loudly (77x, 99x, 101x or more often)
	Also employ prayer beads
	Sometimes accompanied by music
	Stronger effect in community (approx. once per week) - collective invocation to God to collectively fall into trance/meditative state
Spin around one's own axis - for hours, going into a trance beforehand, usually in community, as a devotion with the goal of experiencing God	
Perceive the floor beneath the feet, the body, the breath	
Connect breathing to a word that is important to oneself (Jesus, Christ, own name, possible to combine it with an invocation or plea), repeat word in the rhythm of breathing	First repeat loudly, then silently, then in the rhythm of breathing or the heartbeat until it is completely internalized (unconscious steady repetition)
	For support, employ rosary or string of knots
Read or listen to a biblical text, then allow it to take effect in the silence, engage with the text	Become empty, let thoughts and expectations come to rest, aim is experiencing God (God talks in the silence)
1. Breathing chaotically through the nose - change rhythm as soon as the mind starts to interfere	
2. Catharsis: Let go of all suppressed emotions, express them through sound and movement	

3. Hoo-Phase: With arms raised high above your head, jump up and down, land on the flats of your feet and loudly shout the mantra "Hoo!"	
4. Stop: Freeze and do not move anymore, in silence	
5. Celebrate and dance as you wish	
1. Shake and tremble letting go of all tensions, let it happen by itself	
2. Free dancing	
3. Sitting silent meditation, indifferently watch what happens internally and externally, be there	
4. Lie flat on the back and become silent	
1. Sit and hum with closed mounth letting the lips vibrate in a relaxed way, pitch and position of the body can be varied	2. Move palms as slowly as possible upward and away from the navel/Hara (giving), then move palms downward toward the navel (receiving), then sit in silence
Go through each chakra, three times from bottom to top, then three times from top to bottom, music and specific movement for each chakra	
1. Inhale, hold breath as long as possible, exhale, hold breath as long as possible	
2. Normal rhythm of breathing, stare at candle flame	
3. Stand upright with the eyes closed, and allow the body to move smoothly without intervening	
4. Lie silently on the back	
1. Walk on the spot with eyes open, pull knees up, become faster, breath deeply	
2. Sit with eyes closed and allow the body to circle around one's own axis	
3. Lie on back with eyes open, let eyes circle in clockwise direction, speed up, relax the jaw	
4. Close eyes and become silent	
1. Spin around one's own axis with arms spread out and eyes open, become faster	
2. Drop down to the floor, lie prone, feel how the body connects with the floor, close eyes and observe silently	
1. Sit calmly and listen to music	
2. Make meaningless sounds/talk gibberish in a soft conversational tone	
3. Stand up and allow the body to move softly in harmony with these sounds	
4. Lie down and become silent	

Repeat and make yourself understand that "I am a living energy expressing itself through this body." "I become aware that I am a soul and I've taken this body to play my role." => first repeat, then analyse, observe yourself, ask "Who am I?" and wait for response	
Repeat "I focus on myself - the soul"	Focus attention on center of forehead (3rd eye)
Breath in and feel living energy/peace, breath out and vibrate peace/give it to the atmosphere	
Repeat "I am a pure and peaceful soul" and practice every moment with eyes open in whatever you're doing = meditation in action	
Speak out loud what you feel/ you want to feel, repeat quality in you again and again, circulate energy	
Look at a yantra of a chakra with eyes open and let it take effect on you	
Meditate on the qualities of a chakra	Hold the corresponding Mudra (hand posture)
	Silently repeat affirmation
Walking meditation - walk slowly and direct full attention to the movement of the body	Combine it with breathing
	Visualize grounding oneself
Visualize the mind as a lake with a diamond at the bottom, focus on the diamond	Decelerate breathing
Recall situation that triggered anger or irritation, relive it and develop mental image, then slowly alter this image, instead of picturing oneself having become angry, picture having stayed calm, mentally repeat this positive picture a few times	
Mentally repeat positive wishes - for oneself, someone close, someone in need, someone who hurt you	Visualize that the heart is a closed rose petal that slowly opens
	Notice and observe the warmth
Listen to the breath naturally saying So-Ham on each inbreath and outbreath	Being silent and open to the experience
	Identify with the true self, Soham means "I am That"
Remove glasses or contacts, place right hand in front of face, raise little finger and stare at the tip of the little finger (5 min) without blinking, there may be tears, then release hand, but continue to stare at the same point	
Visualize radiant white light entering the crown chakra and flowing down through the body, let the whole body become saturated and illuminated by this divine light, become one with the light	Feel as a channel

	Repeat affirmation
	Visualize a person and let her/him bath in light
	Say thank you
Repeat mantra and synchronize it with breathing	Focus on the point between brows or heart, let breath flow through this point of concentration
	Visualize light at the point of concentration
Let everything happen, let the mind become calm by itself	
Reduce breathing - inhale and exhale for 3-4 seconds with as little air as possible	
Successively feel all parts of the body (contact to the ground, left and right side, back, front, top), breath there and feel how they expand, expand in all directions	Repeat autosuggestion "I am one with the infinite"
Breathe deeply into the abdomen, feel how the energy in the abdomen grows stronger, gather this energy and then channel it from the solar plexus to the base chakra during exhalation, and from there through the spine to the head during inhalation	Visualize sun in the abdomen
Inhale channel breath/energy downwards at the front of the body, exhale channel it upwards through the spine	
Repeat an affirmation, e.g., "I am calm", and develop the respective positive trait	Contemplate on this trait or think about a person who has this trait
	Feel the trait, merge with the feeling for this trait
	Visualize oneself acting with this trait in different situations
Allow everything to be as it is, no direction, methods or goals	All objects are left to their natural functioning, no effort should be made to manipulate or suppress any object of awareness, gently relax into awareness, listening, attitude of open receptivity, free of any goal or anticipation
	Resting on primordial awareness/consciousness, in state of profound stillness and silence, as an eternal witness
Ask a spiritually powerful question to gain spiritual insight and break free of meditative states, a question that has energy for you - what is the most important thing for you in your deepest heart? - e.g. "Who or what am I?" "Who is aware?"	Feel it in your body, in all cells of your being

Undistracted focus of attention on one object, e.g. breath or colored disks	
Hold focus of attention to an internally generated image of Deity surrounded by its entourage	Colorful, three-dimensional image (body, ornaments, environment), body schema, feelings, emotions of Deity
	Temporally replace sense of self and internal perception of real world
Visualize dissolution of Deity and its entourage into emptiness	
Evenly distribute attention so it is not directed toward any object or experience	Let experiences subside without dwelling on them
	Achieve awareness devoid of conceptualization
Focus without effort on mantra (sat nam, whahe guru), breath goes naturally in and out	Focus at center of brow
Rapid breathing (140/min) through nose, equally in and out, powered from navel point and solarplexus	Focus at center of brow
Divide breath into eight equal steps on inhalation and eight equal steps on exhalation	May put a mantra on the steps (Sa Ta Na Ma)
Wish yourself benevolent feelings by repeating sentences, then extend beneficial wishes to family, friends, strangers, people you have difficulties with and finally all living beings	
Focus attention on coming and going of your own thoughts	Familiarize with dynamic nature of stream of thoughts
	Detach from thoughts and develop meta-awareness
Focus on chosen phrase: „God (or any term that describes center of spirituality) is peace/joy/good/love“ and refocus if you mentally drift away	
Focus on chosen phrase: „I am content/joyful/good/happy“ and refocus if you mentally drift away	
Count breaths	Inhale count one, exhale count two, repeat
	Count to ten and then start again from one
Breathe regularly and naturally, relax mind and body, hold the mind where the breath touches	
Focus on object	Move from keeping the mind on the object to taking pleasure in the object to being happy with the object
	Possible objects are the four elements (earth, water, fire, air), the concepts of color (dark blue, yellow,

	red, white), the object of space or the object of light
Mentally note (not label) all intuitive experiences of the present moment	Observe the object of mental states and notice/"note" its characteristics
Label all mental experiences with words that describe these experiences, e.g., "thought", "feeling", "memory" etc.	
Observe and recognize the universal characteristics of mental states (annica - impermanence, dukkha - suffering, anatta - lack of reality)	
Contemplate on the conditional emergence of experiences (cause & effect)	Notice breathing air and the place where it touches the body, if both meet, consciousness of the body arises
Informal Practice - Integration of mindfulness skills into everyday life	Notice one's body while walking, being aware of thoughts and feelings while washing the dishes, bringing attention to one's breath upon awakening
Mindful contemplation on the body and its internal and external activity	Breathing
	Posture
	Locomotion, eating, drinking..
	Skin and intestines
	Material elements
	Decay of the body
Mindful contemplation of feelings, mentally describing/taking notes on how you feel in the present moment, e.g., pleasant, painful etc.	
Mindful contemplation of consciousness and mentally describing/taking notes on the content that is prevalent in your consciousness at the present moment, e.g., lust, hate, ignorance etc.	
Mindful contemplation of mental objects and mentally describing/taking notes how they arise and subside from moment to moment	Sense-desire/anger/sloth and torpor/agitation and remorse/doubt
	Material form, feeling, perception, formations, consciousness
	Eye and visual forms, ear and sounds, the nose and smells, the tongue and flavors, the body and tactual objects
	Mental objects (energy, joy, tranquillity, concentration, equanimity)
	Repeat "This is suffering," "This is the origin of suffering," "This is the

	cessation of suffering," "This is the road leading to the cessation of suffering,"
Sustained concentration on a single object such as the breath, or affective state such as compassion	
Sustained attention on the movements of breath while mentally counting inhalations and exhalations	
Direct attention toward specific areas of the body, such as the point beneath the navel, and sustaining awareness in that area for extended periods of time	
Scanning the body from top to bottom	
Walking, dividing the walking process into parts, and internally labeling each partial movement	
Resting attention on a specific aspect of experience	Sensory percept (e.g. visual object, physical sensation), thought (e.g. mentally repeated word or sound, mantra), emotion (e.g. compassion)
Repetition of a sacred word or phrase, through which the mind becomes increasingly still and subtle aspects of consciousness are accessed	
Releasing attentional focus on a specific object and maintaining awareness of whatever thoughts, feelings, or percepts arise as objects within the field of awareness	
Releasing the orientation of attention toward an object and instead sustaining awareness of the process of knowing itself	
Systematically cultivating and sustaining the active care and concern to alleviate the suffering (compassion) or nurture the happiness (loving-kindness) of the object of one's meditation, which may be oneself, another being, or all beings	
Cultivating both the aspiration and active commitment to help all beings achieve complete freedom from suffering and dissatisfaction and to fully embody wisdom and compassion	
Repeating a sacred word to connect to the presence of the divine, whenever you become aware of anything (thoughts, feelings, perceptions, images, associations, etc.), simply return to your sacred word, your anchor	Prayer that is centered entirely on the presence of God
	Let that word be gently present as your symbol of your sincere intention to be in the Lord's presence and open to His divine action within you
Contemplating a series of topics, including recollections of the positive qualities of virtue and generosity, in order to	Buddha, the Dhamma, the Sangha, virtue, generosity, and the Devas

calm and stabilize the mind and to induce a sense of joy and confidence (pasada) in the practice	
Contemplating the preciousness of human life, death and impermanence	
Contemplating on the principle of causality	
Contemplating on the pervasive nature of suffering and dissatisfaction	
Contemplates the fragility of life, the many circumstances that can bring an end to life, and other topics that aim to put the meditator in touch with his or her own mortality	
Developmental stage- imagination and creative visualization of a god or goddess	One common technique is to imagine oneself as an enlightened being who fully embodies wisdom and compassion
Visualizing the human body in various states of decay and mentally dissecting the body into its component parts to undermine lust and sensual desire	
Contemplation in which one either experientially investigates and/or logically analyzes ontological beliefs and views, especially concerning the nature of the self	
Listen to or read paradoxical stories and phrases to demonstrate the inadequacy of concepts and to elicit a direct experience of non-conceptual wisdom	
Maraqaba- one's sense of individual identity dissolves and one merges with the divine. In practice, this form of meditation proceeds in stages that involve gaining access to increasingly subtle aspects of consciousness	
Being guided to a direct experience of the non-dual essence of awareness, in which the sense of being a perceiver or agent that stands apart from the objects of consciousness is absent	Primary practice involves returning to this recognition over and over again until it stabilizes and can be integrated with various activities and psychological states
Effortlessly resting in the non-dual essence of awareness	
Simple act of sitting, without effort or contrivance, expresses the awakened presence of mind, a non-conceptual experience in which the dualistic framework of consciousness falls away	
Cultivating a sustained awareness of the sense of personal identity until it falls away altogether, leading to an experience of non-dual awareness	
Fundamental attitude of continuous attention, which means constant tension and consciousness, as well as vigilance exercised at every moment, relinquishing his concern about the past and future, over which he has no control, and focusing his attention (prosochē) exclusively on the present	

Memorization and assimilation of the fundamental dogmas and rules of life to have our preconceptions clear and ready at hand	
Practice of personalizing the principles of Stoicism for one's own life and put them in writing, e.g., poems, koans, a few brief words, or a few paragraphs	
With a specific intention (e.g., open one's heart, raise one's mood) select and repeat a mantra (in Gumukhi or English)	Sing/Chant loudly, whispering or silently
	Combine with associated hand postures or arm movements
	With Mala
For wealth - repeat Har in the center of the body	Arm movement: Place palms together alternatingly with pointer or little finger performing a circle
Healing Meditation - repeat Rama Dasa Sa Se So Hung	Open arms widely to the above
For the heart - repeat Guru Guru Wahe Guru	Fold hands in front of the heart
Kirtan Kriya - repeat Sa Ta Na Ma	Alternatingly pressing the tip of the thumbs against the tips of the other fingers corresponding with the parts of the mantra
	5 min loudly, 5 min whisperingly, 10 min silently, 5 min whisperingly, 5 min loudly
Repeat Sat Nam	Locate and feel own pulse and repeat Sat Nam in the rhythm of the pulse
Singing together (1 h) as a powerful, heart-opening practice in the morning	
Repeat Wa with focus on left eye, He focus on right eye, Guru focus on the tip of the nose	
Lie down, relax and listen to the sound of a gong that is struck for 31 minutes	
Deliberate detachment or blocking of sensory inputs, including pain, with the eventual goal of transcending any narrow sense of self or personal identity	
Dissolve or attenuate the boundaries between subject and object	
Deliberate dampening of sensory inputs to induce a „hypnagogic“ state and enhance one's capacity to carry out visualisations and relaxation practices	
Enhancing meta-awareness during dreaming („lucid“ dreaming), and/or maintaining awareness during deep, dreamless sleep	
Meditation in movement (Qigong) - when the movement sequence is automated and internalized and the breath can	

flow naturally, a meditative, gentle and peaceful state is created	
Place one hand on the abdomen and the other hand on the chest, feel the movement of the breath and try to direct the breath into the abdomen	
Count how long the inbreaths and outbreaths are, slowly extending the breath cycle	
Paradox breath - inhale and contract the abdomen, exhale and relax the abdomen	
Chant sounds that correspond with the organs (lung-tsss, heart-ha, triple-heater-chi) to harmonize and connect the organs	Visualize corresponding colors
Standing pillar – Straighten up in the axis between heaven and earth, stand without strain, hips-shoulders-feet on top of each other, let go of tensions in shoulders-arms-legs-abdomen, abdominal breathing, weight distribution with the help of support points - lean backwards (especially on the sacrum), feeling of being carried, stop when restlessness arises	
Open joints and connect different points of the body, first through the touch of the teacher, then internally, to enable the body to stand upright with ease	
Successively focus on and observe energetically important points in the body (e.g., Dan Tien, pubis, tailbone, shoulder blades, crown, throat, heart, solar plexus)	Synchronize with the breath

Table A2

List of 168 Meditation Techniques Sorted into 14 Intuitive Categories

1) Breath

Alternate nostril breathing - close nostrils alternately, inhale through one nostril in the rhythm 4-16-8 (or other rhythm in the same ratio) - hold breath - exhale through the other nostril and inhale again.

Being mindful of the respiratory flow in the entire body

Breath divided into eight equal steps on inhalation and eight equal steps on exhalation (may put a mantra on the steps (Sa Ta Na Ma))

Breath in and feel living energy/peace, breath out and vibrate peace/give it to the atmosphere

Breath regularly and naturally, relax mind and body, hold the mind where the breath touches

Breathe deeply into one's center, observe how air expands and relaxes the abdomen

Breathe very calmly taking a short break after exhalation without overexerting oneself

Breathing rhythm: inhale - hold as long as possible - exhale - hold as long as possible

Chaotic nasal breathing: change rhythm as soon as the mind kicks in

Combine inhalation and exhalation with mentally repeating syllables or words

Combining inhalation and exhalation with a simple mantra (Om, Soham) or word while breathing naturally

Count how long you inhale and exhale - gradually lengthen the breathing cycle

Counting breaths (either inhale-1, exhale-2, or inhale-out-1, count to 10 and start again)

Focus the pause between exhalation and inhalation, be mindful of what is happening

Inhale - pull in the belly, exhale - relax the belly

Inhale channel breath/energy downwards at the front of the body, exhale channel it upwards through the spine

Inhale positive attribute (love, peace, joy etc.) - exhale opposite (fear, anxiety, melancholy)

Inhale, hold one's breath, and exhale in a specific rhythm

Listening to the breath naturally say So-Ham with each inhalation and exhalation

Observe breath - what kind of feeling arises during breathing, esp. in the nose

Put one hand on the belly, the other on the chest and feel - Where am I breathing to? Try to direct the breath more into the belly

Rapid breathing (140/min) through nose, equally in and out, powered from navel point and solar plexus,

Reduce breathing - inhale for 3-4 s and exhale again, with as little air as possible

2) Observing thoughts, contemplation, insight

Concentrating the mind on something contradictory without thinking about the contradiction

Contemplate the fragility of life, the many circumstances that can bring an end to life, and other topics that aim to put the meditator in touch with his or her own mortality

Contemplating a series of topics, including recollections of the positive qualities of virtue and generosity, in order to calm and stabilize the mind and to induce a sense of joy and confidence (pasada) in the practice

Contemplating on a spiritually significant question (e.g., "Who am I?")

Contemplating on the conditional emergence of experiences (cause & effect)

Contemplation on the nature of the self

Detach from thoughts and develop meta-awareness

Developing inner comprehension of the object of meditation

Familiarize with dynamic nature of stream of thoughts

Identify with the true self, Soham means "I am That"

Labeling mental experiences with words that describe these experiences

Letting thoughts sink down, into the center (digesting them, not pushing them away)

Listen to Koan and take it home as an impulse

Mentally note (not label) all intuitive experiences of the present moment

Mindful contemplation of consciousness and mentally describing/taking notes on the content that is prevalent in your consciousness at the present moment

Mindful contemplation of feelings, mentally describing/taking notes on how you feel in the present moment

Mindful contemplation of mental objects and mentally describing/taking notes on how they arise and subside from moment to moment

Observe and recognize the universal characteristics of mental states (annica - impermanence, dukkha - suffering, anatta - lack of reality)

Observing how thoughts arise in the mind without adhering to them

Practice of personalizing the principles of Stoicism for one's own life and put them in writing, e.g., poems, koans, a few brief words, or a few paragraphs

Purposeful thinking about given sentences, instructions or line of thoughts with the aim of gaining insights and transferring these insights into daily life

Read certain paragraphs in books or poems over and over again

Read or listen to a biblical text, then allow it to take effect in the silence, engage with the text

Repeat and make yourself understand that "I am a living energy expressing itself through this body."
"I become aware that I am a soul and I've taken this body to play my role." => first repeat, then analyze, observe yourself, ask "Who am I?" and wait for response

3) Prayer, opening up, grace, mysticism

Collective invocation to God

Everything is meditation, everything that was created/Shakti, can become the energetic gateway for awareness/Shiva, e.g., intense sneezing

Feel as a channel

Giving one's positive impressions as a gift

Letting go of the whole body, surrendering

Opening oneself up to blessings and inspiration

Seek refuge

Visualize that you receive the awareness of the creator and perceive him/her as creation

4) Visualizations

Associate stream of thought with visualization of clouds that dull the sky but pass by

Creating a visual representation of a deity and then merging with this visualization

Visualize a golden Buddha over one's head, allowing it to resolve into light and trickle into one's heart

Visualize a golden shield that repels all thoughts in front of one's forehead

Visualize a pillar of light above the head

Visualize a sun or fire in one's abdomen

Visualize chakras and attributes associated with them

Visualize inhaling pure white light and exhaling black smoke

Visualize radiant white light entering the crown chakra and flowing down through the body, let the whole body become saturated and illuminated by this divine light, become one with the light

Visualize something calm and vast, e.g. calm surface of the water, deep ocean, sky, vastness at the top of a mountain

Visualize that the heart is a closed rose petal that slowly opens

Visualize the sky in front of yourself, then in your heart, within yourself, and expand on and on

Visualize thoughts coming and going like waves in the ocean - perceive and let go of them

Visualizing a person and letting that person bathe in light

Visualizing grounding oneself

Visualizing the human body in various states of decay and also by mentally dissecting the body into its component parts

Visualizing the mind as a lake with a diamond at the bottom, focusing on the diamond

5) Repeating a mantra or an affirmation

Combining inhalation and exhalation with mentally repeating syllables or words

Focus on chosen phrase: "God (or any term that describes center of spirituality) is peace/joy/good/love" and refocus if you mentally drift away

Focus on chosen phrase: "I am content/joyful/good/happy" and refocus if you mentally drift away

Locate and feel own pulse and repeat Sat Nam in the rhythm of the pulse

Reciting a mantra loudly

Repeat a holy word (Krishna, Jesus, Allah) in the rhythm of breathing

Repeat an affirmation, e.g., "I am calm", and develop the respective positive trait

Repeat mantra - arabic words (99 names of Allah, beginnings of Koran Suras, invocations of grace and mercy, personal mantra received from a teacher), aim is reaching a trance

Repeat mantra - find own rhythm, reciting loudly, whispering or silently

Repeat mantra associated with a specific god or goddess using a Mala

Repeat mantra AUM - A in heart, U in throat, M in forehead

Repeat sentences: "I have no mind. I have only the heart/soul. I am only the heart/soul" or "I am One with the Infinite".

Repeat Wa with focus on left eye, He focus on right eye, Guru focus on the tip of the nose

Repeat words (love, peace) and feel again and again what arises in the heart

Repeating a mantra using a mnemonic (e.g., prayer beads)

Repeating a sacred word to connect to the presence of the divine, whenever you become aware of anything (thoughts, feelings, perceptions, images, associations, etc.), simply return to your sacred word, your anchor

Repeating mantra unconsciously in the back of one's mind without focusing on it, informally

Repeating phrases "I surrender", "Not my will but yours be done", "I am ready to die now", "Lead me from appearance to reality" and feeling what effect unfolds

Silently repeat the four central thoughts

With a specific intention (e.g., open one's heart, raise one's mood) selecting and repeating a mantra, combining it with associated hand postures or arm movements

6) Observing the body

Awareness of the ground under the feet, the body, the breath

Directing attention toward specific areas of the body, such as the point beneath the navel, and sustaining awareness in that area for extended periods of time

Mindful contemplation of the body and its internal and external activity (posture, locomotion, eating, drinking, skin and intestines, material elements)

Perceiving, then releasing emotions and tensions while scanning the body

Scanning the entire body

Trying to feel one's own heartbeat

7) Sensing/Feeling of energy, emotions, or affect-centered objects

Breathe deeply into the abdomen, feel how the energy in the abdomen grows stronger, gather this energy and then channel it from the solar plexus to the base chakra during exhalation, and from there through the spine to the head during inhalation

Catharsis: release suppressed emotions, expression through sound and movement

Concentrate on the chakra you feel the most, expand from there

Feel positive, desired quality, be completely absorbed in the feeling of this quality

Feel the insight of "Who am I?" in your body, in all cells of your being

Go through the body, perceive and release emotions, e.g. with the help of the breath (let the breath flow in - release in, let it flow out)

Going through and feeling chakras from bottom to top

Let emotions speak a sentence, give them space to articulate themselves

Listen to the sound of singing bowls that are hit successively, concentrate on the corresponding chakra, then go into silent meditation

Opening up to the above and inviting the cosmic energy to flow inside, while at the same time receiving earth energy from below and letting go of depleted energy, establishing a circular flow

speak out loud what you feel/ you want to feel, repeat desired quality in you again and again, circulate energy

Successively feel all parts of the body (contact to the ground, left and right side, back, front, top), breath there and feel how they expand, expand in all directions

Successively focus on and observe energetically important points in the body (e.g., Dan Tien, pubis, tailbone, shoulder blades, crown, throat, heart, solar plexus)

Successively inhale into each chakra letting it glow, and expand it on the outbreath

8) Chanting, singing, humming, music

Chant sounds that correspond with the organs (lung-tsss, heart-ha, triple-heater-chi) to harmonize and connect the organs

Chanting sutras

Experiment with frequencies, under- and overtones, pitch, exploit new rooms, let the voice flow and observe carefully what the voice does

Humming and concentrating on specific, corresponding body regions

Lie down, relax and listen to the sound of a gong that is struck for 31 minutes

Make meaningless sounds/talk gibberish in a soft conversational tone

Sing/Chant spiritual songs (Kirtan), preferably within a community - opens the heart

Sit and hum with closed mouth letting the lips vibrate in a relaxed way, pitch and position of the body can be varied, move palms as slowly as possible upward and away from the navel/Hara (giving), then move palms downward toward the navel (receiving), then sit in silence

Sound or hum, preferably in a completely silent space, after a certain time, when you feel something, go into silence, feel and listen to inner sounds

9) Open monitoring or doing nothing in particular

Establish "don't-know mind" and get out of the "know-everything mind"

Evenly distribute attention so it is not directed toward any object or experience

Let everything happen, let the mind come to rest by itself

Let experiences subside without dwelling on them

Releasing attentional focus on a specific object and maintaining awareness of whatever thoughts, feelings, or percepts arise as objects within the field of awareness

Resting on primordial awareness/consciousness, gently relax into awareness, listening, attitude of open receptivity, free of any goal or anticipation, rest in state of profound stillness and silence, as an eternal witness

Sitting and gazing at the wall, observing oneself doing nothing

10) Experiencing non-duality or emptiness

Become empty, let thoughts and expectations come to rest, aim is experiencing God (God talks in the silence)

Cultivating a sustained awareness of the sense of personal identity

Deliberate detachment or blocking of sensory inputs, including pain, with the eventual goal of transcending any narrow sense of self or personal identity

Dissolving or attenuating the boundaries between subject and object

Effortlessly resting in the non-dual essence of awareness

11) Concentrating on an object

Focus on one's center

Focusing on one point of the body and letting the breath flow through this point of concentration

Look at a yantra of a chakra with eyes open and let it take effect on you

Look at the picture of the master

Move from keeping the mind on the object to taking pleasure in the object to being happy with the object

Possible objects are the four elements (earth, water, fire, air), the concepts of color (dark blue, yellow, red, white), the object of space or the object of light

Remove glasses or contacts, place right hand in front of face, raise little finger and stare at the tip of the little finger (5 min) without blinking, there may be tears, then release hand, but continue to stare at the same point

Select a small object that brings you joy (candle, flower, picture etc.) and look at it with half-open eyes and concentrate

Stare at a candle flame or picture without blinking, then close eyes, look inward, feel and see what happens, repeat several times if necessary.

Undistracted focus of attention to colored disks

Visualize light at the point of concentration

12) Cultivating virtues, positive attributes, or good wishes**Adopt positive attributes of the Buddha**

Cultivating both the aspiration and active commitment to help all beings achieve complete freedom from suffering and dissatisfaction and to fully embody wisdom and compassion

Recall situation that triggered anger or irritation, relive it and develop mental image, then slowly alter this image, instead of picturing oneself having become angry, picture having stayed calm, mentally repeat this positive picture a few times

Systematically cultivating and sustaining the active care and concern to alleviate the suffering (compassion) of the object of one's meditation, which may be oneself, another being, or all beings

Wish yourself benevolent feelings by repeating sentences, then extend beneficial wishes to family, friends, strangers, people you have difficulties with and finally all living beings

13) Moving the body**Free dancing**

Hoo-Phase: With arms raised high above your head, jump up and down, land on the flats of your feet and loudly shout the mantra "Hoo!"

Lie on back with eyes open, let eyes circle in clockwise direction, speed up, relax the jaw

Meditation in movement (Qigong) - when the movement sequence is automated and internalized and the breath can flow naturally, a meditative, gentle and peaceful state is created

Open joints and connect different points of the body, first through the touch of the teacher, then internally, to enable the body to stand upright with ease

Shake and tremble letting go of all tensions, let it happen by itself

Sit with eyes closed and allow the body to circle around one's own axis

Soenyu - seven easy movements that are performed in synchrony with the breath

Spin around one's own axis - for hours, going into a trance beforehand, usually in community, as a devotion with the goal of experiencing God

Spin around one's own axis with arms spread out and eyes open, become faster, drop down to the floor, lie prone, feel how the body connects with the floor, close eyes and observe silently

Stand upright with the eyes closed, and allow the body to move smoothly without intervening

Standing pillar – Straighten up in the axis between heaven and earth, stand without strain, hips-shoulders-feet on top of each other, let go of tensions in shoulders-arms-legs-abdomen, abdominal breathing, weight distribution with the help of support points - lean backwards (especially on the sacrum), feeling of being carried, stop when restlessness arises

Walk on the spot with eyes open, pull knees up, become faster, breath deeply

Walking meditation - walk one after the other through the room, be in the present moment (movement of feet, legs, clothing, hair, perspective, contact to the floor)

Walking meditation - walk slowly and direct full attention to the movement of the body, combined with breathing

14) Informal Practice

Enhancing meta-awareness during dreaming („lucid“ dreaming), and/or maintaining awareness during deep, dreamless sleep

Focusing one's attention exclusively on the present

Informal Practice= integration of mindfulness skills into everyday life, 'noticing one's body while walking, being aware of thoughts and feelings while washing the dishes, bringing attention to one's breath upon awakening"

Repeat "I am a pure and peaceful soul" inwardly in everything you do.

Table A3

List of 86 Meditation Techniques

Accumulating energy in specific centers (e.g., abdomen) and channeling it through certain pathways (e.g., spine)
Becoming aware of one's own bodily sensations in everyday life
Being "mindful" in everyday life, being aware of thoughts, feelings and one's body while walking, eating, doing the dishes etc.
Being aware of which thoughts, feelings, sensations come into consciousness
Being mindful of the respiratory flow in the entire body
Being mindful of the rise and fall of the abdomen while breathing
Being mindful of the sensations arising in the nose during inhalation and exhalation
Breathing deeply into our body center, observing how air expands and relaxes the abdomen
Carrying out predetermined, meditative sequences of movements while allowing the breath to flow naturally
Combining inhalation and exhalation with imagination of energy, qualities, light, smoke etc.
Combining inhalation and exhalation with mentally repeating syllables or words
Combining inhalation and exhalation with the visualization of an energy flow
Concentrating on a location in the body (e.g., abdomen or between the eyebrows)
Concentrating on an "energy center" (e.g., Chakra, Dan Tien)
Concentrating the mind on something contradictory without thinking about the contradiction
Contemplating on a spiritually important question (e.g., "Who am I?")
Contemplating on death and one's own mortality
Contemplating on the conditional emergence of experiences (cause & effect)
Counting breaths
Counting seconds while inhaling and exhaling - gradually lengthening the breathing cycle
Creating a visual representation of a deity and then merging with this visualization
Cultivating compassion (for oneself, friends, neutral people, enemies, the whole world)
Cultivating equanimity (for oneself, friends, neutral people, enemies, the whole world)
Cultivating loving kindness (for oneself, friends, neutral people, enemies, the whole world)
Cultivating sympathetic joy (for oneself, friends, neutral people, enemies, the whole world)
Detaching from all techniques, methods and goals and relaxing into a state of silent listening and profound stillness
Droning or humming continuously with optional corresponding hand movements
Fixating an object without blinking / "staring" (candle flame, picture, hand)
Focus on the center of the body (e.g. belly, heart)
Focusing on internal sounds and vibrations

Focusing on one point of the body and letting the breath flow through this point of concentration

Focusing on the pauses between inhalation and exhalation, carefully observing what happens

Fostering and focusing on a spiritual connection created by singing together

"Going through" a circuit of energy centers

Humming and concentrating on specific, corresponding body regions

Imagine putting down long, deep roots in the ground and grounding oneself

Inhale - pull in belly, exhale - relax belly

Inhale and exhale very quickly, drawing in the abdomen forcefully

Inhale, hold one's breath, and exhale in a specific rhythm

Jumping up and down with arms raised, landing on the whole sole and loudly shouting a mantra

Labeling mental experiences with words that describe these experiences

Letting thoughts sink down, into the center (digesting them, not pushing them away)

Letting go of all suppressed emotions ("catharsis")

Letting suppressed emotions out freely, expression through sound and movement

Listening to the sound of singing bowls or a gong and feeling the corresponding vibrations inside the body

Locating one's pulse and repeating a mantra following this rhythm

Looking at/ focusing on a sacred object (picture of the master, sacred geometric pattern, colored disks etc.)

Looking at/focusing on an object with half-open eyes, which brings you joy (candle, flower, picture, etc.)

Lying down and going into a state of deep relaxation while being fully conscious

Observing emotions without adhering to them

Observing how bodily sensations arise without adhering to them

Observing how thoughts arise in the mind without adhering to them

Opening oneself up to blessings and inspiration

Perceiving, then releasing emotions and tensions (e.g., with the help of the breath), while scanning the body

Perform simple movements synchronized with the breath, observing one's mind

Purposeful thinking about some given instructions/phrases/thoughts (e.g., "My life is precious").

Put one hand on the belly, the other on the chest and feel - Where am I breathing to? Try to direct the breath more into the belly

Reading certain paragraphs of a text over and over again and taking them in

Reciting a mantra loudly, whispering and silently

Reduce breathing - inhale and exhale evenly with as little air as possible

Relate different points of the body so that the body remains erect with ease

Release all tension throughout the body and all thoughts and feelings, surrender to the flow of life

Repeating a mantra in everything one does
Repeating a mantra using a mnemonic (e.g., prayer beads)
Repeating a mantra while focusing on corresponding points in the body
Repeating an affirmation (e.g., "I am patient")
Repeating phrases of letting go (e.g. "I surrender") and feeling what effect arises
Scanning the entire body
Singing sutras/mantras
Sitting and gazing at the wall, observing oneself doing nothing
Sitting with eyes closed and allowing the body to circle around one's own axis
Spinning around one's own axis with the arms spread out
Stand upright without strain, release tensions, abdominal breathing, weight distribution with the help of support points, develop feeling of being carried
Standing upright with the eyes closed, and allowing the body to move smoothly without intervening
Trying to feel one's heartbeat
Visualization associated with calming, expansive images of nature (ocean, sky, etc.)
Visualizations associated with light or fire at different body parts
Visualizations associated with the opening of the heart (e.g., rose blossom)
Visualizing a person and letting that person bathe in light
Visualizing how the dead human body slowly decays and decomposes
Visualizing that thoughts are inherently restless, and focusing on the silence and the vastness that lies beyond them
Visualizing the body expanding in all directions
Walking and being mindful of sensory perceptions (movement of the feet, legs, clothing, air, hair etc.)
Walking slowly and coordinating with breathing
Walking, dividing the walking process into parts, and internally labeling each partial movement
With a specific intention (e.g., open one's heart, raise one's mood) selecting and repeating a mantra, combining it with associated hand postures or arm movements