

Explore Different Types of Meditation: Find the Style That Fits You

Meditation isn't one-size-fits-all — it's a menu of practices to support different needs, moods, and personalities. Exploring different formats will help you find one or more that you can adopt and sustain.

Mindfulness Meditation

Mindfulness meditation is best for reducing stress, increasing awareness, and calming a busy mind. This format focuses on your breath, sensations, or surroundings while gently noticing thoughts without getting pulled in. This is the most accessible starting point for beginners.

Breath Awareness (Focused Attention)

Breath Awareness is best for grounding, anxiety relief, and quick resets. This format invites you to choose one place where you feel your breath most clearly — nostrils, chest, or belly — and keep returning your attention there. Simple, powerful, always available.

Loving-Kindness (Metta) Meditation

Loving-Kindness, also known as Metta, meditation is best for emotional healing, compassion, and softening self-criticism. This format uses a repetitive approach with phrases like:

"May I be safe.

May I be well.

May I be peaceful."

Then extend the phrases to others. It is deeply transformative for the heart.

Body Scan Meditation

A Body Scan is best for releasing tension, reconnecting with your body, and encouraging sleep. This format moves your awareness from head to toe, noticing sensations without changing them. Wonderful for ending the day.

Visualization Meditation

Visualization meditation is best for gaining clarity, confidence, and inner guidance.

This format uses imagery to create a calming scene, a healing light, or a safe place.

Great for people who like imagery, creativity, or guided journeys. NOTE: Visualization may be hard for some. You can still reap benefits even if the stated images do not appear.

Mantra or Word/Phrase Repetition

Mantras are best for encouraging focus, quieting mental chatter, and introducing a steady breathing rhythm. This format utilizes repeated words, phrases, or sounds such as *"peace," "let go," "I am here,"* or a traditional mantra. The repetition becomes an anchor for the mind.

Walking Meditation

Walking meditations are best for people who feel restless sitting, helping you feel grounded, and connecting with nature. This format is physical in nature requiring a slow and intentional walk, noticing the sensation of your feet touching the ground. Perfect for “I can’t sit still” days.

NOTE: You may also do this meditation while walking in your shoes.

Guided Meditation

Guided meditation is one of the most popular formats for meditation. It is best for beginners, offers structure, and gentle accountability to keep you on track.

This format is widely available on apps, videos, podcasts, or a live teacher to walk you through each step. Use this format to take the guesswork out of the process.

Breathwork Meditation

Breathwork meditation is best for emotional regulation, energy shifts, and nervous system support. There are many forms of breathwork ranging from light and short to long and intense.

Try gentle patterns like:

- Box breathing: inhale 4, hold 4, exhale 4, hold 4. Set your timer for two minutes.
- Extended exhale: inhale 4, hold 7, exhale 8. Set your timer for two minutes.

These techniques change how your body experiences stress.

How to Choose the Right Style

Ask yourself:

- *What do I need today? Calm? Clarity? Support? Focus?*
- *What feels most natural to me — words, breath, movement, visuals, sound?*

Try one style for a week, then switch.

Meditation is a practice of discovery — let yourself explore.

Consider signing up for the Explore Workshop, a four-week meditation workshop that introduces four of these formats in a group, peer-to-peer learning environment.

Sign up for my [Explore Workshop](#).

For more information about Indigo Alchemy, visit my [website](#). Follow me on [Insight Timer](#). Subscribe to my [YouTube](#) channel. Follow me on [Instagram](#).