

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>