

Selected Links to Meditation Teachers

[Barbara Brodsky and Aaron](#)

[John Orr](#)

[Shinzen Young](#)

[Center for Spiritual Awareness](#)

[Vipassana Fellowship](#)

[Yoga Meditation](#)

Selected Links to Spiritual Teachers (most also address meditation)

[Open Gate Sangha with Adyashanti and Mukti](#)

[Shinzen Young and The Science of Enlightenment](#)

[Richard Moss on Deep Work for Essential Change](#)

[The Enlightenment Teachings of Leonard Jacobson](#)

[Francis Bennett on Full Circle Awakening](#)

[The Path of Tantra Yoga with Christopher Wallis](#)

[Non-Duality Teachings of Rupert Spira](#)

[The Spiritual Enneagram with Eli Jaxon-Bear](#)

[Living Non-Duality with Robert Wolf](#)

[Self-realization and Enlightenment with Jan Esmann](#)

Florian Schlosser on The Functioning of Consciousness and Unconscious Patterns

John Mark Stroud Extending Christ Consciousness

The Center for Spiritual Awareness (Kriya Yoga)

Seeking the Great Peace (Mahashanti) with Enza Vita

The Headless Way with Richard Lang

The Simplicity of What Is with Joan Tollifson

Awakening Clarity Now with Fred Davis