There are numerous types of meditation practices, each with its own techniques and goals. Here are some of the most common types of meditation:

1. **Mindfulness Meditation:** Mindfulness meditation involves paying non-judgmental attention to the present moment. It often centers around focusing on the breath, bodily sensations, or simply observing thoughts and emotions as they arise.
2. **Transcendental Meditation (TM):** TM is a mantra-based meditation technique. Practitioners repeat a specific mantra silently, which helps the mind enter a state of deep relaxation and inner calm.
3. **Loving-Kindness Meditation (Metta):** Metta meditation aims to cultivate feelings of love and compassion toward oneself and others. Practitioners repeat phrases or affirmations focused on well-wishing and sending positive energy to all beings.
4. **Yoga and Tai Chi:** While often thought of as physical exercises, yoga and tai chi also incorporate meditative aspects. They involve flowing movements, controlled breathing, and mindfulness practices to enhance physical and mental well-being.
5. **Zen Meditation (Zazen):** Zen meditation, rooted in Zen Buddhism, emphasizes sitting in a specific posture and focusing on the breath or a koan (a paradoxical question or statement) to facilitate insight and enlightenment.
6. **Vipassana Meditation:** Vipassana is an ancient meditation practice that involves observing bodily sensations and the impermanent nature of reality to gain insight into the true nature of existence.
7. **Guided Meditation:** In guided meditation, a teacher or recording provides verbal guidance to lead practitioners through specific meditation experiences, often focused on relaxation, stress reduction, or personal development.
8. **Chakra Meditation:** This practice involves focusing on the body's energy centers or chakras to promote balance, healing, and spiritual growth.
9. **Body Scan Meditation:** Body scan meditation involves systematically directing your attention through different parts of the body, often to promote relaxation and awareness of bodily sensations.
10. **Mantra Meditation:** Similar to TM, mantra meditation involves repeating a specific word or phrase to calm the mind and deepen concentration.
11. **Breath Awareness Meditation:** This meditation centers on observing the breath without manipulation. It is one of the fundamental practices in mindfulness meditation.
12. **Sound Meditation:** Sound-based practices use repetitive sounds, such as chanting, gongs, singing bowls, or recorded sounds, to induce a meditative state and enhance focus.
13. **Movement-Based Meditation:** Practices like walking meditation and dance meditation involve combining physical movement with mindfulness and meditative awareness.
14. **Body-Mind Centering (BMC):** BMC is a somatic practice that combines meditation with movement and self-awareness to connect the mind and body.
15. **Silent Retreats:** Extended periods of silent meditation, often lasting several days, provide a deep immersion into meditation practice and self-reflection.

The choice of meditation type depends on individual preferences, goals, and the desired outcomes, whether it's reducing stress, improving concentration, enhancing self-awareness, or seeking spiritual insight. Exploring different meditation techniques can help you find the one that resonates most with you and meets your specific needs.