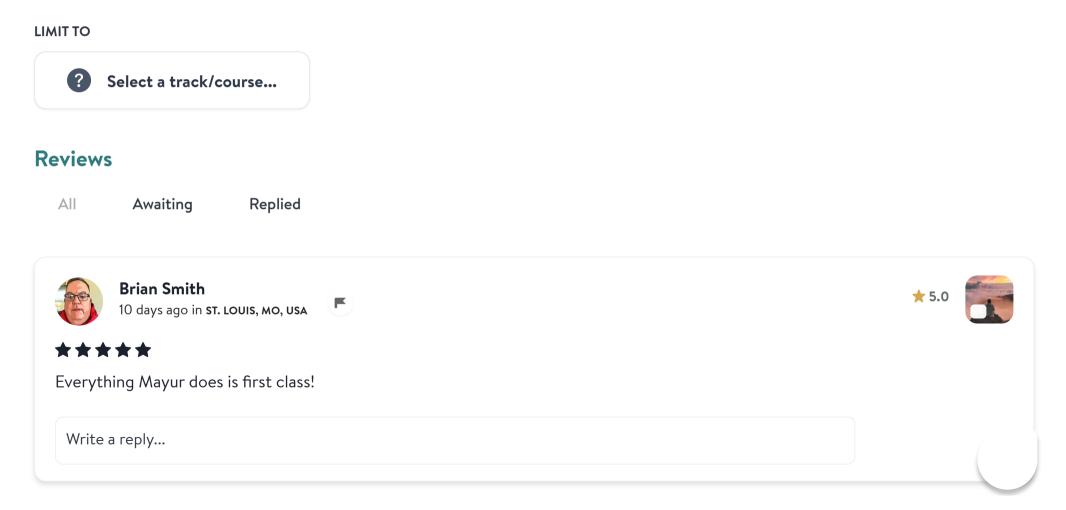
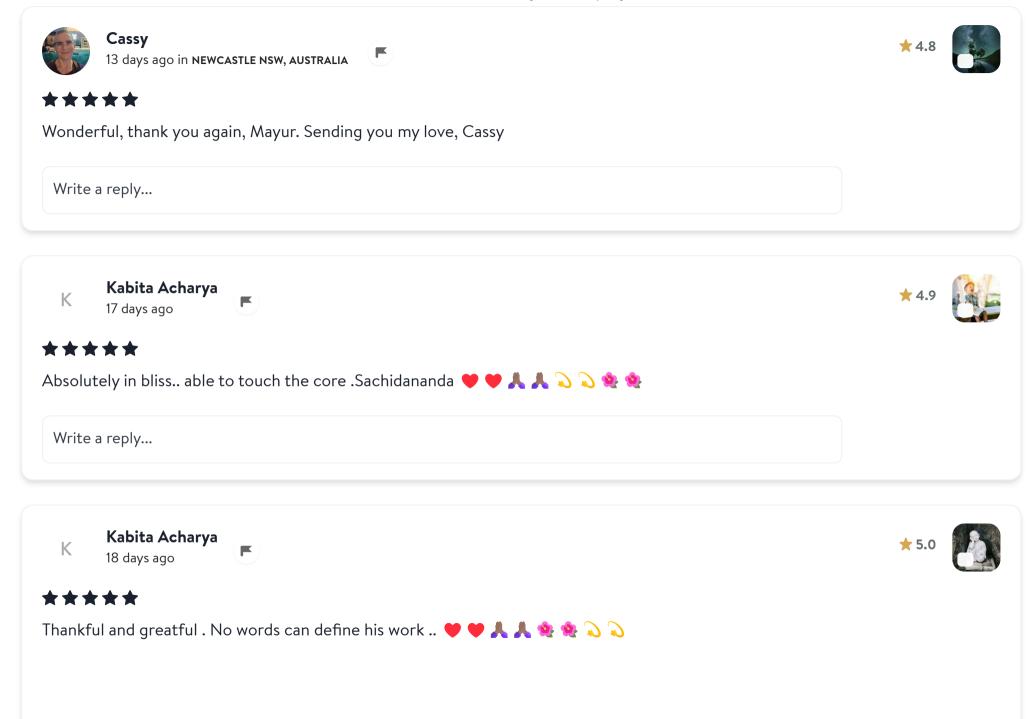
Ratings and Reviews

This page contains user reviews for all of your courses, guided meditations, and other content.



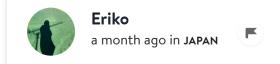


Write a reply		
Catherine Lavelle 18 days ago in INVERNESS, UNITED KINGDOM	★ 4.7	
$\mathbf{x} \mathbf{A} \mathbf{A} \mathbf{A} \mathbf{A}$		
Great course and understanding. However feel I need to start again as these understandings are currently	conceptual	
Write a reply		
Paula 20 days ago in RUNNING SPRINGS, CA, USA	★ 4.9	12

/ery beautiful and grounding. 🙏		
Write a reply		
	★ 5.0	2
$\mathbf{x} \neq \mathbf{x} \neq \mathbf{x}$		

16/07/2025, 20:46

Beautiful thank you. 🙏		
Write a reply		
Cassy 20 days ago in NEWCASTLE NSW, AUSTRALIA	★ 5.0	
★★★★★ Very beautiful. Thank you, Mayur. 🙏		
Write a reply		
Paul H a month ago in KENDAL, UNITED KINGDOM	★ 4.9	
\bigstar \bigstar \bigstar \bigstar \bigstar	kyou	
Write a reply		



This meditation taught me how to "be a space" without trying to change anything. I often find it hard to let go of my efforts to control thoughts during meditation, as I want to feel more peaceful. However, through this guided meditation, I realized that no effort was needed. I saw my body as a space, and everything happening inside was just sensations. It was precious not just knowing that I am a space but actually experiencing it in my body. Thank you very much \clubsuit

<pre> Verify in the second se</pre>	★ 4.8
Carrie Suwal 2 months ago in CANMORE, AB, CANADA	* 4.7
\bigstar \bigstar \bigstar \bigstar \bigstar Exceptional course that fosters awakening to our true self throughout. I feel this is a course I can listen receive the wisdom into my being. Thank you \heartsuit	to many times to fully

2 months ago

Ratings & Reviews | Insight Timer

Dear Carrie, thanks so much for your feedback and engagement with the nondual self inquiry. Please join us for free live meditation on 6.15 pm on (most) Fridays as per your time in Canada, you will love it. We explore the nature of nondual awareness live in a group. Here on Insight Timer.	
•••	
Karine 2 months ago in CANADA	★ 5.0
★★★★★ ┼┼ <mark>↓</mark>	
Write a reply	
Irene Arnold 3 months ago in OCALA, FL, USA ★★★★★	★ 4.9
Write a reply	
Liz Edge 3 months ago in ARMSTRONG CREEK VICTORIA, AUSTRALIA	★ 5.0

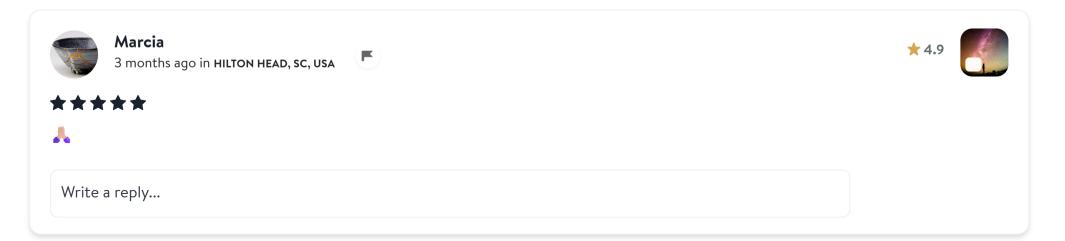
Such a profound series reflecting my own sense of all religions being similar in their belief systems and reflecting Source or God as a higher power, the interconnection of all beings and Mother Nature. Thank you for enlightening about the Australian Aboriginal perspective and beliefs. I feel a sense of shame about the impact of colonisation on the First Nations peoples and want to find ways to join with them to help bring about reconciliation.



Mayur Katariya 3 months ago

Dear Liz, Thank you so much for your heartfelt reflection and kind words. It's truly moving to hear how the course resonated with your own understanding of spiritual unity and the sacred interconnection of all life. Recognising the wisdom of Indigenous traditions—especially from the Aboriginal perspective—is an important step toward both personal and collective healing. Liz, Your openness and honesty about the impact of colonisation, and your desire to be part of reconciliation, are deeply appreciated. Reconciliation begins with listening, understanding, and walking alongside First Nations peoples with humility and respect. I'm grateful to have you on this journey and hopeful that through awareness, compassion, and shared spirit, we can co-create a more just and connected future. With gratitude, Mayur

...



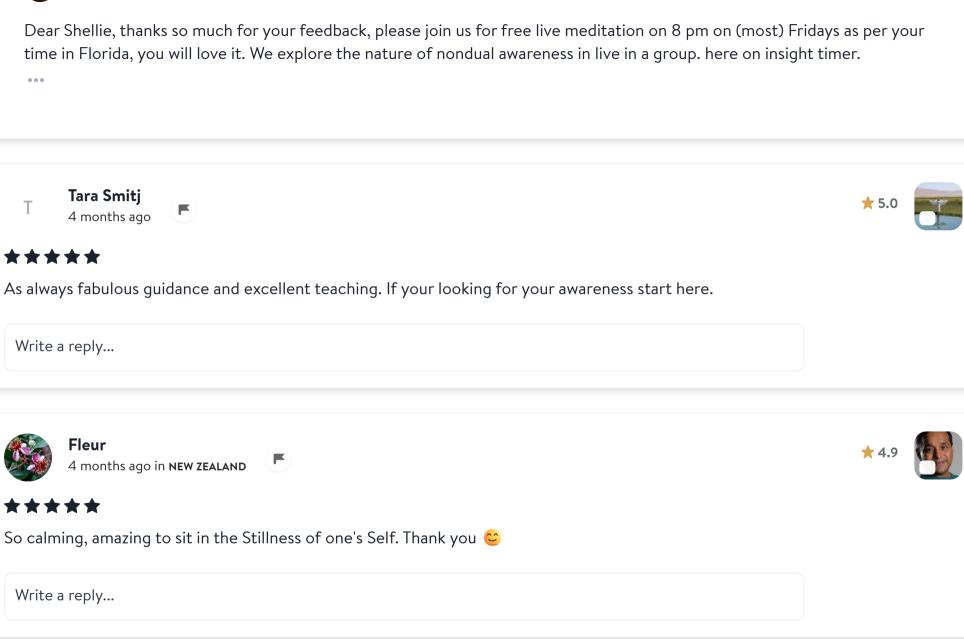
Μ	Moira Mapley 3 months ago	★ 4.9	

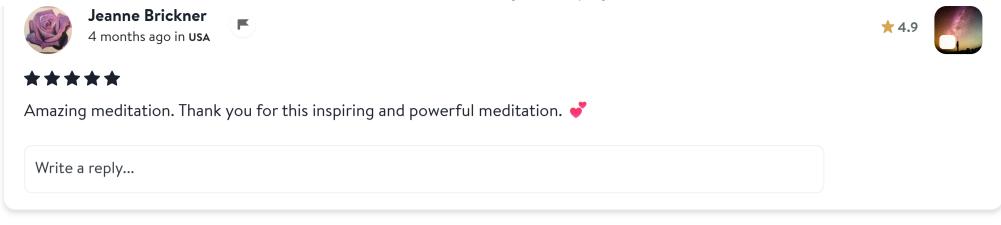
Loved i	it Thankyou 🤎		
Write	a reply		
	Trent Curtain 4 months ago in WHOROULY VIC, AUSTRALIA	★ 4.9	

Write	a reply		
	Shellie Levin 4 months ago in MIAMI, FLORIDA, USA	★ 4.8	

So dee experie	p. I will return to this meditation Returned to this meditation after 7 months and once again had a very deep ence		
	Mayur Katariya		

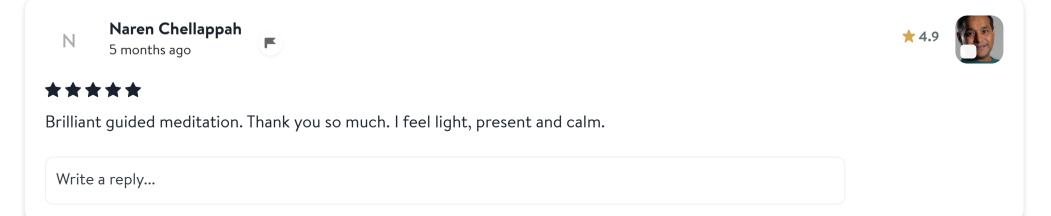






Mandy Young 5 months ago in WEST YORKSHIRE, UNITED KINGDOM	★ 4.9

Perfect! Thank you 🙏	
Write a reply	



Mary Sa 5 months ago in TABRIZ, EAST AZERBAIJAN PROVINCE, IRAN ► ★★★★★	* 4.9
Great! Thank you. 🔍	
Write a reply	
T Tara Smitj 5 months ago	★ 5.0
$\star \star \star \star \star$	
Smooth guidance to get closer to your true awareness	
Write a reply	
T Tara Smitj 5 months ago	* 4.9
\star	
Excellent guidance as always	

Write a reply	
JEFFREY 5 months ago in BOULDER, CO, USA ► ★★★★★	* 4.9
Very very relaxing session	
Write a reply	
L S months ago	★ 4.9

Wonderful 🙏	
Write a reply	



Т

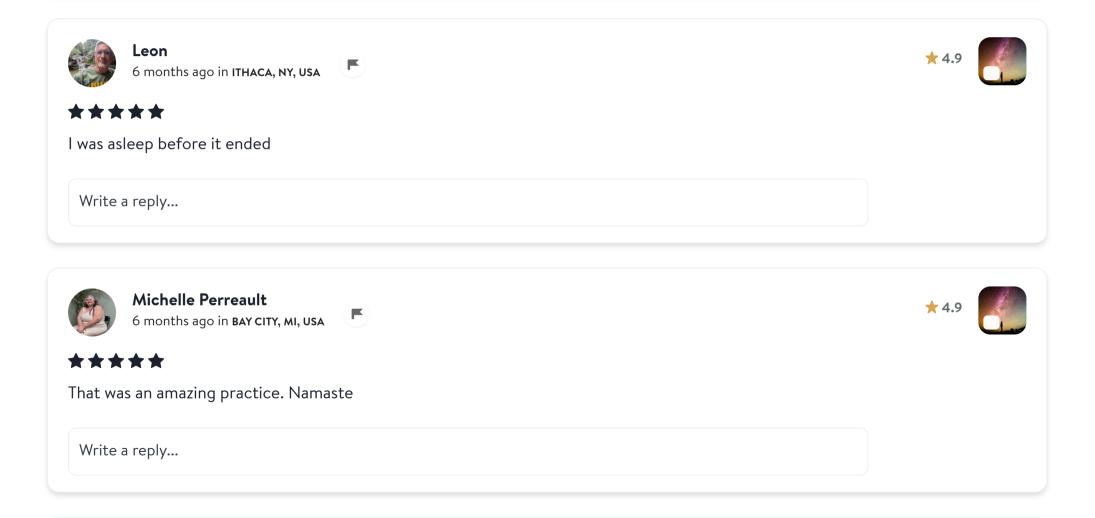
Useful practice	
Write a reply	
T Tara Smitj 6 months ago	* 4.8
\star	
Very well guided meditation	
Mayur Katariya 6 months ago	
Thanks you Tara, please do join us for a live non dual mindfulness meditations, when you can. Most Sat Melbourne, Australian time.	urdays at 10 am
•••	
Catherine Lavelle 6 months ago in INVERNESS, UNITED KINGDOM	* 4.9
\star	
l am with no boundaries and everything can be held here-my thoughts and imaginings, my grief and losse body pains and sensations, even a ruin can be a holding place 🎔	es, my physiological

Mayur Katariya



Thanks Catherine for your beautiful insight. As you said, we all are the sky-like Awareness, experiencing clouds and birds, patterns, colours and displays in our unperturbed space.

•••





Maria 6 months ago in **BOGOTA**, **COLOMBIA**

F



★★★★☆

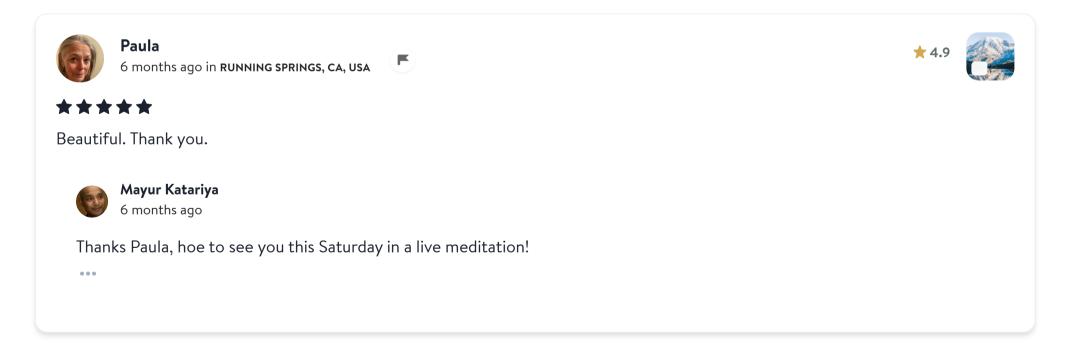
Good, and good insights, although a bit muy of talking.

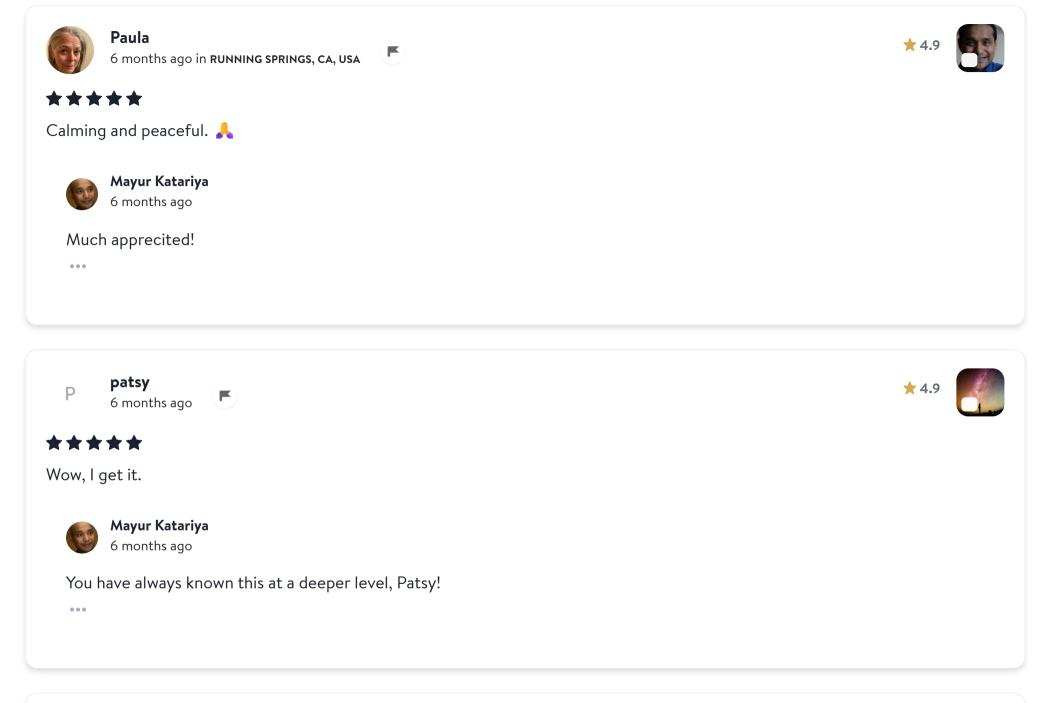


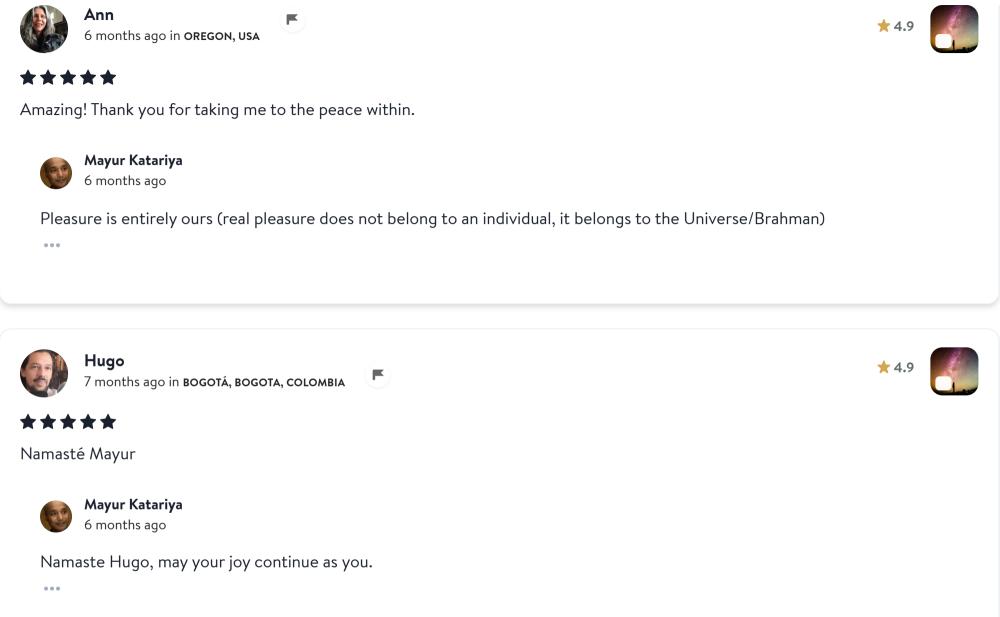
Mayur Katariya 6 months ago

Thanks, Maria, it is a great feedback. When I'd know, for sure, that my listeners do not need as many words to keep their minds engaged and calm simultaneously, I'd like to talk less and less in these sessions, meanwhile, may my words find a balance between sounds and silence.

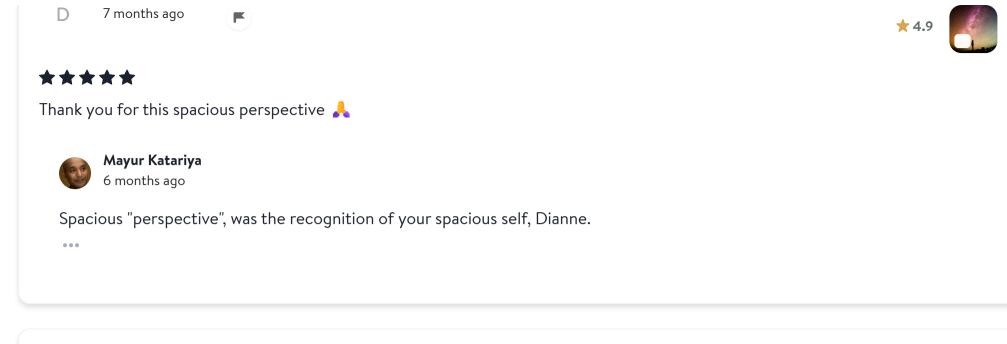
•••







Dianne Wright





Cassy 7 months ago in NEWCASTLE NSW, AUSTRALIA

Thank you, from unceded Awabakal country. I very much appreciate this talk about the importance of Dadirrli for all Australians. White Australians must pay heed for the sake of all, especially Indigenous people who are suffering from white actions, and inaction. Blessings to you, dear souls, and thank you.



Mayur Katariya 7 months ago

Thank you so much for your kind words and for sharing your reflections from Awabakal country. It means a great deal to know that Dadirri resonates with you and that its message is recognised as vital for all Australians. You are so right-deep listening and action are essential, especially to address the impact of inaction and past wrongs. May we all continue to learn, listen, and move toward healing together. Blessings to you as well, dear soul, and thank you for your support.



...

Anne 7 months ago in CHEADLE, UK



Very profound and spiritual course. The lessons taught by indigenous people and Eastern spiritual teaching shows the profound truth of interconnection and our relationship with all beings. shows the profound truth that all are in



Mayur Katariya

7 months ago

Thank you so much for your thoughtful feedback, Anne! I'm truly grateful that you found the course profound and that the connection between Indigenous teachings and Eastern spirituality resonated with you. The truth of our interconnectedness and our relationship with all beings is indeed at the heart of these teachings. I deeply appreciate your support and hope these insights continue to enrich (y)our journey.

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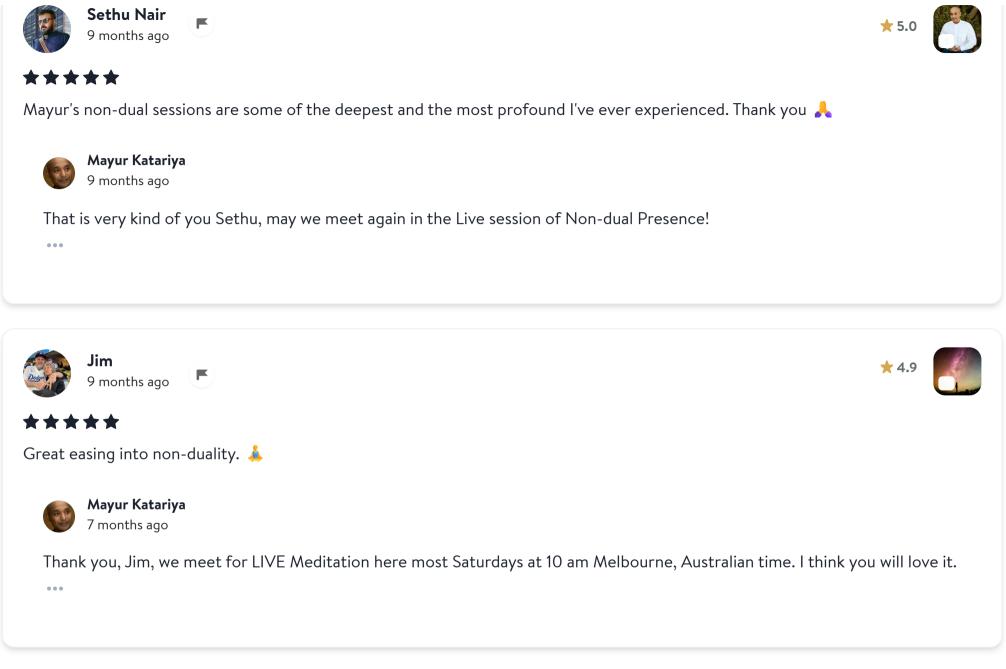
★ 5.0



Grateful for this teaching. 🙏

Mayur Katariya https://teacher.insighttimer.com/reviews

2025, 20:46	Ratings & Reviews Insight Timer	
7 months ago		
Thank you, Paige, we meet for LIVE Medit think you will love it. •••	ation here most Saturdays at 10 am Melbourne, Australian time (y	vour 4 PM Friday). I
Paula 9 months ago in RUNNING SPRINGS, CA, USA ★★★★★★		★ 4.9
Write a reply		
Ron Gordon		★ 4.9
9 months ago		
★★★★★ Nice		
Write a reply		



Douglas Raglin

D 10 months ago



★ 4.7

Effortlessly moved my awareness into a natural rest of spaciousness...



...

Mayur Katariya 7 months ago

Thank you, Jim, we meet for LIVE Meditation here most Saturdays at 10 am Melbourne, Australian time. I think you will love it.

F



RODRIGO

10 months ago in JUNDIAÍ - STATE OF SÃO PAULO, BRAZIL

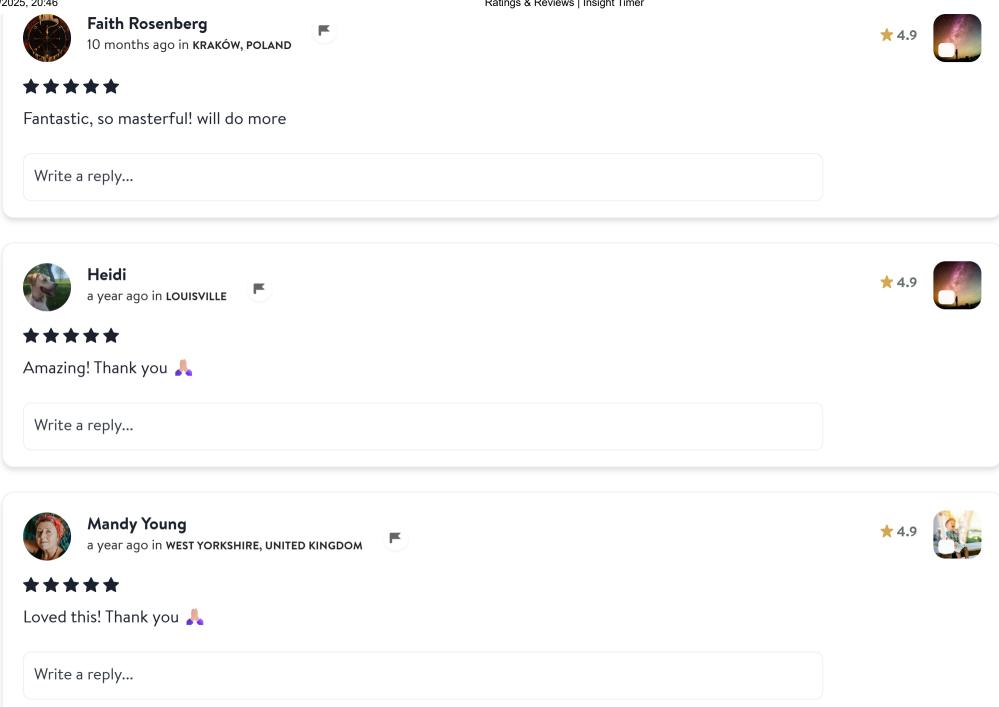
What wonderful knowledge. Thank you 🙏



Mayur Katariya 10 months ago

Thanks for your feedback, Rodrigo, may you continue in your path, hope to see you in a live meditation session every 9:00 PM (21:00) Friday (which is 10 am Saturday in Melbourne, Australia) - Meet you in that timelessness!

...



a year ago in AUSTRALIA	★ 4.8	
\star		
Beautifully relaxing. Thank you!		
Write a reply		
Lulu a year ago in OTSU, SHIGA, JAPAN	★ 4.9	
★★★★★ Very calming. The white circle on white paper analogy was very helpful. Thank you so much for the wonder	rful meditation.	
Write a reply		
Shellie a year ago in MIAMI, FLORIDA, USA	★ 4.9	
\star		
Peaceful. Thank you		

Write a reply		
Mandy Young a year ago in west yorkshire, united кіндом	★ 4.9	2

o beautiful! Thank you 🙏		
Write a reply		
Kevin a year ago in YORKSHIRE, UK	★ 4.9	
$\mathbf{x} \mathbf{A} \mathbf{A} \mathbf{A} \mathbf{A}$		
onderfully paced and clearly articulated session. Moving slowly from focused bodily awareness to open spa tention. Thank you	ace effortless	
Write a reply		

16/07/2025, 20:46

Thank you! 🙏	
Write a reply	
Ravi Rengarajan a year ago in REDLANDS, CA, UNITED STATES	★ 4.9
★★★★★ I did not expect such a good meditation. It is Kashmiri Shavism	
Mayur Katariya a year ago	
Thank you Ravi, if you have time, you may also like my short course: Unlock Enlightenment: Modern No Vedanta) Guide. It is available here on free trial/paid membership.	ondual (Advaita
••••	
G Gwen a year ago	* 4.9

Really enjoyed 🙏	

16/07/2025,	20:46
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Write a reply	
G Gwen a year ago	★ 4.9
★★★★ Thank you	
Write a reply	
Lupe a year ago in NORTH LITTLE ROCK AR	* 4.9
★ ★ ★ ★ Beautiful meditation, just what I needed to Hear \clubsuit	
Write a reply	



16/07/2025, 20:46

Great!	
Write a reply	
R Rishi K a year ago	★ 4.7
★ ★ ★ ★ ★ This is a great! I'd always been looking for a course which looks at the scientific basis for medi highly recommend that everyone listen to this course.	itation, and this is just perfect! I
Write a reply	
Write a reply J Jamie a year ago in UK	★ 4.7
J Jamie a year ago in UK ► ★★★★★	★ 4.7
J Jamie a year ago in UK	★ 4.7



★★★☆☆

Thank for this "journey". Normally I meditate in stillness but this came on my path and I wanted to give it a try. Sometimes it was rather difficult to understand but in the end it was a good experience. Namasté 🙏

Write a reply		
Bhadrika Shah a year ago		* 5.0
$\star \star \star \star$		
Thank you 🙏		
Write a reply		
E Eva Bridget a year ago		★ 4.9
$\star \star \star \star \star$		
Very clear and helpful in understanding the nature of ourselves beyond the activity of the mind. A very good .	practic	e for me

Write a reply		
cate a year ago in WESTERN AUSTRALIA, AUSTRALIA	★ 4.9	
\star		
Very beautiful meditation		
Write a reply		
FeelFitFoodie Shilpa a year ago in BENGALURU, INDIA	★ 4.8	*
★★★★★ "I wonder what's my next thought" makes me experience the 'gap' instantly. I tried it multiple times and it wor Thank you for This precious gift	·ks every time.	
Mayur Katariya a year ago		
Thank you, Shilpa, May you identify yourself as that Gap, perfect.		
000		

michelle

a year ago in LOGAN, UT, USA 🛛 🥊



Μ

So good, beautifully delivered exploration and expansion. My deepest gratitude.

F



Mayur Katariya a year ago

Thank you for your note Michelle, if you can, please explore my meditative course on this App. I genuinely feel it will help. https://insighttimer.com/meditation-courses/experiment-on-awarness-to-confirm-the-truth-like-a-true-mystic-scientist



FeelFitFoodie Shilpa a year ago in BENGALURU, INDIA

This is a beautiful course. I am definitely coming again to absorb the insights in a deeper way. It was also soothing and meditative to listen to each day. Thank you much for creating this gem. Sending love from India \cong \downarrow



Mayur Katariya a year ago

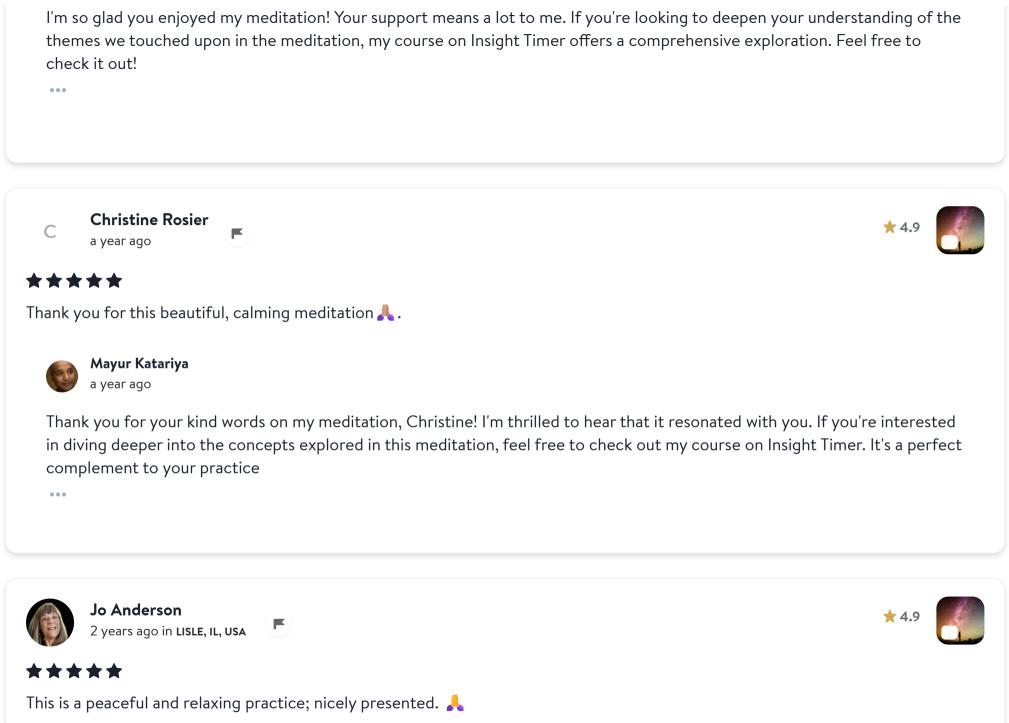
Thank you so much Shilpa Ji for your love, wise engagement and comment, May you Be SatChitAanand every moment of your life.

https://teacher.insighttimer.com/reviews

a year ago in JAP		★ 4.9	

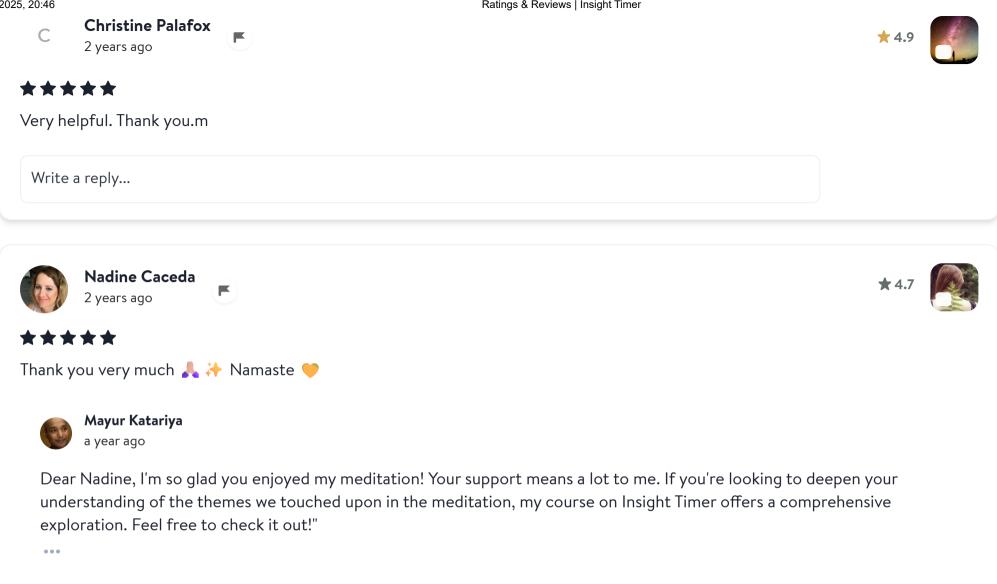
Excellent			
Mayur Katariya a year ago			
like to explore then understanding and	further, I invite you to check out my course on I enhance your practice. https://insighttimer.com/r	urious about the concepts we touched upon and would Insight Timer. It's a fantastic way to deepen your meditation-courses/experiment-on-awarness-to-confi	
the-truth-like-a-tru			
	,		
		★ 4.9	
••• ∨ Veroca Fdz\ a year ago	ega	★ 4.9	
•••• Veroca Fdz\	ega	★ 4.9	

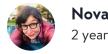
Ratings & Reviews | Insight Timer



Write a reply	
C Catherine 2 years ago	* 4.9
\star	
Excellent! Thank you so much!!	
 Mayur Katariya a year ago SatChit Aanand, Catherine 	
Aja 2 years ago in Alberta, CANADA	★ 4.9

Beautiful 🤎	
Write a reply	





F



★ 4.9

Ratings & Reviews | Insight Timer

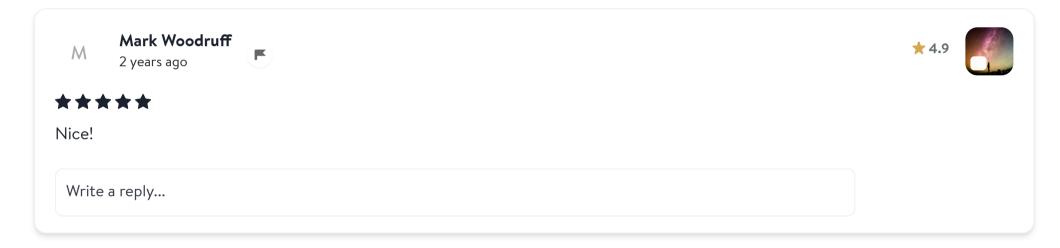
So beautifully guided. I	feel very calm now. Thank you! 🤳
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Mayur Katariya a year aqo

Your support and kind words on my meditation are truly appreciated, Nova! If you found the themes we explored intriguing, you might enjoy diving deeper into them through my course on Insight Timer. It's designed to complement your meditation practice and provide additional insights. \clubsuit

...







Mayur Katariya a year aqo

I'm so glad you enjoyed my meditation Vanessa! Your support means a lot to me. If you're looking to deepen your understanding of the themes we touched upon in the meditation, my course on Insight Timer offers a comprehensive exploration. Feel free to check it out!



...

Sherry Thompson 2 years ago in IRVING, TX

F

Thank you! Very enlightening. Practicing being present with the I Am makes the mind more sensitive and intelligent. Beautiful practice.



Mayur Katariya a year ago

Dear Sherry 🙏 I'm grateful for your positive feedback on my meditation! If you're curious about the concepts we touched upon and would like to explore them further, I invite you to check out my course on Insight Timer. It's a fantastic way to deepen your understanding and enhance your practice. SatChitAanad

•••



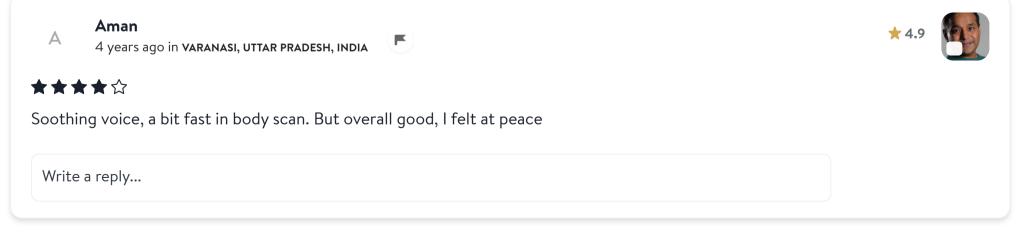
★ 4.9

16/07/2025, 20:46

Perfect thank you	
Write a reply	
Iam 2 years ago in MASSACHUSETTS, USA	* 4.9
★★★★★ I am spacious, thank you!	
Write a reply	
Ann 2 years ago in MINNEAPOLIS	★ 4.9
I liked the middle of the session a lot.	
Write a reply	

5, 20:46		Ratings & Reviews Insight Timer	r	
	3 years ago in CHICAGO, IL, US			★ 4.9
***	**			
So helpt	ful			
Write a	a reply			

Nova Franklin 4 years ago in AUSTRALIA	★ 4.9
Beautifully restful 💥 🌸 Write a reply	







S

Very mindful meditation and soothing. Thanks so much 🙏

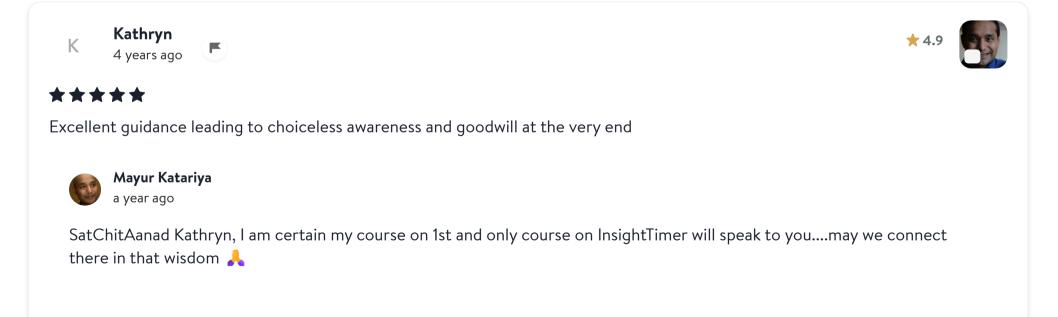


Mayur Katariya

a year ago

Dear Shafali, Thank you for taking the time to listen to my meditation and for leaving such lovely feedback! If you're interested in delving deeper into the concepts we discussed, I invite you to explore my course on Insight Timer. It's a wonderful opportunity to further your spiritual journey.

•••





...

Amberlin 5 years ago in PORTLAND, OR, USA

F

Really lovely meditation. I've done it a couple of times and find it incredibly grounding and refocusing. The idea to make your mind as vast as the sky I find really helpful and try to practice that throughout the day as I find my mind clouded. Thank you for this



Mayur Katariya a year ago

I'm so glad you enjoyed my meditation, Amberlin! Your support means a lot to me. If you're looking to deepen your understanding of the themes we touched upon in the meditation, my course on Insight Timer offers a comprehensive exploration. Feel free to check it out!

•••