

Ratings and Reviews

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

LIMIT TO

? Select a track/course...

Reviews

All Awaiting Replied



Brian Smith

10 days ago in ST. LOUIS, MO, USA



★ 5.0



★★★★★

Everything Mayur does is first class!

Write a reply...

**Cassy**

13 days ago in NEWCASTLE NSW, AUSTRALIA



★ 4.8



★★★★★

Wonderful, thank you again, Mayur. Sending you my love, Cassy

Write a reply...

K

Kabita Acharya

17 days ago



★ 4.9



★★★★★

Absolutely in bliss.. able to touch the core .Sachidananda ❤️❤️🙏🙏🌀🌀🌸🌸

Write a reply...

K

Kabita Acharya

18 days ago



★ 5.0



★★★★★

Thankful and grateful . No words can define his work .. ❤️❤️🙏🙏🌸🌸🌀🌀

Write a reply...



Catherine Lavelle

18 days ago in INVERNESS, UNITED KINGDOM



★ 4.7



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



Very beautiful and grounding. 🙏

Write a reply...



Catherine Lavelle

20 days ago in INVERNESS, UNITED KINGDOM



★ 5.0



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



Excellent. Using the mind and attention to calm the mind and open up to awareness and loving kindness. Thankyou

Write a reply...



Eriko

a month ago in **JAPAN**



★ 4.9





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 🙏

Write a reply...



Irene Arnold

a month ago in OCALA, FL, USA



★ 4.8



Write a reply...



Carrie Suwal

2 months ago in CANMORE, AB, CANADA



★ 4.7



Exceptional course that fosters awakening to our true self throughout. I feel this is a course I can listen to many times to fully receive the wisdom into my being. Thank you ❤️



Mayur Katariya

2 months ago

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



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

**Marcia**

3 months ago in HILTON HEAD, SC, USA



★ 4.9



Write a reply...

M

Moira Mapley

3 months ago



★ 4.9



★★★★★

Loved 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 deep. I will return to this meditation Returned to this meditation after 7 months and once again had a very deep experience

Mayur Katariya



3 months ago

Dear Shellie, thanks so much for your feedback, please join us for free live meditation on 8 pm on (most) Fridays as per your time in Florida, you will love it. We explore the nature of nondual awareness in live in a group. here on insight timer.

...

T

Tara Smitj

4 months ago



★ 5.0



As always fabulous guidance and excellent teaching. If your looking for your awareness start here.

Write a reply...

**Fleur**

4 months ago in NEW ZEALAND



★ 4.9



So calming, amazing to sit in the Stillness of one's Self. Thank you 😊

Write a reply...

**Jeanne Brickner**

4 months ago in USA



★ 4.9



Amazing meditation. Thank you for this inspiring and powerful meditation. 💕

Write a reply...

**Mandy Young**

5 months ago in WEST YORKSHIRE, UNITED KINGDOM



★ 4.9



Perfect! Thank you 🙏

Write a reply...

N

Naren Chellappah

5 months ago



★ 4.9



Brilliant guided meditation. Thank you so much. I feel light, present and calm.

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



Smooth guidance to get closer to your true awareness

Write a reply...

T

Tara Smitj

5 months ago



★ 4.9



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

Lisselot Sepulveda

5 months ago



★ 4.9



Wonderful 🙏

Write a reply...

T

Tara Smitj

5 months ago



★ 4.9



Useful practice

Write a reply...

T

Tara Smitj

6 months ago



★ 4.8



★★★★★

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 Saturdays at 10 am Melbourne, Australian time.

...



Catherine Lavelle

6 months ago in INVERNESS, UNITED KINGDOM



★ 4.9



★★★★★

I am with no boundaries and everything can be held here-my thoughts and imaginings, my grief and losses, my physiological body pains and sensations, even a ruin can be a holding place ❤️

Mayur Katariya



6 months ago

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.

...

**Leon**

6 months ago in ITHACA, NY, USA



★ 4.9



I was asleep before it ended

Write a reply...

**Michelle Perreault**

6 months ago in BAY CITY, MI, USA



★ 4.9



That was an amazing practice. Namaste

Write a reply...

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

★ 4.9



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.

**Paula**6 months ago in **RUNNING SPRINGS, CA, USA**

★ 4.9



Beautiful. Thank you.

**Mayur Katariya**

6 months ago

Thanks Paula, hoe to see you this Saturday in a live meditation!



**Paula**6 months ago in **RUNNING SPRINGS, CA, USA**

★ 4.9



Calming and peaceful. 🙏

**Mayur Katariya**

6 months ago

Much appreciated!



P

patsy

6 months ago



★ 4.9



Wow, I get it.

**Mayur Katariya**

6 months ago

You have always known this at a deeper level, Patsy!



**Ann**

6 months ago in OREGON, USA



★ 4.9



Amazing! Thank you for taking me to the peace within.

**Mayur Katariya**

6 months ago

Pleasure is entirely ours (real pleasure does not belong to an individual, it belongs to the Universe/Brahman)

**Hugo**

7 months ago in BOGOTÁ, BOGOTA, COLOMBIA



★ 4.9



Namasté Mayur

**Mayur Katariya**

6 months ago

Namaste Hugo, may your joy continue as you.

**Dianne Wright**

D

7 months ago



★ 4.9



Thank you for this spacious perspective 🙏

**Mayur Katariya**

6 months ago

Spacious "perspective", was the recognition of your spacious self, Dianne.

**Cassy**

7 months ago in NEWCASTLE NSW, AUSTRALIA



★ 5.0



Thank you, from unceded Awabakal country. I very much appreciate this talk about the importance of Dadirri 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**

★ 5.0



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.

...

P

Paige7 months ago in **LAS CRUCES**

★ 4.7



Grateful for this teaching. 🙏

Mayur Katariya



7 months ago

Thank you, Paige, we meet for LIVE Meditation here most Saturdays at 10 am Melbourne, Australian time (your 4 PM Friday). I think you will love it.

...

**Paula**9 months ago in **RUNNING SPRINGS, CA, USA**

★ 4.9



Write a reply...

R

Ron Gordon

9 months ago



★ 4.9



Nice

Write a reply...

**Sethu Nair**

9 months ago



★ 5.0



Mayur's non-dual sessions are some of the deepest and the most profound I've ever experienced. Thank you 🙏

**Mayur Katariya**

9 months ago

That is very kind of you Sethu, may we meet again in the Live session of Non-dual Presence!

...

**Jim**

9 months ago



★ 4.9



Great easing into non-duality. 🙏

**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.

...

Douglas Raglin

D

10 months ago



★ 4.9



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.

...

**RODRIGO**

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



★ 4.7



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!

...

**Faith Rosenberg**10 months ago in **KRAKÓW, POLAND**

★ 4.9



Fantastic, so masterful! will do more

Write a reply...

**Heidi**a year ago in **LOUISVILLE**

★ 4.9



Amazing! Thank you 🙏

Write a reply...

**Mandy Young**a year ago in **WEST YORKSHIRE, UNITED KINGDOM**

★ 4.9



Loved this! Thank you 🙏

Write a reply...

**Nova Franklin**

a year ago in AUSTRALIA



★ 4.8



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 wonderful meditation.

Write a reply...

**Shellie**

a year ago in MIAMI, FLORIDA, USA



★ 4.9



Peaceful. Thank you

Write a reply...



Mandy Young

a year ago in WEST YORKSHIRE, UNITED KINGDOM



★ 4.9



So beautiful! Thank you 🙏

Write a reply...



Kevin

a year ago in YORKSHIRE, UK



★ 4.9



Wonderfully paced and clearly articulated session. Moving slowly from focused bodily awareness to open space effortless attention. Thank you

Write a reply...

J

Jillaine Smasal

a year ago



★ 4.9



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 Nondual (Advaita Vedanta) Guide. It is available here on free trial/paid membership.



G

Gwen

a year ago



★ 4.9



Really enjoyed 🙏

Write a reply...

G

Gwen

a year ago



★ 4.9



Thank you

Write a reply...

L

Lupe

a year ago in NORTH LITTLE ROCK AR



★ 4.9



Beautiful meditation, just what I needed to Hear 🙏

Write a reply...

**Markus**

a year ago in TÜBINGEN GERMANY



★ 4.9



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 meditation, and this is just perfect! I highly recommend that everyone listen to this course.

Write a reply...

J

Jamie

a year ago in UK



★ 4.7



★★★★★

Enlightenment

Write a reply...

Marc Van Kuijk



a year ago in **DILSEN-STOKKEM, BELGIUM**

★ 4.8



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



Thank you 🙏

Write a reply...

E

Eva Bridget

a year ago



★ 4.9



Very clear and helpful in understanding the nature of ourselves beyond the activity of the mind. A very good practice for me 🙏.

Write a reply...



cate

a year ago in WESTERN AUSTRALIA, AUSTRALIA



★ 4.9



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 works every time. Thank you for This precious gift 🙏



Mayur Katariya

a year ago

Thank you, Shilpa, May you identify yourself as that Gap, perfect.

...

M

Michelle

a year ago in LOGAN, UT, USA



★ 4.9



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

**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-awareness-to-confirm-the-truth-like-a-true-mystic-scientist>

...

**FeelFitFoodie Shilpa**

a year ago in BENGALURU, INDIA



★ 4.7



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 😊🙏

**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.

...

**maryse Dumas**

a year ago in JAPAN



★ 4.9



Excellent

**Mayur Katariya**

a year ago

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. <https://insighttimer.com/meditation-courses/experiment-on-awareness-to-confirm-the-truth-like-a-true-mystic-scientist>

...

**Veroca Fdz.-Vega**

a year ago



★ 4.9



Deep grateful 💜 ✨ 🙏

**Mayur Katariya**

a year ago

I'm so glad you enjoyed my meditation! 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!

...

C

Christine Rosier

a year ago



★ 4.9



Thank you for this beautiful, calming meditation 🙏.

**Mayur Katariya**

a year ago

Thank you for your kind words on my meditation, Christine! I'm thrilled to hear that it resonated with you. If you're interested in diving deeper into the concepts explored in this meditation, feel free to check out my course on Insight Timer. It's a perfect complement to your practice

...

**Jo Anderson**

2 years ago in LISLE, IL, USA



★ 4.9



This is a peaceful and relaxing practice; nicely presented. 🙏

Write a reply...

C

Catherine

2 years ago



★ 4.9



★★★★★

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...

**Christine Palafox**

2 years ago



★ 4.9



Very helpful. Thank you.m

Write a reply...

**Nadine Caceda**

2 years ago



★ 4.7



Thank you very much 🙏 ✨ Namaste ❤️

**Mayur Katariya**

a year ago

Dear Nadine, I'm so glad you enjoyed my meditation! 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!"

**Nova Franklin**

2 years ago in AUSTRALIA



★ 4.9



So beautifully guided. I feel very calm now. Thank you! 🙏



Mayur Katariya

a year ago

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. 🙏

...

M

Mark Woodruff

2 years ago



★ 4.9



Nice!

Write a reply...



Vanessa

2 years ago in PERTH AUSTRALIA



★ 4.9



Loved this practice thank you! 🙏😊

**Mayur Katariya**

a year ago

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



★ 4.9



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

...

A

Adrienne

2 years ago in BC, CANADA



★ 4.9





Perfect thank you

Write a reply...



lam

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...

Nick



3 years ago in CHICAGO, IL, US



★ 4.9



So helpful

Write a reply...

**Nova Franklin**

4 years ago in AUSTRALIA



★ 4.9



Beautifully restful 🦋 🌸

Write a reply...

A

Aman

4 years ago in VARANASI, UTTAR PRADESH, INDIA



★ 4.9



Soothing voice, a bit fast in body scan. But overall good, I felt at peace

Write a reply...

S

Shafali Gupta Joshi

4 years ago



★ 4.9



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.

...

K

Kathryn

4 years ago



★ 4.9



Excellent guidance leading to choiceless awareness and goodwill at the very end

**Mayur Katariya**

a year ago

SatChitAanad Kathryn, I am certain my course on 1st and only course on InsightTimer will speak to you....may we connect there in that wisdom 🙏

...

**Amberlin**

5 years ago in PORTLAND, OR, USA



★ 4.9



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!

...