



Top 10 Optimization Report

Thompson, Manitoba
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Date: 09/03/2012

Recipient: Spirit Meditations

Here is your detailed top 10 website optimization report. Follow these simple tasks suggested and you will be on your way to a top 10 website on Google. We appreciate your business and look forward to helping you in the future. Please tell your friends about our service

Report overview

This report helps you to optimize the web page "<http://www.spiritmeditations.com/>" for a high ranking on Google.com for the search term "spiritual meditations".

Your web page



<http://www.spiritmeditations.com/>






Title: Spiritual Meditations

Description: Free your body, mind, and spirit with spiritual meditations


Your competitors for the search term "spiritual meditations" on Google.com

- | | | |
|---|--|--|
| 1 | | <p>http://www.spiritualguidedmeditation.com/</p> <p>Title: Spiritual Guided Meditation</p> <p>Description: [No meta description available.]</p> |
| 2 | | <p>http://www.meditationerfan.com/</p> <p>Title: Spiritual Awakening Through Meditation</p> <p>Description: In this site you will find the answer of two basic questions, who am I? and what am I searching for. It will guide you step by step, the easy methods of Meditation and being in the Present Moment. By doing that, you can also discover your True Self and the Authentic joy within. Please visit our site at www.meditationerfan.com</p> |
| 3 | | <p>http://www.journeywithspirit.com/meditations.htm</p> <p>Title: Journey with Spirit</p> <p>Description: [No meta description available.]</p> |
| 4 | | <p>http://www.the-auras-expert.com/</p> <p>Title: Experiencing Auras...in Meditation, Spiritual Healing & Psychic Reading</p> <p>Description: A grounded & professional approach to auras in meditation, healing & psychic</p> |

Your competitors for the search term "spiritual meditations" on Google.com

		reading. Unique resources from aura cleansing & how to meditate, to spiritual retreats. Rare insights for personal growth.
5		<p>http://www.sunnyray.org/Spiritual-meditation.htm</p> <p>Title: Spiritual Meditation: Exercises, Articles, and Metaphysical</p> <p>Description: [No meta description available.]</p>
6		<p>http://www.self-realization.com/</p> <p>Title: Self-Realization.com - Articles and Software on Yoga, Meditation and Spiritual Growth</p> <p>Description: Browse through articles and software on self-realization, yoga and philosophy - or enter the Yoga Portal, a large directory of online yoga resources.</p>
7		<p>http://www.readytotransform.com/</p> <p>The web page "www.readytotransform.com/" does not contain the search term. It may have received the high ranking through many incoming links, or it uses cloaking, or the web page was changed after the search engine had indexed it.</p> <p>Title: Ready To Transform - The Healthy Lifestyle Community Site</p> <p>Description: Health, Fitness, Beauty and Lifestyle Tips and Discussions from real people for real people.</p>
8		<p>http://www.gurumaa.com/</p> <p>Title: Meditation Retreats & Guided Meditation Music CDs for Spiritual Growth</p> <p>Description: Learn meditation from the master, discover what meditation is all about Meditate with music cds, get stress relief and experience ultimate relaxation. Spiritual discourses videos books & CDs, Meditate with ancient techniques from Sufism, Buddhism, Learn & enjoy the benefits of meditation</p>
9		<p>http://www.metaphysique.ca/</p> <p>Title: Metaphysique ~Yorkville's centre for spiritual growth~</p> <p>Description: Metaphysique ~Yorkville's centre for spiritual growth~</p>

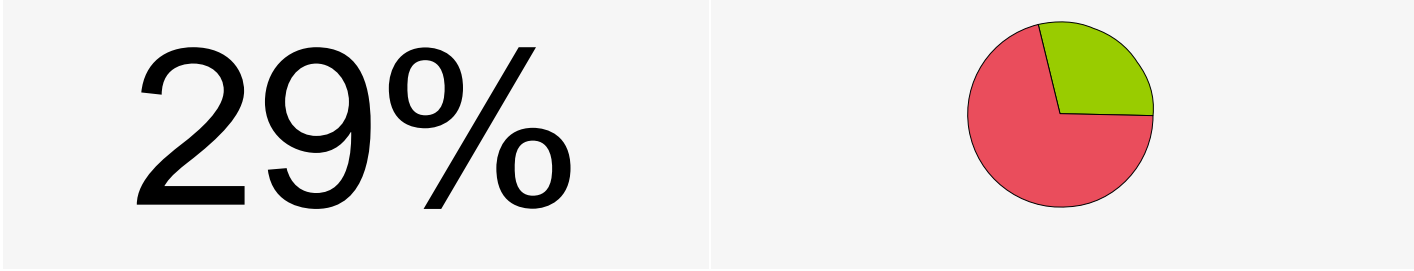
Your competitors for the search term "spirtual meditations" on Google.com

10		<p>http://www.sequoiarecords.com/</p> <p>Title: New Age Music for Relaxation and Renewal, Meditation Music, Yoga Music, Celtic Music, World Music and Chill Out Electronica: Sequoia Records</p> <p>Description: Relax and unwind with the soothing New Age music, relaxation music and chill out electronica from award winning artists - CDs and mp3 downloads.</p>
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Analyzed search terms

1. spirtual meditations
2. spirtual
3. meditations

Top 10 Ranking Requirements Score™



The Top 10 Ranking Requirements Score™ of 29% means that the web page www.spiritmeditations.com meets only 29% of the requirements for a top 10 ranking on Google.com for the search term "spirtual meditations".

Note that not all ranking factors are weighted equally, and that there are some ranking factors that cannot be taken into account because search engines do not reveal the necessary data.

Search engine ranking factors performance

Ranking Factor Importance	Factors Passed	Factors Failed
Essential (weighted most):	13	11
Very Important:	9	0
Important:	27	9
Moderately Important:	27	14
Slightly Important:	21	5
Total:	97	39

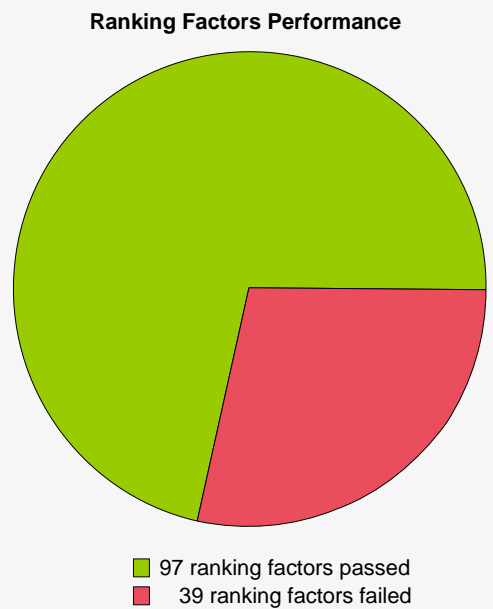


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Keyword use in document title

Essential

The document title is the text within the <title>...</title> tags in the HTML code of your web page. This chapter tries to find out how to use the search term "spiritual meditations" in the document title and if it's important for Google.com.

Example: <title>Your web page title</title>

Their contents

Rank	Keyword use in document title
1	Spiritual Guided Meditation
2	Spiritual Awakening Through Meditation
3	Journey with Spirit
4	Experiencing Auras...in Meditation, Spiritual Healing & Psychic Reading
5	Spiritual Meditation: Exercises, Articles, and Metaphysical
6	Self-Realization.com - Articles and Software on Yoga, Meditation and Spiritual Growth
7	Ready To Transform - The Healthy Lifestyle Community Site
8	Meditation Retreats & Guided Meditation Music CDs for Spiritual Growth
9	Metaphysique ~Yorkville's centre for spiritual growth~
10	New Age Music for Relaxation and Renewal, Meditation Music, Yoga Music, Celtic Music, World Music and Chill Out Electronica: Sequoia Records

Your contents

Spiritual **Meditations**

Advice for your document title

Search term: "spiritual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	Although none of the other pages uses this search term, it's usually advisable to add it.	<
Keyword density:	all 0%	0%	Although none of the other pages uses this search term, it's usually advisable to add it.	<

Search term: "spiritual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	Although none of the other pages uses this search term, it's usually advisable to add it.	<
Keyword density:	all 0%	0%	Although none of the other pages uses this search term, it's usually advisable to add it.	<

Search term: "meditations"

Advice for your document title

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	1	Although none of the other pages uses the search term "meditations", it's usually advisable to keep it.	<
Keyword density:	all 0%	50%	None of the other pages uses the search term so you might want to keep the keyword density as low as possible for this search term.	<

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	1	Although none of the other pages uses the keywords "spirtual" or "meditations", it's usually advisable to keep them.	<
Keyword density:	all 0%	25%	None of the other pages uses the keywords "spirtual" or "meditations" so you might want to keep the keyword density as low as possible for these keywords.	<

Global link popularity of web site

Essential

The global link popularity measures how many web pages link to your site. The number of web pages linking to your site is not as important as the quality of the web pages that link to your site.

All major search engines take the quality and the context of the links into account. Search engines assume that your web page must offer relevant content if many quality sites link to it.

Number of inbound links according to these search engines (the more the better)

	Alexa	AllTheWeb (preset settings)	Google.com	Yahoo.com	Peak Value
To Your Site:	20	0	0	0	20
To Site 1:	133	0	4	0	133
To Site 2:	14	0	2	0	14
To Site 3:	41	0	0	0	41
To Site 4:	74	0	6	1	74
To Site 5:	255	0	7	1	255
To Site 6:	505	0	23	0	505
To Site 7:	174	0	0	0	174
To Site 8:	539	0	62	0	539
To Site 9:	12	0	0	0	12
To Site 10:	209	0	25	0	209
Range:	12 to 539	all 0	0 to 62	0 to 1	12 to 539

Advice for the global link popularity

In average, less web pages link to your page than to the top ranked pages. The average link popularity of the top ranked pages is 177, the link popularity of your web page is 20. You must increase the number of web pages from different domains that link to your web site. Keep in mind that all search engines also evaluate the link texts and the quality of the web pages that link to your web site.

<<

Google cannot find any web site that links to your web site from a different domain. Make sure that Google is able to access your web site and that Google has not banned your web site from its index.

<<

Link texts of inbound links

Essential

Inbound links are links from other web sites to your site. If many other sites link to your site, then search engines consider your site to be important. However, the number of links is not as important as is the relevance of the linking page and the link text used in linking to your site.

This chapter lists a sample of the web pages that link to your site, along with the link text. Note that search engines do not reveal all inbound links to your site.

Sample of the web pages that link to your site

Linked Text	Linked URL	Web Page That Links To Your Site
-------------	------------	----------------------------------

Advice for the link texts of inbound links

To get a high ranking on Google.com, make sure that the web pages that link to your site use the search term "spiritual meditations" in their link texts. The more links to your web site contain "spiritual meditations" (or a part of it) in the link text, the more likely it is that your web site will get a high ranking on Google.com for that search term.

It is advisable to use different but related keywords for the link texts. If all links to your web site use exactly the same link text, then Google.com might lower your rankings because of unnatural linking patterns.

In addition, the quality and reputation of the web pages that link to your site is very important to the search engines.

Less than 10% of the analyzed inbound link texts contain the search term "spiritual meditations". You must increase the number of inbound link texts that contain that search term.

Less than 20% of the analyzed inbound link texts contain the search term "spiritual meditations". You must increase the number of inbound link texts that contain that search term.

Less than 40% of the analyzed inbound link texts contain the search term "spiritual meditations". You must increase the number of inbound link texts that contain that search term.

Less than 60% of the analyzed inbound link texts contain the search term "spiritual meditations". You must increase the number of inbound link texts that contain that search term.

Less than 80% of the analyzed inbound link texts contain the search term "spiritual meditations". You must increase the number of inbound link texts that contain that search term.

No inbound link texts have been found. Make sure that Google.com is able to access your web site and that Google.com has not banned your web site from its index.

Keyword use in body text

Essential

The body text is the text on your web page that can be seen by people in their web browsers. It does not include HTML commands, comments, etc. The more visible text there is on a web page, the more a search engine can index. The calculations include spaces and punctuation marks.

Your contents

News Feed Comments Home Articles Products Questions Videos Guided Meditation Reviews Sunset Meditation Waterfall Meditation Beach Meditation Articles Radiate Love To The World Many people ask what they're supposed to do when they meditate: silence the mind, be aware of the thoughts, visualize an outcome, or focus on an object? The truth is, there is no right or wrong. Sometimes, it feels right to have an empty mind; other times, you have questions or problems to deal with, ... [Read the rest of this entry...] Questions Has anyone ever done a guided meditation?

I did a 'cave meditation' that was awesome. Have you ever experienced anything similar? (a guided cave meditation is when someone leads you in mediation. You go through a cave, then a forest, with an animal guide, and you find your spirit guide.) Powered by Yahoo! Answers Read More &arr; [Read the rest of this entry...] Products The Ultimate Guided Meditation Kit Review I've recently checked out a brand new meditation product. It's a large meditation manual that comes with five pre-recorded guided **meditations**.

I started with the guided **meditations** as these are always a good test. Plus you can never have enough choice of **meditations** to listen to as far as I'm concerned. All the **meditations** are around 20 to 25 minutes long, which is a good length of time and it's fairly easy to set aside to listen to one of them. Even if you've got a hectic schedule like most people. There are two relaxation **meditations**. One is a standard version which is a good way to unwind. The other is a more advanced relaxation. If this is your first time listening to a guided meditation, I'd suggest that you listen to the regular relaxation version a few times before moving on to the advanced version.

Although it seems, just easy listening to an MP3 file, there is quite a lot going on in your mind at the same time. Next up is an abundance meditation. The aim of this is to create more abundance in your life. Whilst you'd expect this to maybe just concentrate on getting more money coming your way, it actually deals with abundance in general. So if you don't need any more cash, you can always concentrate on getting an abundance of anything else in your life whilst you listen to this audio. The fourth guided meditation is one that you can put on when you need to be more creative.

If you're like most people, your creative side has been kept suppressed. So when you need to be creative, your mind just thinks it's a problem and starts putting barriers in your way. Creativity doesn't just apply to people like artists, writers and musicians. It can equally apply when you have a project or presentation at work. I found that listening to this MP3 helped me be more creative when I was writing my recent blog entries. Finally, the fifth meditation is maybe the most important but often overlooked one.

It's about contacting your higher self. Different people have different beliefs about who or what their higher self is but it's generally accepted that your higher self is your higher consciousness. This track took me down through three different levels on my way to contacting my higher self and left me with a deep sense of inner calm once it ended. You can get hold of the Ultimate Meditation Kit at: The Ultimate Guided Meditation Kit ... so you may want to go over there and get a copy for yourself now. Guided **Meditations** for Stress Reduction Product Description Product Description: Mindfulness has been shown in clinical trials to be an effective way of reducing stress.

It is a form of focused awareness that helps to prevent the runaway thinking that gives rise to physical and emotional hyper-arousal. The two **meditations** on this CD help us to develop this transformative quality of mindfulness, by means of which we practice acceptance of our present-moment experience in a non-judgmental way. Although the **meditations** on t... More >> Guided **Meditations** for Stress Reduction Silence of Being: Guided **Meditations** for Inner Peace — New Expanded Version Album Description The Silence of Being CD restores a sense of peace in the midst of the stress of life.

It provides an easy, effortless way to achieve a meditative state and is an excellent companion for daily meditation

Your contents

practice. Inspired by the overwhelmingly positive response to her "Ease of Being" CD, Mary Maddux developed the Silence of Being for those who wished to go deeper with the meditative experience. Its very subtle instructions gently encourage the mind to let go of its... More >> Silence of Being: Guided **Meditations** for Inner Peace — New Expanded Version Sacred Moment: Guided Meditation for Stress Reduction, finding your present moment awareness Product Description Sacred Moment-Finding your present moment awareness...

. More >> Sacred Moment: Guided Meditation for Stress Reduction, finding your present moment awareness Guided **Meditations**, Explorations and Healings ISBN13: 9780385417372 Condition: NEW Notes: Brand New from Publisher. No Remainder Mark. Product Description The culmination of nearly two decades of personal and professional exploration, this compassionate, timeless guide offers readers a unique source book comprised of guided **meditations**, new and familiar, for the deeper healing of spirit, mind and body.... More >> Guided **Meditations**, Explorations and Healings Recent Posts Radiate Love To The World Stress and Mindfulness Turning Anger Into Compassion Hope Is Undermining the Value in Your Life Now Want to Be a Meditating Mamma?

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Advice for your body text

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	Although none of the other pages uses this search term, it's usually advisable to add it.	<
Keyword density:	all 0%	0%	Although none of the other pages uses this search term, it's usually advisable to add it.	<
Number of words:	14 to 3,454	963	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	Although none of the other pages uses this search term, it's usually advisable to add it.	<
Keyword density:	all 0%	0%	Although none of the other pages uses this search term, it's usually advisable to add it.	<

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 5	15	Use the search term "meditations" at most 5 times.	<<
Keyword density:	0% to 0%	2%	The keyword density is too high. It should be 0% at maximum. Consider adding more text to lower the keyword density.	<<

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 5	15	Use the keywords "spirtual" or "meditations" at most 5 times.	<<
Keyword density:	0% to 0%	1%	The keyword density for the keywords "spirtual" or "meditations" is too high. It should be 0% at maximum. Consider adding more text to lower the keyword density for these words.	<<

Age of web site

Very Important

Spam sites often come and go quickly. For this reason, search engines tend to trust a web site that has been around for a long time over one that is brand new. The age of the domain is seen as a sign of trustworthiness because it cannot be faked. The data is provided by Alexa.com (or Archive.org if Alexa.com does not have data about a site).

Dates of the domain registration or of the first contents

	URL	Registration Date
Your Site	http://www.spiritmeditations.com/	May-23-03
1	http://www.spiritualguidedmeditation.com/	n/a
2	http://www.meditationerfan.com/	January-18-06 (newest domain)
3	http://www.journeywithspirit.com/meditations.htm	January-07-02
4	http://www.the-auras-expert.com/	January-15-06
5	http://www.sunnyray.org/Spiritual-meditation.htm	April-11-05
6	http://www.self-realization.com/	November-25-97 (oldest domain)
7	http://www.readytotransform.com/	n/a
8	http://www.gurumaa.com/	December-24-99
9	http://www.metaphysique.ca/	n/a
10	http://www.sequoiarecords.com/	May-22-98
Range	November-25-97 to January-18-06	

Advice for the web site age

Your web site is about 9 years old. This is very good because the older your web site, the better it is for your rankings on Google.com.

OK

Keyword use in H1 headline texts

Very Important

H1 headline texts are the texts that are written between the <h1>...</h1> tags in the HTML code of a web page. Some search engines give extra relevance to search terms that appear in the headline texts. This chapter examines if this applies to Google.com, too.

Example: <h1>your very big headline text</h1>

Your contents

[not used]

Advice for your H1 headline texts

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Keyword use in domain name

Important

The domain name is the main part of the web page address. This chapter tries to find out if Google.com gives extra relevance to search terms within the domain name.

Example: "your-keyword" is the domain name of <http://www.your-keyword.com>

Their contents

Rank	Words In Domain Name	URL
1	spiritualguidedmeditation	http://www.spiritualguidedmeditation.com/
2	meditationerfan	http://www.meditationerfan.com/
3	journeywithspirit	http://www.journeywithspirit.com/meditations.htm
4	the auras expert	http://www.the-auras-expert.com/
5	sunnyray	http://www.sunnyray.org/Spiritual-meditation.htm
6	self realization	http://www.self-realization.com/
7	readytotransform	http://www.readytotransform.com/
8	gurumaa	http://www.gurumaa.com/
9	metaphysique	http://www.metaphysique.ca/
10	sequoiarecords	http://www.sequoiarecords.com/

Your contents

spiritmeditations (Domain name: "spiritmeditations.com")

Advice for the domain name

The domain name spiritmeditations.com contains only a part of the search term "spiritual meditations". This is acceptable.



Keyword use in page URL

Important

The page URL is the part after the domain name in the web page address. This chapter tries to find out if Google.com gives extra relevance to search terms within the page URL. Separate your search terms in the page URL with slashes, dashes or underscores.

Example: "keyword/another-keyword.htm" is the page URL of <http://www.domain.com/keyword/another-keyword.htm>

Their contents

Rank	Words In Page URL	URL
1	[no words]	http://www.spiritualguidedmeditation.com/
2	[no words]	http://www.meditationerfan.com/
3	meditations	http://www.journeywithspirit.com/meditations.htm
4	[no words]	http://www.the-auras-expert.com/
5	Spiritual meditation	http://www.sunnyray.org/Spiritual-meditation.htm
6	[no words]	http://www.self-realization.com/
7	[no words]	http://www.readytotransform.com/
8	[no words]	http://www.gurumaa.com/
9	[no words]	http://www.metaphysique.ca/
10	[no words]	http://www.sequoiarecords.com/

Your contents

[no words] (no page URL because you analyzed your homepage)

Advice for your page URL

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 1	0	You could use the search term "meditations" at least once but this is optional.	<
Keyword density:	0% to 100%	0%	You could increase the keyword density for the search term	<

Advice for your page URL

Search term: "spirtual meditations"

			"meditations" but this is optional.	
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Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 1	0	You could use one of the keywords "spirtual" or "meditations" at least once but this is optional.	<
Keyword density:	0% to 50%	0%	You could increase the keyword density for the keywords "spirtual" or "meditations" but this is optional.	<

Links from social networks

Important

On social network sites, people decide which web sites are popular. This means that the popularity on social network sites cannot be easily influenced. For this reason, search engines might trust web sites more if they are popular on social networks. ("n/a" means "data not available".)

Links from social networks (the more the better)

	Del.icio.us	Digg	Total
To Your Site:	0	0	0
To Site 1:	0	0	0
To Site 2:	0	0	0
To Site 3:	0	0	0
To Site 4:	0	0	0
To Site 5:	0	0	0
To Site 6:	0	0	0
To Site 7:	0	0	0
To Site 8:	0	0	0
To Site 9:	0	0	0
To Site 10:	0	0	0
Range:	all 0	all 0	all 0

Advice for the links from social networks

None of the selected social network sites found pages that link to your web site "www.spiritmeditations.com". Try to get at least one web page to link to your web page on these social networks.



Server speed

Important

Popular web sites often have faster server response times compared to smaller unimportant sites. In addition, most search engines index more pages from fast web sites. This chapter shows you how long it takes on average for web pages on the top ranked sites to load. The data is based on the average server speed of the last 30 days and is provided by Alexa.com ("n/a" means that Alexa.com does not have data about your server speed).

Server speed results

Average Page Load Time (measured in seconds, the lower the better)

Your Site	1	2	3	4	5	6	7	8	9	10	Range
n/a	n/a	n/a	0.91s	n/a	0.55s	0.75s	n/a	3.38s	n/a	2.41s	0.55s to 3.38s

Server Speed Relative To Other Servers On The Internet (the faster the better)

Your Site	1	2	3	4	5	6	7	8	9	10	Range
n/a	n/a	n/a	very fast: top 20%	n/a	very fast: top 9%	very fast: top 15%	n/a	very slow: bottom 10%	n/a	slow: bottom 25%	very slow: bottom 10% to very fast: top 9%

Advice for the server speed

The speed of your web site could not be determined. In general, the faster your web site, the better it could be for your rankings on Google.com. If you have a slow web site, you should contact or even switch your web hosting provider.



Keyword use in H2-H6 headline texts

Important

H2, H3, H4, H5 and H6 headline texts are the texts that are written between the <h2>...</h2>, <h3>...</h3>, etc. tags in the HTML code of your web page. Some search engines give extra relevance to search terms that appear in the headline texts. This chapter examines if this applies to Google.com, too.

Example: <h3>your big headline text</h3>

Your contents

No.	Heading Texts
1.	[H2] Sunset Meditation
2.	[H2] Waterfall Meditation
3.	[H2] Beach Meditation
4.	[H3] Articles
5.	[H3] Questions
6.	[H3] Products
7.	[H2] Recent Posts
8.	[H2] Categories
9.	[H2] Pages
10.	[H2] Archives

Advice for your H2-H6 headline texts

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK

Advice for your H2-H6 headline texts

Search term: "spirtual meditations"

Keyword density: all 0% 0% OK

OK

Keyword use in IMG ALT attributes

Important

The attribute defines an alternative text for an image when the user uses a text browser or when the user has turned off the display of images in the web browser application. Microsoft's Internet Explorer displays the alternative text if the user puts the cursor over the graphic. This chapter tries to find out if it makes sense to include the search term in the attributes to improve your rankings.

Example:

Your contents

No.	Image Alt Attribute Text	Image File Name
1.	Subscribe to Spiritual Meditations	http://spiritmeditations.com/wp-content/themes/CustomTheme/images/rss.gif
2.	Subscribe to Spiritual Meditations	http://spiritmeditations.com/wp-content/themes/CustomTheme/images/rss.gif
3.	Free your mind body and spirit with meditation exercises	http://spiritmeditations.com/wp-content/themes/CustomTheme/images/logo.jpg
4.	[empty]	/wp-content/themes/CustomTheme/images/hp3.jpg
5.	[empty]	/wp-content/themes/CustomTheme/images/hp3.jpg
6.	[empty]	/wp-content/themes/CustomTheme/images/hp2.jpg
7.	[empty]	/wp-content/themes/CustomTheme/images/hp2.jpg
8.	[empty]	/wp-content/themes/CustomTheme/images/hp1.jpg
9.	[empty]	/wp-content/themes/CustomTheme/images/hp1.jpg
10.	[empty]	http://ecx.images-amazon.com/images/I/51n7gIWNpYL._SL160_.jpg
11.	[empty]	/wp-content/themes/CustomTheme/images/amazon-button.gif
12.	[empty]	http://ecx.images-amazon.com/images/I/41B60HAfe9L._SL160_.jpg
13.	[empty]	/wp-content/themes/CustomTheme/images/amazon-button.gif
14.	[empty]	http://ecx.images-amazon.com/images/I/517R2R09BEL._SL160_.jpg
15.	[empty]	/wp-content/themes/CustomTheme/images/amazon-button.gif
16.	[empty]	http://ecx.images-amazon.com/images/I/414AOqs-Bel._SL160_.jpg
17.	[empty]	/wp-content/themes/CustomTheme/images/amazon-button.gif
18.	Unleash Your Genius with Genius Brain Power	http://www.GeniusBrainPower.com/images/GBP-ad02-300.jpg

Your contents

No.	Image Alt Attribute Text	Image File Name
19.	Webfeed (RSS/ATOM/RDF) submitted to http://www.feeds4all.nl	http://www.feeds4all.nl/images/feeds4all_bannernl.gif

Advice for your IMG ALT attributes

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	2	It seems to be better to remove the search term "meditations".	<<
Keyword density:	all 0%	7%	It seems to be better to remove the search term "meditations".	<<

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	2	It seems to be better to remove the keywords "spirtual" or "meditations".	<<
Keyword density:	all 0%	3%	It seems to be better to remove the keywords "spirtual" or "meditations".	<<

Top level domain of web site

Important

Web sites with certain top level domains (TLD) are statistically more likely to contain higher quality, trustworthy contents. For this reason, search engines might prefer web sites with restricted TLD (.edu, .gov., .mil) over younger TLD (e.g., .biz, .info, .jobs). In addition, country code TLD (e.g., .ca, .de, .fr) are often preferred in the country's local search results.

Top level domain results

Your Site	1	2	3	4	5	6	7	8	9	10
.com	.com	.com	.com	.com	.org	.com	.com	.com	.ca	.com

Advice for the top level domain of your web site

Your web site URL www.spiritmeditations.com contains the often used top level domain .com. This is neither good nor bad for your rankings on Google.com.

OK

Keyword use in bold body text

Important

The body text is the text on your web page that can be seen by people in their web browsers. The bold body text uses a darker and heavier face than the regular type face. It appears between `...` or `...` tags in the HTML source of your web page. CSS is not recognized. The statistics include spaces and punctuation marks.

Their contents

Rank	Keyword use in bold body text
1	[not used]
2	"In the name of the Truth"
3	Click on the speakers below to hear audio meditations . Trichakra Focal Point Meditation About the trichakras: Essential Chakra Cleansing Meditation Sacred Merkaba Arielaris Meditation The Lightbody Activation Manual Healing Power Meditation Divine Journey Meditation Forgiveness Meditation Letting Go Meditation The Power of Love Meditation Beloved Connection Meditation Divine Portal Meditation Home
4	Auras...Aura Colors, Shapes and Sizes Aura Readings Aura Healing...Releasing Blocks, Creating Flow Chakras...Chakra Healing, Colors and Meditation Spiritual Healing...Life Choices and Energywork How to Meditate...Choices for Self Healing Psychic Readings...Choices for Insight Spiritual Retreats...Reconnecting with Yourself Dream Meanings...Decoding Symbols and Dream Interpretation Spiritual Books on Auras, Chakras and Spiritual Healing Spiritual [and 114 additional characters]
5	Spiritual Meditation I Am Who I Am There is no replacement for the live and filled with love contact
6	If you're looking for the Self-Realization Fellowship (SRF), please visit: www.yogananda-srf.org Chakras + Yantras Awareness Software Download Links (for Windows): Software Support / Contact Us Check for New Versions Download Link: Awareness - The Center of Being is a manual for Self-awareness and offers a unique approach in the long sought proof for the existence of God. Zentrum Publishing's web pages inform on a wide variety of subjects concerning the wellbeing of body and mind.
7	[not used]
8	Buddhafield to catalyse your evolution Sep 21st Breathing Winds (Now available in gujrati also) February issue updated
9	[not used]
10	Lynn Woods, Santa Barbara CA Stress and Pain Management Center, Alexandria, KY

Your contents

Radiate Love To The World Has anyone ever done a guided meditation? The Ultimate Guided Meditation Kit Review Guided **Meditations** for Stress Reduction Product Description Guided **Meditations** for Stress Reduction Silence of Being: Guided **Meditations** for Inner Peace — New Expanded Version Album Description Silence of Being: Guided **Meditations** for Inner Peace — New Expanded Version Sacred Moment: Guided Meditation for Stress Reduction, finding your present moment awareness Product Description Sacred Moment: Guided Meditation for Stress Reduction, finding your present moment awareness Guided **Meditations**, Explorations and Healings Product Description Guided **Meditations**, Explorations and Healings

Advice for your bold body text

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 1	6	Use the search term "meditations" at most once.	<<
Keyword density:	0% to 2%	6%	The keyword density is too high. It should be 2% at maximum. Consider adding more text to lower the keyword density.	<<

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 1	6	Use the keywords "spirtual" or "meditations" at most once.	<<
Keyword density:	0% to 1%	3%	The keyword density for the keywords "spirtual" or "meditations" is too high. It should be 1% at maximum. Consider adding more text to lower the keyword density for these words.	<<

Number of visitors to the site

Important

Search engines might look at web site usage data, such as the number of visitors to your site, to determine if your site is reputable and contains popular contents. The Alexa.com traffic rank is based on three months of aggregated traffic data from millions of Alexa Toolbar users and is a combined measure of page views and number of site visitors.

Alexa.com Traffic Rank results (the lower the better)

	URL	Alexa Traffic Rank
Your Site	http://www.spiritmeditations.com/	n/a
1	http://www.spiritualguidedmeditation.com/	Rank #1,509,912
2	http://www.meditationerfan.com/	Rank #16,823,587 (least visitors of the competitors)
3	http://www.journeywithspirit.com/meditations.htm	Rank #5,988,668
4	http://www.the-auras-expert.com/	Rank #1,059,817
5	http://www.sunnyray.org/Spiritual-meditation.htm	Rank #355,492
6	http://www.self-realization.com/	Rank #1,009,655
7	http://www.readytotransform.com/	Rank #1,805,037
8	http://www.gurumaa.com/	Rank #151,318 (most visitors of the competitors)
9	http://www.metaphysique.ca/	Rank #3,962,365
10	http://www.sequoiarecords.com/	Rank #1,017,169
Range		151,318 to 16,823,587 (average rank: #3,368,302)

Advice for the number of visitors to your site

The number of visitors to www.spiritmeditations.com could not be determined. In general, the more visitors you have, the more advantageous it could be to your rankings on Google.com.



Keyword use in same domain link texts

Moderately Important

Link texts are words and sentences that are used as links. Same domain link texts are the link texts of the links that point to a web page on the same domain. This chapter examines if Google.com takes search terms in same domain link texts into account.

Example: The HTML tag `Contact information` contains the same domain link text "Contact information".

Your contents

No.	Same Domain Link Text	Link URL
1.	[empty]	/feed/rss/
2.	News Feed	/feed/rss/
3.	[empty]	/comments/feed/
4.	Comments	/comments/feed/
5.	[empty]	/
6.	Home	/
7.	Articles	/category/articles/
8.	Products	/category/products/
9.	Questions	/category/questions/
10.	Videos	/category/videos/
11.	Guided Meditation Reviews	/guided-meditation-reviews
12.	[empty]	/photos/sunset-meditation/
13.	[empty]	/photos/waterfall-meditation/
14.	[empty]	/photos/beach-meditation/
15.	Radiate Love To The World	/articles/radiate-love-to-the-world/
16.	[empty]	/articles/radiate-love-to-the-world/
17.	[Read the rest of this entry...]	/articles/radiate-love-to-the-world/
18.	Has anyone ever done a guided meditation?	/questions/has-anyone-ever-done-a-guided-meditation/
19.	Read More →	/questions/has-anyone-ever-done-a-guided-meditation/
20.	[Read the rest of this entry...]	/questions/has-anyone-ever-done-a-guided-meditation/
21.	The Ultimate Guided Meditation Kit Review	/articles/the-ultimate-guided-meditation-kit-review/
22.	Guided Meditations for Stress Reduction	/products/guided-meditations-for-stress-reduction/
23.	Silence of Being: Guided Meditations for Inner Peace — New Expanded Version	/products/silence-of-being-guided-meditations-for-inner-peace-new-expanded-version/
24.	Sacred Moment: Guided Meditation for Stress Reduction, finding your present moment awareness	/products/sacred-moment-guided-meditation-for-stress-reduction-finding-your-present-moment-awareness/
25.	Guided Meditations , Explorations and Healings	/products/guided-meditations-explorations-and-healings/
26.	Radiate Love To The World	/articles/radiate-love-to-the-world/

Your contents

No.	Same Domain Link Text	Link URL
27.	Stress and Mindfulness	/articles/stress-and-mindfulness/
28.	Turning Anger Into Compassion	/articles/turning-anger-into-compassion/
29.	Hope Is Undermining the Value in Your Life Now	/articles/hope-is-undermining-the-value-in-your-life-now/
30.	Want to Be a Meditating Mamma?	/articles/want-to-be-a-meditating-mamma/
31.	Articles	/category/articles/
32.	Photos	/category/photos/
33.	Products	/category/products/
34.	Questions	/category/questions/
35.	Videos	/category/videos/
36.	Guided Meditation Reviews	/guided-meditation-reviews/
37.	Privacy Policy	/privacy-policy/
38.	March 2012	/2012/03/
39.	February 2012	/2012/02/
40.	January 2012	/2012/01/
41.	December 2011	/2011/12/
42.	November 2011	/2011/11/
43.	Spiritual Meditations	/

Advice for your same domain link texts

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 1	4	Use the search term "meditations" at most once.	<<
Keyword density:	0% to 1%	3%	The keyword density is too high. It should be 1% at maximum. Consider adding more text to lower the keyword density.	<<

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 1	4	Use the keywords "spirtual" or "meditations" at most once.	<<
Keyword density:	0% to 1%	2%	The keyword density for the keywords "spirtual" or "meditations"	<<

Advice for your same domain link texts

Search term: "spiritual meditations"

			is too high. It should be 1% at maximum. Consider adding more text to lower the keyword density for these words.	
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Keyword use in outbound link texts

Moderately Important

Link texts are words and sentences that are used as links. Outbound link texts are the texts within the <a>... tags when the <a> tag links to a web page on a different domain. This chapter examines if Google.com gives relevance to search terms in outbound link texts.

Example: The HTML tag About the company contains the outbound link text "About the company".

Your contents

No.	Outbound Link Text	Link URL
1.	The Ultimate Guided Meditation Kit	http://megaweb.trev92.hop.clickbank.net
2.	[empty]	http://www.amazon.com/Guided-Meditations-Stress-Reduction-Bodhipaksa/dp/0972441425%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425
3.	More >>	http://www.amazon.com/Guided-Meditations-Stress-Reduction-Bodhipaksa/dp/0972441425%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425
4.	[empty]	http://www.amazon.com/Guided-Meditations-Stress-Reduction-Bodhipaksa/dp/0972441425%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425
5.	Guided Meditations for Stress Reduction	http://www.amazon.com/Guided-Meditations-Stress-Reduction-Bodhipaksa/dp/0972441425%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425
6.	[empty]	http://www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4
7.	More >>	http://www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4
8.	[empty]	http://www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4

Your contents		
No.	Outbound Link Text	Link URL
		6linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4
9.	Silence of Being: Guided Meditations for Inner Peace — New Expanded Version	http://www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4
10.	[empty]	http://www.amazon.com/Sacred-Moment-Meditation-Reduction-awareness/dp/B000BGQWVE%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB000BGQWVE
11.	More >>	http://www.amazon.com/Sacred-Moment-Meditation-Reduction-awareness/dp/B000BGQWVE%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB000BGQWVE
12.	[empty]	http://www.amazon.com/Sacred-Moment-Meditation-Reduction-awareness/dp/B000BGQWVE%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB000BGQWVE
13.	Sacred Moment: Guided Meditation for Stress Reduction, finding your present moment awareness	http://www.amazon.com/Sacred-Moment-Meditation-Reduction-awareness/dp/B000BGQWVE%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB000BGQWVE
14.	[empty]	http://www.amazon.com/Guided-Meditations-Explorations-Healings-Stephen/dp/0385417373%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373
15.	More >>	http://www.amazon.com/Guided-Meditations-Explorations-Healings-Stephen/dp/0385417373%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373
16.	[empty]	http://www.amazon.com/Guided-Meditations-Explorations-Healings-Stephen/dp/0385417373%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373
17.	Guided Meditations , Explorations and Healings	http://www.amazon.com/Guided-Meditations-Explorations-Healings-Stephen/dp/0385417373%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373

Your contents		
No.	Outbound Link Text	Link URL
		20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373
18.	[empty]	http://megaweb.newday23.hop.clickbank.net
19.	[empty]	http://www.feeds4all.nl
20.	Lifestyle theme	http://www.studiopress.com/themes/lifestyle
21.	Niche PLR Article Packs	http://www.nicheplrarticlepacks.com

Advice for your outbound link texts

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	3	It seems to be better to remove the search term "meditations".	<<
Keyword density:	all 0%	6%	It seems to be better to remove the search term "meditations".	<<

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	3	It seems to be better to remove the keywords "spirtual" or "meditations".	<<
Keyword density:	all 0%	3%	It seems to be better to remove the keywords "spirtual" or "meditations".	<<

Keyword use in same domain link URLs

Moderately Important

Links connect one web page to another. Same domain links are the links in <a href> attributes that point to other pages on the same domain. This chapter examines if search terms in same domain link URLs are relevant to Google.com.

Example: The HTML tag Contact information contains the same domain link URL "contact.htm".

Your contents

No.	Same Domain Link URL	Link Text
1.	feed rss [/feed/rss/]	[empty]
2.	feed rss [/feed/rss/]	News Feed
3.	comments feed [/comments/feed/]	[empty]
4.	comments feed [/comments/feed/]	Comments
5.	[empty] [/]	[empty]
6.	[empty] [/]	Home
7.	category articles [/category/articles/]	Articles
8.	category products [/category/products/]	Products
9.	category questions [/category/questions/]	Questions
10.	category videos [/category/videos/]	Videos
11.	guided meditation reviews [/guided-meditation-reviews/]	Guided Meditation Reviews
12.	photos sunset meditation [/photos/sunset-meditation/]	[empty]
13.	photos waterfall meditation [/photos/waterfall-meditation/]	[empty]
14.	photos beach meditation [/photos/beach-meditation/]	[empty]
15.	articles radiate love to the world [/articles/radiate-love-to-the-world/]	Radiate Love To The World
16.	articles radiate love to the world [/articles/radiate-love-to-the-world/]	[empty]
17.	articles radiate love to the world [/articles/radiate-love-to-the-world/]	[Read the rest of this entry...]
18.	questions has anyone ever done a guided meditation [/questions/has-anyone-ever-done-a-guided-meditation/]	Has anyone ever done a guided meditation?
19.	questions has anyone ever done a guided meditation [/questions/has-anyone-ever-done-a-guided-meditation/]	Read More →
20.	questions has anyone ever done a guided meditation [/questions/has-anyone-ever-done-a-guided-meditation/]	[Read the rest of this entry...]
21.	articles the ultimate guided meditation kit review [/articles/the-ultimate-guided-meditation-kit-review/]	The Ultimate Guided Meditation Kit Review
22.	products guided meditations for stress reduction [/products/guided- meditations -for-stress-reduction/]	Guided Meditations for Stress Reduction

Your contents

No.	Same Domain Link URL	Link Text
23.	products silence of being guided meditations for inner peace new expanded version [/products/silence-of-being-guided meditations -for-inner-peace-new-expanded-version/]	Silence of Being: Guided Meditations for Inner Peace — New Expanded Version
24.	products sacred moment guided meditation for stress reduction finding your present moment awareness [/products/sacred-moment-guided-meditation-for-stress-reduction-finding-your-present-moment-awareness/]	Sacred Moment: Guided Meditation for Stress Reduction, finding your present moment awareness
25.	products guided meditations explorations and healings [/products/guided meditations -explorations-and-healings/]	Guided Meditations, Explorations and Healings
26.	articles radiate love to the world [/articles/radiate-love-to-the-world/]	Radiate Love To The World
27.	articles stress and mindfulness [/articles/stress-and-mindfulness/]	Stress and Mindfulness
28.	articles turning anger into compassion [/articles/turning-anger-into-compassion/]	Turning Anger Into Compassion
29.	articles hope is undermining the value in your life now [/articles/hope-is-undermining-the-value-in-your-life-now/]	Hope Is Undermining the Value in Your Life Now
30.	articles want to be a meditating mamma [/articles/want-to-be-a-meditating-mamma/]	Want to Be a Meditating Mamma?
31.	category articles [/category/articles/]	Articles
32.	category photos [/category/photos/]	Photos
33.	category products [/category/products/]	Products
34.	category questions [/category/questions/]	Questions
35.	category videos [/category/videos/]	Videos
36.	guided meditation reviews [/guided-meditation-reviews/]	Guided Meditation Reviews
37.	privacy policy [/privacy-policy/]	Privacy Policy
38.	2012 03 [/2012/03/]	March 2012
39.	2012 02 [/2012/02/]	February 2012
40.	2012 01 [/2012/01/]	January 2012
41.	2011 12 [/2011/12/]	December 2011
42.	2011 11 [/2011/11/]	November 2011
43.	[empty] [/]	Spiritual Meditations

Advice for your same domain link URLs

Search term: "spiritual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK

Advice for your same domain link URLs

Search term: "spirtual meditations"

Keyword density:	all 0%	0%	OK	OK
------------------	--------	----	----	----

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 1	3	Use the search term "meditations" at most once.	<<
Keyword density:	0% to 3%	2%	OK	OK

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	0 to 1	3	Use the keywords "spirtual" or "meditations" at most once.	<<
Keyword density:	0% to 1%	1%	OK	OK

Keyword use in outbound link URLs

Moderately Important

Links connect one web page to another. Outbound links are the links on a web page that point to web pages on other web sites, i.e. links to other domains. This chapter examines if Google.com gives relevance to search terms in outbound links

Example: The HTML tag `Click here` contains the outbound link URL "www.not-your-site.com/info.htm".

Your contents

No.	Outbound Link URL	Link Text
1.	megaweb trev92 hop clickbank [http://megaweb.trev92.hop.clickbank.net]	The Ultimate Guided Meditation Kit
2.	www amazon Guided Meditations Stress Reduction Bodhipaksa dp 0972441425 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3D0972441425 [http://www.amazon.com/Guided- Meditations -Stress-Reduction-Bodhipaksa/dp/0972441425%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425]	[empty]
3.	www amazon Guided Meditations Stress Reduction Bodhipaksa dp 0972441425 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3D0972441425 [http://www.amazon.com/Guided- Meditations -Stress-Reduction-Bodhipaksa/dp/0972441425%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425]	More >>
4.	www amazon Guided Meditations Stress Reduction Bodhipaksa dp 0972441425 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3D0972441425 [http://www.amazon.com/Guided- Meditations -Stress-Reduction-Bodhipaksa/dp/0972441425%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425]	[empty]

Your contents

No.	Outbound Link URL	Link Text
5.	<p>www.amazon.com/Guided-Meditations-Stress-Reduction-Bodhipaksa/dp/0972441425?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425</p> <p>[http://www.amazon.com/Guided-Meditations-Stress-Reduction-Bodhipaksa/dp/0972441425?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0972441425]</p>	Guided Meditations for Stress Reduction
6.	<p>www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4</p> <p>[http://www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4]</p>	[empty]
7.	<p>www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4</p> <p>[http://www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4]</p>	More >>
8.	<p>www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4</p> <p>[http://www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4]</p>	[empty]
9.	<p>www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4</p> <p>[http://www.amazon.com/Silence-Being-Meditations-Expanded-Version/dp/B0002DUSI4?pf_rd_p=3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4]</p>	Silence of Being: Guided Meditations for Inner Peace — New Expanded Version

Your contents		
No.	Outbound Link URL	Link Text
	-Expanded-Version/dp/B0002DUSI4%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB0002DUSI4]	
10.	www amazon Sacred Moment Meditation Reduction awareness dp B000BGQWVE 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3DB000BGQWVE [http://www.amazon.com/Sacred-Moment-Meditation-Reduction-awareness/dp/B000BGQWVE%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB000BGQWVE]	[empty]
11.	www amazon Sacred Moment Meditation Reduction awareness dp B000BGQWVE 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3DB000BGQWVE [http://www.amazon.com/Sacred-Moment-Meditation-Reduction-awareness/dp/B000BGQWVE%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB000BGQWVE]	More >>
12.	www amazon Sacred Moment Meditation Reduction awareness dp B000BGQWVE 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3DB000BGQWVE [http://www.amazon.com/Sacred-Moment-Meditation-Reduction-awareness/dp/B000BGQWVE%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB000BGQWVE]	[empty]
13.	www amazon Sacred Moment Meditation Reduction awareness dp B000BGQWVE 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3DB000BGQWVE [http://www.amazon.com/Sacred-Moment-Meditation-Reduction-awareness/dp/B000BGQWVE%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB000BGQWVE]	Sacred Moment: Guided Meditation for Stress Reduction, finding your present moment awareness
14.	www amazon Guided Meditations Explorations Healings Stephen dp 0385417373 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20	[empty]

Your contents		
No.	Outbound Link URL	Link Text
	26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3D0385417373 [http://www.amazon.com/Guided- Meditations -Explorations-Healings-Stephen/dp/0385417373%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373]	
15.	www amazon Guided Meditations Explorations Healings Stephen dp 0385417373 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3D0385417373 [http://www.amazon.com/Guided- Meditations -Explorations-Healings-Stephen/dp/0385417373%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373]	More >>
16.	www amazon Guided Meditations Explorations Healings Stephen dp 0385417373 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3D0385417373 [http://www.amazon.com/Guided- Meditations -Explorations-Healings-Stephen/dp/0385417373%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373]	[empty]
17.	www amazon Guided Meditations Explorations Healings Stephen dp 0385417373 3FSubscriptionId 3D1V2FY3X5ASF8JF6YZ7G2 26tag 3Dcontyourbloop 20 26linkCode 3Dxm2 26camp 3D2025 26creative 3D165953 26creativeASIN 3D0385417373 [http://www.amazon.com/Guided- Meditations -Explorations-Healings-Stephen/dp/0385417373%3FSubscriptionId%3D1V2FY3X5ASF8JF6YZ7G2%26tag%3Dcontyourbloop-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D0385417373]	Guided Meditations, Explorations and Healings
18.	megaweb newday23 hop clickbank [http://megaweb.newday23.hop.clickbank.net]	[empty]
19.	www feeds4all [http://www.feeds4all.nl]	[empty]
20.	www studiopress themes lifestyle [http://www.studiopress.com/themes/lifestyle]	Lifestyle theme

Your contents

No.	Outbound Link URL	Link Text
21.	www nicheplrarticlepacks [http://www.nicheplrarticlepacks.com]	Niche PLR Article Packs

Advice for your outbound link URLs

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	12	It seems to be better to remove the search term "meditations".	<<
Keyword density:	all 0%	3%	It seems to be better to remove the search term "meditations".	<<

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	12	It seems to be better to remove the keywords "spirtual" or "meditations".	<<
Keyword density:	all 0%	2%	It seems to be better to remove the keywords "spirtual" or "meditations".	<<

Keyword use in meta description

Moderately Important

The Meta Description tag allows you to describe your web page. This chapter tries to find out if Google.com takes the Meta Description tag into account. Some search engines display the text to the user in the search results.

Example: <meta name="description" content="This sentence describes the contents of your web site.">

Even if the Meta Description tag might not be important for ranking purposes, you should use the Meta Description tag to make sure that your web site is displayed with an attractive description in the search results.

Their contents

Rank	Keyword use in meta description
1	[not used]
2	In this site you will find the answer of two basic questions, who am I? and what am I searching for. It will guide you step by step, the easy methods of Meditation and being in the Present Moment. By doing that, you can also discover your True Self and the Authentic joy within. Please visit our site at www.meditationerfan.com
3	[not used]
4	A grounded & professional approach to auras in meditation, healing & psychic reading. Unique resources from aura cleansing & how to meditate, to spiritual retreats. Rare insights for personal growth.
5	[not used]
6	Browse through articles and software on self-realization, yoga and philosophy - or enter the Yoga Portal, a large directory of online yoga resources.
7	Health, Fitness, Beauty and Lifestyle Tips and Discussions from real people for real people.
8	Learn meditation from the master, discover what meditation is all about Meditate with music cds, get stress relief and experience ultimate relaxation. Spiritual discourses videos books & CDs, Meditate with ancient techniques from Sufism, Buddhism, Learn & enjoy the benefits of meditation
9	Metaphysique ~Yorkville's centre for spiritual growth~
10	Relax and unwind with the soothing New Age music, relaxation music and chill out electronica from award winning artists - CDs and mp3 downloads.

Your contents

Free your body, mind, and spirit with spiritual **meditations**

Advice for your meta description

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	Although none of the other pages uses this search term, it's usually advisable to add it.	<
Keyword density:	all 0%	0%	Although none of the other pages uses this search term, it's usually advisable to add it.	<

Advice for your meta description

Search term: "spiritual meditations"

Search term: "spiritual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	Although none of the other pages uses this search term, it's usually advisable to add it.	<
Keyword density:	all 0%	0%	Although none of the other pages uses this search term, it's usually advisable to add it.	<

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	1	Although none of the other pages uses the search term "meditations", it's usually advisable to keep it.	<
Keyword density:	all 0%	11%	None of the other pages uses the search term so you might want to keep the keyword density as low as possible for this search term.	<

Keywords "spiritual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	1	Although none of the other pages uses the keywords "spiritual" or "meditations", it's usually advisable to keep them.	<
Keyword density:	all 0%	6%	None of the other pages uses the keywords "spiritual" or "meditations" so you might want to keep the keyword density as low as possible for these keywords.	<

Number of trailing slashes in URL

Moderately Important

The number of trailing slashes (/) in the URL indicates where a web page falls in a site's overall hierarchy. If the URL contains many trailing slashes, meaning it is placed in a sub-sub-directory, then the webmaster does not seem to think that the page is important in relation to the other pages.

Number of trailing slashes

Your Site	1	2	3	4	5	6	7	8	9	10	Range
0	0	0	0	0	0	0	0	0	0	0	all 0

Advice for the number of trailing slashes in your web site URL

The URL www.spiritmeditations.com does not contain more or less trailing slashes than the top ranked pages. This means that you do not have to change the number of trailing slashes in your URL.

OK

HTML validation of web page to W3C standards

Slightly Important

Web pages are written in special languages called HTML and CSS. Like any language, HTML and CSS change constantly. The World Wide Web Consortium (W3C) is the governing body that establishes what is valid HTML/CSS and what is not. Search engines obey the HTML/CSS standard. If there are errors in the HTML/CSS code of your web page, then search engines might not be able to read everything of your web page.

Validation results

	Validity
HTML:	20 errors, not valid http://validator.w3.org/check?uri=http://www.spiritmeditations.com/
CSS:	no errors, valid http://jigsaw.w3.org/css-validator/validator?uri=http://www.spiritmeditations.com/

Advice regarding the validity of your web site

The HTML code validation of your web page www.spiritmeditations.com failed. This means that Google.com might not be able to read your web page. You should fix any HTML errors.



Readability level of web page

Slightly Important

The Flesch Reading Ease test is a United States governmental standard to determine how easy a text is to read. It measures the approximate level of education necessary to understand the web page content. Higher scores indicate the text that is easier to read, and lower numbers mark harder-to-read texts. Scores among different languages are not comparable.

Readability results

Flesch Reading Ease Score (0-100, higher score means that the text is easier to understand)

Your Site	1	2	3	4	5	6	7	8	9	10	Range
61	60	31	70	39	48	33	66	35	n/a	56	31 to 70

Flesch-Kincaid Grade Level (shows the number of years of education required to understand the text)

Your Site	1	2	3	4	5	6	7	8	9	10	Range
9	10	20	7	10	12	13	10	15	n/a	10	7 to 20

Advice for the readability of your web site

The Flesch Reading Ease Score of your web page www.spiritmeditations.com is 61. A score of 60 to 80 is considered to be optimal. This means that the text of your web page is easy to comprehend.

OK

Keyword use in meta keywords

Slightly Important

The Meta Keywords tag allows you to define which search terms are important to your web page according to your opinion. It should be placed between the <head>...</head> tags in the HTML code of your web page. This chapter tries to find out if Google.com gives relevance to search terms in the Meta Keywords tag.

Example: <meta name="keywords" content="keyword, another keyword">

Their contents

Rank	Keyword use in meta keywords
1	[not used]
2	Spiritual Awakening through Meditation, Meditation, meditation, spiritual, spiritual awakening, joy and happiness, kundalini, who am I, self-realization, ego, self realization, power of mind, present moment, how to be in the present moment, how to find joy, how to find happiness, inner joy, true self, awareness, silence, silent, nothingness, be aware of the awareness, silent watcher, watcher, egolessness, function of the mind, happiness, self hea [and 182 additional characters]
3	[not used]
4	auras, how to meditate, spiritual healing, psychic readings, dream meanings
5	[not used]
6	self-realization, meditation, yoga, metaphysics, spiritual growth, yoga software, yoga shareware, yoga freeware, Zentrum Publishing, body, mind, soul, free information, chakras, yantras, Yoga Portal
7	[not used]
8	meditation, meditate, guru, anandmurti gurumaa, spirituality, meditation techniques, stress relief, relaxation, spiritual guidance, stress, relief, guidance, how to meditate, learning to meditate, ways to meditate, why learn to meditate, yoga, health, devotional bhajans, zen, sufi
9	SPIRITUAL PSYCHOTHERAPY, LIFE COACHING, GUIDED MEDITATION, PAST LIFE REGRESSION, SPIRITUAL DIRECTION, PSYCHIC ART, ACU-INTUITIVE MASSAGE, AROMATHERAPY MASSAGE, ASIAN MERIDIAN MASSAGE, BACH FLOWER THERAPY, QXCI - BIO FEEDBACK, FIR INFRARED SAUNA, REFLEXOLOGY, REIKI, TAROT READINGS, CHANNELLING & PAST LIFE REGRESSION, KARMIC ASTROLOGY, SEANCES, SHAMANISM
10	New Age Music, Meditation Music, Yoga Music, Spa Music, , Celtic Music, Drum Music, Relaxing Music, Relaxation Music, Chill Out Electronica, World Music, nature Sounds, sleep music, ambient music, Sequoia Records, david and steve gordon

Your contents

spiritual **meditations**

Advice for your meta keywords

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK

Advice for your meta keywords

Search term: "spirtual meditations"

Keyword density:	all 0%	0%	OK	OK
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Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	1	Remove the search term "meditations".	<<
Keyword density:	all 0%	50%	It seems to be better to remove the search term "meditations".	<<

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	1	Remove the keywords "spirtual" or "meditations".	<<
Keyword density:	all 0%	25%	It seems to be better to remove the keywords "spirtual" or "meditations".	<<

Keyword use in the first sentence of the body text

Slightly Important

The first sentence of the body text is the first sentence after the <body> tag in the HTML code of your web page. Some search engines give more relevance to search terms when they appear in the first sentence. Some will use your first sentence as the description of your page on the search result page.

Example: <body>Here goes the first sentence. This text is not the first sentence.

Their contents

Rank	Keyword use in the first sentence of the body text
1	Categories Gurumaa Meditation Shakti Spirituality Sufi Yoga Links Meditation HEALING OF MIND AND BODY THROUGH MEDITATION It is said that the deeper the meditation, the deeper would be the healing.
2	Meditation Erfan
3	Sign Up
4	[?] Subscribe to AurasExpert
5	Related Categories:
6	Zentrum Publishing's Self-Realization.com metaphysics, yoga, meditation, scripture, spiritual growth If you're looking for the Self-Realization Fellowship (SRF), please visit: www.yogananda-srf.org The Yoga Portal Yoga Directory yoga organizations yoga associations yoga directories yoga magazines yoga articles yoga books yoga software yoga info sites asanas & mudras yoga styles
7	Home Ready To Transform Like us on Health Vitamins Seasonal Affective Disorder Alcohol Fitness Fitness Equipment Weight Training Beauty Hair Care Mens Grooming Hair Clippers Nose Hair Weight Loss Diets Weight Loss Books Food and Drink Fryers Juicers Juicing Recipes Chicken Recipes Mind and Body Self Confidence Insomnia Going Green Welcome To Ready To Transform
8	sign in register support contact us view cart Anandmurti Gurumaa - A Modern Day Mystic An embodiment of love, grace, compassion, and empowered with the wisdom of the times, forward thinking and dynamic in her approach and outlook, Anandmurti Gurumaa stands as a constant source of inspiration for all.
9	Metaphysique Home
10	1.800.524.5513 MY ACCOUNT VIEW CART: 0

Your contents

News Feed Comments Home Articles Products Questions Videos Guided Meditation Reviews Sunset Meditation

Advice for your first sentence of the body text

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	

Advice for your first sentence of the body text

Search term: "spirtual meditations"

Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Keyword use in HTML comments

Slightly Important

HTML comment tags are "hidden comments" in the HTML code of your web page. They are not visible to the user. This chapter tries to find out if search terms in the HTML comment tags are relevant for a good ranking in Google.com.

Example: <!-- comments with keywords -->

Your contents

No.	HTML Comment Text
1.	All in One SEO Pack 1.6.13.8 by Michael Torbert of Semper Fi Web Design[456,485]
2.	/all in one seo pack
3.	begin gallery scripts
4.	end gallery scripts
5.	This section is currently pulling category ID #1, and can be switched by changing the cat=1 to show whatever category ID you would like in this area
6.	begin sidebar
7.	this is the sidebar ad for an affiliate product
8.	To activate your Google AdSense ad, go to your WP dashboard and go to Design -> Revolution Lifestyle Options and enter your Google AdSense Code
9.	begin l_sidebar
10.	end l_sidebar
11.	begin r_sidebar
12.	end r_sidebar
13.	end sidebar
14.	The main column ends
15.	begin footer

Advice for your HTML comments

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "spirtual"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search term: "meditations"

Advice for your HTML comments

Search term: "spirtual meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Keywords "spirtual" or "meditations"

	Competitors	Your Site	Advice	
Number of keywords:	all 0	0	OK	OK
Keyword density:	all 0%	0%	OK	OK

Search engine compatibility

This chapter examines the general search engine compatibility of your web page.

Advice

Search engines need text to index your web pages, to determine the theme of your web site and to produce a site summary. They cannot read what is written on your graphical images or in a Flash movie. Google recommends to create a useful, information-rich site. Fresh, continuously updated content is one of the best ways to ensure that search engines return to your web site (and your visitors, too). Your web page "www.spiritmeditations.com" contains 965 words which should be enough for search engines.	OK
Some search engines penalize web sites if the search terms of the Meta Keywords tag don't appear in the body text of the web page. All search terms of your Meta Keywords tag appear in the body text of your web page so there will not be any problems with the search engines in this aspect.	OK
Your web page doesn't use the Meta Refresh tag so there won't be any problems with the search engines in this aspect.	OK
Your web page uses the Meta Robots tag to allow search engines to index your web page.	OK
Your web page doesn't use the Meta Title tag so there won't be any problems with the search engines in this aspect.	OK
Your web page doesn't use any Dublin Core meta tags so there won't be any problems with the search engines in this aspect.	OK
Your web page doesn't use any Meta tags twice so there won't be any problems with the search engines in this aspect.	OK
Your web page doesn't use the <title> tag twice so there won't be any problems with search engines in this aspect.	OK
Some search engines and directories don't accept submissions with capitalized letters in the document title or in the meta tags. Your web page doesn't use all capitalized letters in those web page elements so there won't be any problems with the search engines in this aspect.	OK
Your web page uses script code in an external file so you've already minimized the problems with scripts and the search engines.	OK
Your web page uses style sheet code in an external file so you've already minimized the problems with style sheets and the search engines.	OK
Your web page doesn't use frames so there won't be any problems with the search engines in this aspect.	OK
Some search engines consider tiny text (i.e. font size 1) as an attempt to fool the search engines. Some webmasters have abused tiny text in the past to hide dozens of keywords on a web page that human web surfers cannot see. Your web page doesn't seem to use tiny text so there shouldn't be any problems with the search engines in this aspect.	OK
Your web page URL "www.spiritmeditations.com" doesn't indicate a dynamically served web page so there shouldn't be any problems with the search engines in this aspect.	OK
Your web page URL "www.spiritmeditations.com" doesn't contain any of the special characters "&", "\$", "%", "?" or "=" in it so there shouldn't be any problems with the search engines in this aspect.	OK
Some search engines and directories rank web sites lower that are hosted at free web space providers, or if web sites don't have their own domain name. Some search engines also limit the number of web pages they'll index from a single domain. Your web site doesn't seem to be hosted at a free web space provider. If it does, consider getting your own domain name.	OK

Factors that could prevent your top ranking

Some ranking factors cannot be measured because the search engines do not reveal the necessary data, or it would be extremely time-consuming to measure the data. Make sure you pay attention to the following factors because they could prevent a top ranking for www.spiritmeditations.com on Google.com.

Advice

Inbound links to your web page

Are the web pages linking to your web page relevant to the search term "spiritual meditations"?

How fast does your web page get new links pointing to it?

Do the web sites which link to your page belong to the same content category?

Since when do the links to your page exist?

Is the text surrounding the link to your page relevant to the search term "spiritual meditations"?

Your web page

How many important links from your other pages point to your web page?

Do the links on your web page point to high quality, topically-related pages?

How often and how many changes do you make to your web page over time? Is your content up-to-date?

How often and how many web pages do you add to your web site?

How long do your visitors spend time on your web page?

Search engine result page

Do your competitors on the search engine result page get a manual ranking boost by Google.com, for example Amazon or Wikipedia?

How many visitors of the search engine result pages click through to your page?

How often do search engine visitors search for your company name or web page URL on Google.com?

Negative ranking factors (you should be able to say "no" to all the following questions)

Is your content very similar or a duplicate of existing content?

Is your server often down when search engine crawlers try to access it?

Do you link to web sites that do not deserve a link?

Do you use the same title or meta tags for many web pages?

Do you overuse the same keyword or key phrase?

Do you participate in link schemes?

Do you actively sell links on your web page?

Do a majority of your inbound links come from low quality or spam sites?

Does your web page have any spelling or grammar mistakes?

Table: Number of keywords

This chapter lists the analyzed keyword ranking factors in tabular form.

(LT = link text, LU = link URL, SD = same domain.)

Search term: "spirtual meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	0	0	0	0	0	0	0	0	0	0	0	all 0
Body Text:	0	0	0	0	0	0	0	0	0	0	0	all 0
H1 Texts:	0	0	0	0	0	0	0	0	0	0	0	all 0
Domain:	0	0	0	0	0	0	0	0	0	0	0	all 0
Page URL:	0	0	0	0	0	0	0	0	0	0	0	all 0
H2-H6 Texts:	0	0	0	0	0	0	0	0	0	0	0	all 0
IMG ALT:	0	0	0	0	0	0	0	0	0	0	0	all 0
Bold Text:	0	0	0	0	0	0	0	0	0	0	0	all 0
SD LT:	0	0	0	0	0	0	0	0	0	0	0	all 0
Outbound LT:	0	0	0	0	0	0	0	0	0	0	0	all 0
SD LU:	0	0	0	0	0	0	0	0	0	0	0	all 0
Outbound LU:	0	0	0	0	0	0	0	0	0	0	0	all 0
Meta Descr.:	0	0	0	0	0	0	0	0	0	0	0	all 0
Meta Keyw.:	0	0	0	0	0	0	0	0	0	0	0	all 0
First Sentence:	0	0	0	0	0	0	0	0	0	0	0	all 0
HTML Comm.:	0	0	0	0	0	0	0	0	0	0	0	all 0

Search term: "spirtual"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	0	0	0	0	0	0	0	0	0	0	0	all 0
Body Text:	0	0	0	0	0	0	0	0	0	0	0	all 0
H1 Texts:	0	0	0	0	0	0	0	0	0	0	0	all 0
Domain:	0	0	0	0	0	0	0	0	0	0	0	all 0
Page URL:	0	0	0	0	0	0	0	0	0	0	0	all 0
H2-H6 Texts:	0	0	0	0	0	0	0	0	0	0	0	all 0
IMG ALT:	0	0	0	0	0	0	0	0	0	0	0	all 0
Bold Text:	0	0	0	0	0	0	0	0	0	0	0	all 0
SD LT:	0	0	0	0	0	0	0	0	0	0	0	all 0
Outbound LT:	0	0	0	0	0	0	0	0	0	0	0	all 0
SD LU:	0	0	0	0	0	0	0	0	0	0	0	all 0
Outbound LU:	0	0	0	0	0	0	0	0	0	0	0	all 0

Search term: "spirtual"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Meta Descr.:	0	0	0	0	0	0	0	0	0	0	0	all 0
Meta Keyw.:	0	0	0	0	0	0	0	0	0	0	0	all 0
First Sentence:	0	0	0	0	0	0	0	0	0	0	0	all 0
HTML Comm.:	0	0	0	0	0	0	0	0	0	0	0	all 0

Search term: "meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	1	0	0	0	0	0	0	0	0	0	0	all 0
Body Text:	15	0	0	5	0	1	0	0	0	0	1	0 to 5
H1 Texts:	0	0	0	0	0	0	0	0	0	0	0	all 0
Domain:	1	0	0	0	0	0	0	0	0	0	0	all 0
Page URL:	0	0	0	1	0	0	0	0	0	0	0	0 to 1
H2-H6 Texts:	0	0	0	0	0	0	0	0	0	0	0	all 0
IMG ALT:	2	0	0	0	0	0	0	0	0	0	0	all 0
Bold Text:	6	0	0	1	0	0	0	0	0	0	0	0 to 1
SD LT:	4	0	0	1	0	0	0	0	0	0	1	0 to 1
Outbound LT:	3	0	0	0	0	0	0	0	0	0	0	all 0
SD LU:	3	0	0	1	0	1	0	0	0	0	1	0 to 1
Outbound LU:	12	0	0	0	0	0	0	0	0	0	0	all 0
Meta Descr.:	1	0	0	0	0	0	0	0	0	0	0	all 0
Meta Keyw.:	1	0	0	0	0	0	0	0	0	0	0	all 0
First Sentence:	0	0	0	0	0	0	0	0	0	0	0	all 0
HTML Comm.:	0	0	0	0	0	0	0	0	0	0	0	all 0

Keywords "spirtual" or "meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	1	0	0	0	0	0	0	0	0	0	0	all 0
Body Text:	15	0	0	5	0	1	0	0	0	0	1	0 to 5
H1 Texts:	0	0	0	0	0	0	0	0	0	0	0	all 0
Domain:	1	0	0	0	0	0	0	0	0	0	0	all 0
Page URL:	0	0	0	1	0	0	0	0	0	0	0	0 to 1
H2-H6 Texts:	0	0	0	0	0	0	0	0	0	0	0	all 0
IMG ALT:	2	0	0	0	0	0	0	0	0	0	0	all 0
Bold Text:	6	0	0	1	0	0	0	0	0	0	0	0 to 1

Keywords "spirtual" or "meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
SD LT:	4	0	0	1	0	0	0	0	0	0	1	0 to 1
Outbound LT:	3	0	0	0	0	0	0	0	0	0	0	all 0
SD LU:	3	0	0	1	0	1	0	0	0	0	1	0 to 1
Outbound LU:	12	0	0	0	0	0	0	0	0	0	0	all 0
Meta Descr.:	1	0	0	0	0	0	0	0	0	0	0	all 0
Meta Keyw.:	1	0	0	0	0	0	0	0	0	0	0	all 0
First Sentence:	0	0	0	0	0	0	0	0	0	0	0	all 0
HTML Comm.:	0	0	0	0	0	0	0	0	0	0	0	all 0

Table: Keyword density

This chapter lists the analyzed keyword ranking factors in tabular form.

(LT = link text, LU = link URL, SD = same domain.)

Search term: "spirtual meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Body Text:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
H1 Texts:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Domain:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Page URL:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
H2-H6 Texts:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
IMG ALT:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Bold Text:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
SD LT:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Outbound LT:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
SD LU:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Outbound LU:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Meta Descr.:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Meta Keyw.:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
First Sentence:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
HTML Comm.:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%

Search term: "spirtual"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Body Text:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
H1 Texts:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Domain:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Page URL:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
H2-H6 Texts:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
IMG ALT:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Bold Text:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
SD LT:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Outbound LT:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
SD LU:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Outbound LU:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%

Search term: "spirtual"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Meta Descr.:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Meta Keyw.:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
First Sentence:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
HTML Comm.:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%

Search term: "meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	50%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Body Text:	2%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0% to 0%
H1 Texts:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Domain:	100%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Page URL:	0%	0%	0%	100%	0%	0%	0%	0%	0%	0%	0%	0% to 100%
H2-H6 Texts:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
IMG ALT:	7%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Bold Text:	6%	0%	0%	2%	0%	0%	0%	0%	0%	0%	0%	0% to 2%
SD LT:	3%	0%	0%	1%	0%	0%	0%	0%	0%	0%	1%	0% to 1%
Outbound LT:	6%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
SD LU:	2%	0%	0%	1%	0%	3%	0%	0%	0%	0%	1%	0% to 3%
Outbound LU:	3%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Meta Descr.:	11%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Meta Keyw.:	50%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
First Sentence:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
HTML Comm.:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%

Keywords "spirtual" or "meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	25%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Body Text:	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0% to 0%
H1 Texts:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Domain:	50%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Page URL:	0%	0%	0%	50%	0%	0%	0%	0%	0%	0%	0%	0% to 50%
H2-H6 Texts:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
IMG ALT:	3%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Bold Text:	3%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0% to 1%

Keywords "spirtual" or "meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
SD LT:	2%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0% to 1%
Outbound LT:	3%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
SD LU:	1%	0%	0%	1%	0%	1%	0%	0%	0%	0%	0%	0% to 1%
Outbound LU:	2%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Meta Descr.:	6%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
Meta Keyw.:	25%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
First Sentence:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%
HTML Comm.:	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	all 0%

Table: Keyword position

This chapter lists the analyzed keyword ranking factors in tabular form.

(LT = link text, LU = link URL, SD = same domain.)

Search term: "spirtual meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Body Text:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
H1 Texts:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Domain:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Page URL:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
H2-H6 Texts:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
IMG ALT:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Bold Text:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
SD LT:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Outbound LT:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
SD LU:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Outbound LU:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Meta Descr.:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Meta Keyw.:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
First Sentence:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
HTML Comm.:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Search term: "spirtual"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Body Text:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
H1 Texts:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Domain:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Page URL:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
H2-H6 Texts:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
IMG ALT:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Bold Text:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
SD LT:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Outbound LT:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
SD LU:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Outbound LU:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Search term: "spirtual"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Meta Descr.:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Meta Keyw.:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
First Sentence:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
HTML Comm.:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Search term: "meditations"

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	11	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Body Text:	1,087	n/a	n/a	160	n/a	2,625	n/a	n/a	n/a	n/a	211	n/a to 2,625
H1 Texts:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Domain:	7	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Page URL:	n/a	n/a	n/a	1	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a to 1
H2-H6 Texts:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
IMG ALT:	24	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Bold Text:	118	n/a	n/a	43	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a to 43
SD LT:	287	n/a	n/a	159	n/a	n/a	n/a	n/a	n/a	n/a	187	n/a to 187
Outbound LT:	52	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
SD LU:	546	n/a	n/a	121	n/a	150	n/a	n/a	n/a	n/a	289	n/a to 289
Outbound LU:	48	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Meta Descr.:	49	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Meta Keyw.:	11	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
First Sentence:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
HTML Comm.:	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Table: Number of words

This chapter lists the analyzed keyword ranking factors in tabular form.

(LT = link text, LU = link URL, SD = same domain.)

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	2	3	4	3	8	6	11	8	10	6	21	3 to 21
Body Text:	963	605	430	3,454	664	469	372	555	641	14	404	14 to 3,454
H1 Texts:	0	588	2	0	0	2	4	8	2	0	4	0 to 588
Domain:	1	1	1	1	3	1	2	1	1	1	1	1 to 3
Page URL:	0	0	0	1	0	2	0	0	0	0	0	0 to 2
H2-H6 Texts:	14	11	0	0	8	0	39	38	634	0	0	0 to 634
IMG ALT:	29	0	33	0	58	17	23	16	53	3	48	0 to 58
Bold Text:	94	0	6	51	70	19	78	0	17	0	12	0 to 78
SD LT:	127	51	0	82	70	47	132	162	237	0	204	0 to 237
Outbound LT:	53	8	3	4	1	0	54	0	8	8	6	0 to 54
SD LU:	171	162	35	73	73	35	176	254	343	0	202	0 to 343
Outbound LU:	368	8	10	3	52	3	154	7	157	6	3	3 to 157
Meta Descr.:	9	0	60	0	30	0	23	14	42	6	23	0 to 60
Meta Keyw.:	2	0	90	0	10	0	24	0	35	43	34	0 to 90
First Sentence:	13	30	2	2	6	2	50	55	52	2	6	2 to 55
HTML Comm.:	109	218	0	10	8	8	0	74	899	8	125	0 to 899

Table: Number of characters

This chapter lists the analyzed keyword ranking factors in tabular form.

(LT = link text, LU = link URL, SD = same domain.)

	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Document Title:	21	27	38	19	71	59	85	57	70	54	140	19 to 140
Body Text:	5,812	3,321	2,439	19,768	4,443	2,896	2,372	3,196	3,946	102	2,425	102 to 19,768
H1 Texts:	0	3,222	16	0	0	20	41	49	21	0	23	0 to 3,222
Domain:	17	25	15	17	16	8	16	16	7	12	14	7 to 25
Page URL:	0	0	0	11	0	20	0	0	0	0	0	0 to 20
H2-H6 Texts:	113	62	0	0	59	0	293	224	3,789	0	0	0 to 3,789
IMG ALT:	226	0	185	0	329	101	172	90	338	18	281	0 to 338
Bold Text:	695	0	26	392	547	98	478	0	114	0	77	0 to 547
SD LT:	831	317	0	592	561	335	871	991	1,509	0	1,262	0 to 1,509
Outbound LT:	361	53	16	33	5	0	343	0	53	59	42	0 to 343
SD LU:	1,143	885	182	608	465	270	1,254	1,589	2,384	0	1,300	0 to 2,384
Outbound LU:	3,551	63	62	24	276	26	1,114	53	983	43	30	24 to 1,114
Meta Descr.:	59	0	327	0	199	0	149	92	286	54	144	0 to 327
Meta Keyw.:	21	0	588	0	75	0	198	0	272	354	235	0 to 588
First Sentence:	102	196	16	7	30	19	380	363	309	17	38	7 to 380
HTML Comm.:	590	2,172	0	158	60	48	0	417	7,582	48	894	0 to 7,582

Table: Ranking factors digest

This chapter shows some of the search engine ranking factors in tabular form. Some of the values may have been abbreviated by using "k" which means that the value must be multiplied by 1000. ("n/a" means "data not available".)

Digest												
	Your Site	1	2	3	4	5	6	7	8	9	10	Range
Number of inbound links according to these search engines (the more the better)												
Alexa:	20	133	14	41	74	255	505	174	539	12	209	12 to 539
AllTheWeb (preset settings):	0	0	0	0	0	0	0	0	0	0	0	all 0
Google.com:	0	4	2	0	6	7	23	0	62	0	25	0 to 62
Yahoo.com:	0	0	0	0	1	1	0	0	0	0	0	0 to 1
Links from social networks (the more the better)												
Del.icio.us:	0	0	0	0	0	0	0	0	0	0	0	all 0
Digg:	0	0	0	0	0	0	0	0	0	0	0	all 0
Other ranking factors results (the older or the lower the better)												
Web Site Age:	May 2003	n/a	Jan 2006	Jan 2002	Jan 2006	Apr 2005	Nov 1997	n/a	Dec 1999	n/a	May 1998	Nov 1997 to Jan 2006
Server Speed:	n/a	n/a	n/a	0.91s	n/a	0.55s	0.75s	n/a	3.38s	n/a	2.41s	0.55s to 3.38s
Alexa Traffic Rank:	n/a	1,510k	16,824k	5,989k	1,060k	355k	1,010k	1,805k	151k	3,962k	1,017k	151k to 16,824k