Here is a website and app which contains various recorded meditations for free, in English and Spanish, for several types of meditations, including body scans, general instructions, breathing, metta, and more.

<https://www.uclahealth.org/marc/mindful-meditations>

Sharon Salzburg is the universally acknowledged expert in metta meditation, and much more. She has a website: Sharonsalzburg.com as well as a podcast and lots of books. You can find a free 40 min example of her work guiding metta at

<https://www.mindful.org/loving-kindness-takes-time-sharon-salzberg/>

Another pioneer in the West is John Kabat Zinn, particularly when it comes to mindfulness based stress reduction (MBSR) programs. Here is a link to his app and various sets of recorded meditations, which you can purchase.

<https://mindfulnessapps.com/the-apps>

Finally, much of meditation here in the US both online and in person is still, unfortunately, a pretty “white” place to be. If you are interested, Liberatemeditation.com has teachings and guided meditations by and for people of color.