

## MEDITATION WEBSITES

- **UCSD Guided Audio Files to Practice Mindfulness Based Stress Reduction:** <https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>  
The UC San Diego Center for Mindfulness has prepared a number of practices that are available here in MP3 format.
- **Centre for Mindfulness:** <https://www.umassmed.edu/cfm/>  
The University of Massachusetts, Center for Mindfulness in Medicine, Health Care and Society, founded by John Kabat-Zinn is a multi-faceted program of professional training, education, research and outreach intended to further the practice and integration of mindfulness into all aspects of society. The website features tools that range from exercises in mindful eating to continued online mindfulness programs, along with current MBSR research.
- **eMindful:** <https://www.emindful.com/>  
eMindful provides online videoconference-based mindfulness courses and resources.
- **Shinzen Young:** <https://www.shinzen.org/resources/articles/>  
Shinzen Young is an American mindfulness teacher and neuroscience research consultant. His resources webpage provides writings on meditation practice and theory.
- **Elephant Journal:** <https://www.elephantjournal.com/>  
Elephant Journal provides videos, blogs and articles on “the mindful life”, from organics, to ecofashion, to Buddhism, to conscious consumerism, education, arts, wellness and adventure.
- **Greater Good Magazine:** <https://greatergood.berkeley.edu/>  
Based at UC Berkeley, Greater Good reports on groundbreaking research into the roots of compassion, happiness, and altruism.

- **Self-Compassion Web Portal:** <http://self-compassion.org/>  
All-in-one resource for self-compassion. Official website for Dr. Kristin Neff, pioneering self-compassion researcher, author, and teacher. Website includes exercises and reading resources.
- **Center for Mindful Self-Compassion:** <https://centerformsc.org/>  
The Mindful Self-Compassion Non-profit Center is devoted solely to disseminating self-compassion. Self-compassion can be defined as learning to treat yourself the way you would treat a good friend when they suffer, fall short or fail in some way.
- **Palouse Mindfulness:** <https://palousemindfulness.com/index.html>  
This online MBSR training course is 100% free, created by a fully certified MBSR instructor, and is based on the program founded by Jon Kabat-Zinn at the University of Massachusetts Medical School.
- **Tricycle Review of Meditation Apps:**  
<https://tricycle.org/magazine/meditation-app/>  
Looking for the right meditation app? Start here for an efficient comparison into which one might be the most effective for your own personal practice once the MBSR program is over.
- **The Free Mindfulness Project**  
<http://www.freemindfulness.org/download>  
  
This website provides a series of free mindfulness-based stress reduction recordings that are free for you to download. By downloading these pre-recorded classes you can use them just about anywhere, by saving them on your smartphone and/or smart tablet.
- **Sound True: many voices, one journey**  
<https://www.soundstrue.com/store/>  
Sound True, created a living library with a wide range of recordings on meditation, relationships, health and healing and a selection of audio books. This website provides the option for purchasing or free content, depending on what you are looking for.

- **AM Mindfulness / Wildflowers App**

This app can be downloaded onto your smartphone or smart-tablet, allowing you to practice mindfulness meditation when and wherever you choose.

## VIDEO RESOURCES:

- **TEDxCanmore: “Mindfulness: A key for person and collective evolution”, Dr. Linda E. Carlson**  
<https://www.youtube.com/watch?v=QgZd5GvZ5Qs>

Mindfulness is seen as an open minded awareness, an easy and transformative act but is commonly misinterpreted. In this video, Dr. Carlson reviews her experience with mindfulness.

- **TEDxWashintonSquare: The Power of Mindfulness: What you practice grows stronger, Dr. Shauna Shapiro**  
<https://www.youtube.com/watch?v=lebIjdB2-Vo>

Dr. Shauna Shapiro is a clinical psychologist, professor at Santa Clara University and fellow of the Mind and Life Institution. She is co-author with Dr. Carlson on the textbook: *The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions*. This TEDx draws on modern neuroscience to explore the positive effects and benefits of practicing mindfulness.

- **TED: The Habits of happiness: Matthieu Ricard**  
<https://www.youtube.com/watch?v=vbLEf4HR74E>

Matthieu Ricard, a practicing Buddhist monk, photographer and author has dedicated most of his life trying to answer, “What is happiness?” and “how can we achieve happiness?”



## READING LIST

### MEDITATION INSTRUCTION

#### **Books:**

Levine, S. (1991). *Guided Meditations, Explorations and Healings*. New York: Doubleday.

Levey, J. and Levey, M. (1999). *Simple Meditation & Relaxation*. Berkeley, CA: Conari Press.

Mipham, S. (2003). *Turning the Mind Into an Ally*. New York: Riverhead Books.

Smith, J. (1998). *Breath Sweeps Mind: A First Guide to Meditation Practice*. New York: Riverhead Books.

Thondup,, T. (1998). *The Healing Power of the Mind: Simple Meditation Exercises for Health, Well Being, and Enlightenment*. Boston: Shambala.

#### **Audio:**

Bodian, Stephan (2006). *Meditation for Dummies*, Book and CD Edition. Foster City, CA: IDG Books Worldwide Inc.

Salzberg, Sharon & Goldstein, Joseph (2001). *Insight Meditation*. Boulder, CO: Sounds True. (Book and Audio CD).

Kabat-Zinn, Jon (1980). *Mindfulness Meditation Practice Series 1*. Kabat-Zinn, Jon (1994). *Mindfulness Meditation Practice Series 2*. Kabat-Zinn, Jon (2005).

## **MEDITATION - INSPIRATION**

Barks, C. (2004). *The Essential Rumi - reissue: New Expanded Edition*.

Kabat-Zinn, J. (2005). *Wherever You Go, There You Are*. New York: Hyperion.

Tolle, E. (1999). *The Power of Now: A guide to spiritual enlightenment*. Novato CA: New World Library.

Tolle, E. (2003). *Stillness Speaks*. Vancouver: Namaste.

## **MINDBODY HEALTH**

Benson, H. (1997). *Timeless Healing*. New York: Fireside. (Paperback)

Borysenko, J. (1988). *Minding the Body, Mending the Mind*. New York: Bantam. (Paperback)

Cohen, L. & Jeffries, A. (2018). *Anticancer Living: Transform Your Life and Health with the Mix of Six*. Penguin. New York, NY.

Kabat-Zinn, J. (1990). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York: Bantam Doubleday.

Khalsa, D. S. & Stauth, C. (2002). *Meditation as Medicine: Activate the Power of Your Natural Healing Force*. New York: Fireside. (Paperback).

Knaster, M. (1996). *Discovering the Body's Wisdom*. New York: Bantam Books.

Siegel, D. (2018). *Aware: The Science and Practice of Presence--The Groundbreaking Meditation Practice*. Bantam.

Siegel, D. (2010). *Mindsight: The New Science of Personal Transformation*. Bantam.

Servan-Shreiber, D. (2017). *Anticancer: A new way of life*. Penguin, New York, NY.

Weil, A. and Kabat-Zinn, J. (2001). *Meditation for Optimum Health: How to Use Mindfulness and Breathing to Heal Your Body and Refresh Your Mind (Audio CD)*. Boulder, CO: Sounds True.

## **FAITH-BASED APPROACHES:**

### **Buddhism:**

Goldstein, J. (2003). *One Dharma: The Emerging Western Buddhism*. San Francisco, CA: Harper-Collins. (Paperback).

Hahn, T. N. (1992). *Peace is in Every Step: The Path of Mindfulness in Everyday Life*. New York: Bantam. (Paperback).

Hahn, T. N. (2005). *Teachings on Love*. Berkeley CA: Parallax Press.

Kornfield, J. (1993). *A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life*. New York: Bantam.

Kornfield, J. (2001). *After the Ecstasy, the Laundry*. New York: Bantam. (Paperback).

McLeod, K. (2001). *Wake Up to Your Life: Discovering the Buddhist Path of Attention*. San Francisco CA: HarperSanFrancisco.

Mingyur, Yongey Rinpoche, Swanson, E. & Goleman, D. (2007). *The Joy of Living: Unlocking the Secret and Science of Happiness*. New York: Harmony Books.

Salzberg, S. (1998). *Lovingkindness*. Boston: Shambhala.

Rosenberg, L. (1998). *Breath by Breath*. Boston: Shambhala.

Venerable Henepola Gunaratana. (2002). *Mindfulness in Plain English*. Updated and Expanded Edition. Sommerville, MA: Wisdom Publications.

Venerable Henepola Gunaratana. (2009). *Beyond Mindfulness in Plain English: An Introductory guide to Deeper States of Meditation*. Sommerville, MA: Wisdom Publications.

### **Judaism:**

Kaplan, A. (1995). *Jewish Meditation: A Practical Guide*

Lew, A. (2005). *Be Still and Get Going: A Jewish Meditation Practice for Real Life*. New York: Little, Brown and Company.

### **Christianity:**

Merton, T. (2005). *No Man Is an Island*. New York: Harcourt Inc.

Keating, T. (various). *Open Mind Open Heart: The Contemplative Dimension of the Gospel*. New York: Continuum International.

Talbot, J.M. (2002). *Come to the Quiet: The Principles of Christian Meditation*. New York: Tarcher.

## **VISUALIZATION/IMAGERY**

Dossey, B. and Achterberg, J. (1994). *Rituals of Healing: Using Guided Imagery for Health and Wellness*. New York: Bantam Books.

Naparstek, B. (1995). *Staying Well With Guided Imagery*. New York: Warner Books. (Paperback).

Ornstein, R. and Sobel, D. (1999). *The Healing Brain*. Cambridge, MA: Malar Books. (Paperback).

## **YOGA/STRETCHING**

### **Books:**

Boccio, F. J. (2004). *Mindfulness Yoga*. Boston: Wisdom Publications.

Carrico, M. (1997). *Yoga Journal's Yoga Basics*. New York: Henry Holt.

Christensen, A. (1999). *American Yoga Association's Easy Does It: The Safe and Gentle Way to Health and Well-Being*. New York: Fireside.

Devi, N. J. (2000). *The Healing Path Of Yoga*. New York: Three Rivers Press.

Farhi, D. (2005). *Bringing Yoga to Life, the Everyday Practice of Enlightened Living*. San Francisco: Harper.

Farhi, D. (1996). *The Breathing Book*. New York: Henry Holt and Company.

Feurstein, G. and Bodian, S. (1993). *Living Yoga, A Comprehensive Guide for Daily Life*. New York: Putnam.

Holtby, L. (2004). *Healing Yoga for People Living with Cancer*. Landham, MD: Trade Publishing.

Iyengar, B.K.S. (1995). *Light on Yoga*. Revised Edition. New York: Schocken

Walker, B. (2013). *Ultimate Guide to Stretching & Flexibility (Handbook) (3rd Third Edition) 2013*.