

## **MINDFULNESS: SUGGESTED READING AND RESOURCES**

### **Books**

Dan Harris. *10% Happier*. Mindfulness from the perspective of a novice.

Bhante Gunaratana. *Mindfulness in Plain English*

Shinzen Young: *The Science of Enlightenment*. 2018

*Break Through Pain: A Step by Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain*

Kornfield, Jack: *Meditation for Beginners and A Path With Heart*

Brach Tara, *Radical Acceptance*

Pema Chodron: *The Places That Scare You*

Goldstein, Joseph and Kornfield, Jack: *Seeking the Heart of Wisdom*

Kabat-Zinn, Jon: *Full Catastrophe Living*

Salzberg, Sharon: *Loving Kindness: The Revolutionary Art of Happiness*

Thich Nhat Hanh: *The Miracle of Mindfulness and Peace Is Every Step*

### **Guided Meditations that we have recorded for our students**

These can be accessed from any telephone or via URL link. We will email to you shortly since an electronic copy will be easier for you to work with.

### **APPS**

#### **Brightmind**

##### **App with meditations guided by Shinzen Young and Others**

Shinzen has worked with researchers at Carnegie Mellon to develop an interactive app with multiple options. Versions are available for IOS and Android. Eight Introductory Guided Meditations are free of charge.

<https://www.brightmind.com/free-meditations>

**Headspace**- Free trial then monthly fee.

**Calm** Free version

**Insight Timer** -free

**Podcasts and YouTube:** talks by the above teachers. Also check **Dharma Seed website**

## **Weekend Phone Retreats with Shinzen Young**

Divided into separate 4-hour segments. Some specifically for beginning level mediators. You can do one or more. Priced reasonably. A recording is available so we often listen to them later.

<http://homepracticeprogram.com/>

## **WEB SITES AND LOCAL SITTING GROUPS:**

### **Classes, sitting groups and retreats (now mostly online)**

Home practice program: [www.homepracticeprogram.com](http://www.homepracticeprogram.com)

www. Shinzen.org – retreats and articles

**Insight Meditation Community of Washington:** [www.imcw.org](http://www.imcw.org)

Sitting groups, classes, workshops, retreats

**Sitting groups:** <https://imcw.org/Calendar/Event-Calendar/categoryId/1>

Carole Rogentine. Monday nights at Cedar Lane Unitarian (now on-line)

[www.Jack Kornfield.com](http://www.Jack Kornfield.com)

[www.spiritrock.org](http://www.spiritrock.org) Classes, workshops, retreats by various teachers

<https://www.ummhealth.org/center-mindfulness>

Guided meditations

The Thursday group includes a guided meditation followed by a time for questions and sharing with many consistent participants that gives a feeling of community.

Thich Nhat Hanh: <https://plumvillage.org/>

Jack Kornfield: [www.jackkornfield.com](http://www.jackkornfield.com)

### **Group Mindfulness Coaching:**

<https://unifiedmindfulness.com/group-coaching>.

Associated with Shinzen Young

May be able to find individual coaching as well

### **Guided Meditations on the Telephone with Jeffrey Drobis**

Jeffrey leads guided meditations on the telephone, usually two per week.

Participants all connect through a service called Free Conference Call. Those

sessions usually consist of a brief introduction and then he guides a meditation. At the end participants have an opportunity to share their experiences and ask questions. These usually occur Saturday morning at 9:30 and a weekday afternoon at 4:30 PM. He sends out a schedule each week. Please contact us if you would like to be included on the mailing list for weekly announcements.

### **OLLI**

Jeffrey leads what he calls Intermediate Level Mindfulness study group for people who want to deepen their practice and learn to bring mindfulness into daily life. This is an ongoing group which includes participants with varying levels of experience

### **AUDIO:**

Sounds True: [soundstrue.com](http://soundstrue.com) CDs or downloads by Jack Kornfield, Shinzen Young, Thich Nhat Hanh, Pema Chodron, Sharon Salzberg, Jon Kabat-Zinn, Tara Brach and others