

## MINDFULNESS: SUGGESTED READING AND RESOURCES

### **Books** (Most available in audio format)

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: *Wherever You Go There You Are, 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

**Ten Percent Happier**, Dan Harris

**Waking Up**

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

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

<https://homepracticeprogram.com/>

Monthly weekend programs divided into 4 hour segments taught on the telephone by Shinzen Young and teachers who practice his approach. A great place to begin. Reasonably priced.

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

### **Shinzen Young**

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

[www.shinzen.org](http://www.shinzen.org) articles and programs

Shinzen offers 7 day virtual retreats right now. The next is in June and another in October. This would great way to practice the mindfulness techniques we are teaching in this class.

Guided meditations offered  
by <https://www.ummhealth.org/center-mindfulness>

### **Group Mindfulness Coaching:**

<https://unifiedmindfulness.com/group-coaching>. Associated with  
Shinzen Young

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

Sitting groups, classes, workshops, retreats A local group that offers classes, workshops, retreats and day long and weekend programs and retreats with various teachers (virtually and in person).

**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.JackKornfield.com)**

Classes, workshops and retreats- online and in person. Jack Kornfield. Offers on-line and in-person programs of various lengths.

**[www.spiritrock.org](http://www.spiritrock.org)**

Classes, workshops and retreats- online and in person. Based in northern California with excellent teachers including

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

**Jon Kabat Zinn, Mindfulness Bases Stress Reduction**

Training programs in Mindfulness Based Stress Reduction on-line and in person.

<https://www.mindfulleader.org/mindfulness-training?gclid=Cj0KCQjwmPSSBhCNARIsAH3cYga9Znau2Mb9AZ08txhp6rQig0gsnymM5Q4npckIWGHs-> Training programs in Mindfulness Based Stress Reduction on-line and in person. o A6fkUB6EaAtL3EALw\_wcB

**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 little introduction and then he guides a meditation. Then participants have an opportunity to share their experiences and ask questions. Jeffrey have been leading a session Saturday morning at 8:30 and weekday afternoons at 4:30 PM. He sends out a schedule each week. You will be added to the mailing list for weekly announcements. Let him know if you do not want to receive announcements.

**OLLI**

Jeffrey leads an Intermediate Level Mindfulness study group for people who want to continue working with the Mindfulness techniques that we have learned in the Intro study group. This is an ongoing group which includes participants with varying levels of experience. Format is same as Intro group though more time is devoted to guided

meditation. Each term the group reads a book together and discusses it.

**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