

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 developed by students of Shinzen Young

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

Headspace-

Calm

Insight Timer –

Ten Percent Happier, Dan Harris

Waking Up, Sam Harris

Podcasts, Audio, Video and YouTube available on-line by most teachers:

Shinzen Young, Thich Nhat Hanh, Pema Chodron, Sharon Salzberg, Jon Kabat-Zinn, Tara Brach and others

Also:

Sounds True: www.soundstrue.com

CDs or down loads by many teachers

Dharma Seed website: <https://dharmaseed.org/>

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 (online and in person)**Shinzen Young**

Home practice program: www.homepracticeprogram.com

www.shinzen.org for retreats, articles and programs

Shinzen offers 7 day virtual retreats several times a year. There are special offerings for beginners. This would great way to practice the mindfulness techniques we are teaching in this class.

Group Mindfulness Coaching:

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

Insight Meditation Community of Washington: 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.

www.spiritrock.org

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

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. [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.