

## **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**

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

Shinzen.org and basicmindfulness.com (Home Practice Program)

**UnifiedMindfulness.com.** Group associated Shinzen with wide-ranging activities and resources

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

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

Carole Rogentine. Monday nights at Cedar Lane Unitarian

**Jack Kornfield.com**

**SpiritRock.org**

## **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. I send 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 what he calls 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 session the group reads a book together and discusses it. This will be offered in the June Minis. In June there are two other meditation classes offered with other teachers.

## **AUDIO:**

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