

MINDFULNESS RESOURCES

BOOKS

Chodron, Pema. Start Where You are: A Guide to Compassionate Living, Boston: Shambhala Press 1994.

Germer, Christopher K., Siegel, Ronald D. Fulton, Paul R. (eds). Mindfulness and Psychotherapy, New York: The Guilford Press, 2005.

Kabat-Zinn, J. Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face. Delacorte Press, 1990.

Kabat-Zinn, J. Wherever You Go, There you are: Mindfulness Meditation in Everyday Life, Little, Brown & Co., 1990.

Nhat Hanh, T. Taming the Tiger Within: Meditations on Transforming Difficult Emotions, Berkeley: Riverhead, 2004.

Nhat Hanh, T. No Death, No Fear, Berkeley: Parallax Press, 2002.

Nhat Hanh, T. Anger: Wisdom of Cooling Flames, Berkeley: Riverhead Books, 2001.

Nhat Hanh, T. Teachings on Love, Berkeley: Parallax Press, 1998.

Nhat Hanh, T. Touching Peace: Practicing the Art of Mindful Living. Berkeley: Parallax Press, 1997.

Nhat Hanh, T. The Long Road Turns to Joy, Publishers Group West, 1996.

Nhat Hanh, T. Living Buddha, Living Christ, Berkeley: Riverhead Books, 1995.

Nhat Hanh, T. The Miracle of Mindfulness: A Manual on Meditation, Boston: Beacon Press. 1992.

Nhat Hanh, T. Peace is Every Step: The Path of Mindfulness in Everyday Life, New York: Bantam Books, 1991.

Nhat Hanh, T. Our Appointment with Life: The Buddha's Teaching on Living in the Present, Berkeley: Parallax Press, 1990.

Nhat Hanh, T. Present Moment, Wonderful Moment, Berkeley: Parallax Press, 1990.

Nhat Hanh, T. Being Peace, Berkeley: Parallax Press, 1987.

Nhat Hanh, T. The Miracle of Mindfulness. Boston: Beacon Press, 1987.

CD

Jon Kabat-Zinn 3 series of meditation tapes. www.mindfulnessstapes.org

MANDALAS

www.coloringpages101.com

printables4free.com

FIVE BELOW STORES Mandalas Coloring Book (\$4.00)

<http://www.printmandala.com/>

MOBILE DEVICE APP

Insight Timer

CENTERING PRAYER

Keating, Thomas <file:///C:/Users/Sharon/Downloads/cp-english.pdf> Document explaining contemplative prayer

Keating, Thomas <https://www.youtube.com/watch?v=3IKpFhfNdnE>

Jesuits: onlineministries.creighton.edu

Daily prayer

<http://www.printfriendly.com/print?url=http://onlineministries.creighton.edu/CollaborativeMinistry/121015.html>

Daily advent prayer

<http://onlineministries.creighton.edu/CollaborativeMinistry/Advent/secondweek.html>

Sacred space: <http://www.sacredspace.ie/daily-prayer>

WEB PAGES

Bernstein, Gabrielle - Backpack breathing meditation <http://gabbyb.tv/vlogging/backpack-meditation>

Brach, Tara <https://www.youtube.com/watch?v=zhYpvWXz80k>

Fredrickson, Barbara <http://www.positivityresonance.com/meditations.html>

Loving Kindness Meditation. May you feel safe.
May you feel happy.
May you feel healthy.
May you live with ease.

Loving Kindness Guided Meditation (15:04)

http://www.positivityresonance.com/_avideo/Love%202.0%20Meditation%20Loving-kindness_v2.mp3

Others include Self-love, Compassionate love, Celebratory love, Loving all

Free Mindfulness Project <http://www.freemindfulness.org/download>

Goldstein, Elisha, Ph. D.

The Mindful Check-In https://www.youtube.com/watch?v=w1EZ_hpnhDM

The Body Scan <https://www.youtube.com/watch?v=2sgexX8uvsY>

The Body Scan (5 minutes) <http://elishagoldstein.com/videos/5-minute-body-scan/>

The Stop Practice <https://www.youtube.com/watch?v=EiuTpeu5xQc>

Breath as an Anchor <https://www.youtube.com/watch?v=6-Oge6MuFno>

Loving Kindness Practice <https://www.youtube.com/watch?v=wvbm4ITpAR0>

[Intention: May I \(you/stranger/someone you are irritated with, extend to the entire world\) be happy. May you be healthy in body and mind. May you be safe and protected from inner and outer harm. May I be free from fear that keeps me stuck. End with body check in with no expectation. Thank yourself and all those that were included in practice.](#)

http://health.ucsd.edu/av/mindfulness/20_Min_Seated_Meditation_8bit.mp3

[45 Minute Body Scan](#) guided by Steven Hickman

(55 Mb) This is the "regular" Body Scan that is on the basic set of CDs given to all participants.

[\(Mono\) 45 Minute Body Scan](#) guided by Steven Hickman

(33 Mb) This is a smaller file (mono) version of the Body Scan above.

[20 Minute Body Scan](#) guided by Steven Hickman

(27Mb) This is a shortened version of the standard 45-minute Body Scan used in the MBSR course.

[45 Minute Seated Meditation](#) guided by Steven Hickman

(55 Mb) This is the "regular" Seated Meditation.

[\(Mono\) 45 Minute Seated Meditation](#) guided by Steven Hickman

(32 Mb) This is a smaller file (mono) version of the Seated Meditation above.

[20 Minute Seated Meditation](#) guided by Steven Hickman

(8Mb) This is a slightly shorter version of the standard 45-minute Seated Meditation used in the MBSR course.

[15 Minute Lovingkindness Meditation](#) guided by Steven Hickman

(18Mb) This traditional meditation practice is intended to help the practitioner cultivate compassion.

[10 Minute Wisdom Meditation](#) guided by Steven Hickman

(12Mb) This practice assists the practitioner to cultivate and access his or her inner wisdom for healing, kindness and compassion.

(8Mb) This is a slightly shorter version of the standard 45-minute Seated Meditation used in the MBSR course.

[15 Minute Lovingkindness Meditation](#) guided by Steven Hickman

(18Mb) This traditional meditation practice is intended to help the practitioner cultivate compassion.

[10 Minute Wisdom Meditation](#) guided by Steven Hickman

[15 Minute Mountain Meditation](#) guided by Lois Howland

[20 Minute Body Scan](#) guided by Allan Goldstein

[20 Minute Seated Meditation](#) guided by Allan Goldstein

[20 Minute Body Scan](#) guided by Lucas LeardMann

[45 Minute Body Scan](#) guided by Lucas LeardMann

[20 Minute Seated Meditation](#) guided by Lucas LeardMann

[45 Minute Seated Meditation](#) guided by Lucas LeardMann

[20 Minute Body Scan](#) guided by Kalika McClure

[45 Minute Body Scan](#) guided by Kalika McClure

[20 Minute Seated Meditation](#) guided by Kalika McClure

[45 Minute Seated Meditation](#) guided by Kalika McClure

[30 Minute Body Scan \(English\)](#) guided by Luis Morones

[30 Minute Body Scan \(Spanish\)](#) guided by Luis Morones

[20 Minute Seated Meditation](#) guided by Luis Morones

[45 Minute Seated Meditation](#) guided by Luis Morones

[20 Minute Loving Kindness](#) guided by Deborah Rana

[40 Minute Body Scan](#) guided by Deborah Rana

[30 Minute Seated Meditation](#) guided by Deborah RanaMindful Yoga

Kernel of Wisdom by Joelle EVERYDAY MINDFULNESS:

1. Do's and Don't_ <https://www.youtube.com/watch?v=MibZOrsbuM4>
2. Non-judgments <https://www.youtube.com/watch?v=qTUGy2j2SNE>

3. Patience <https://www.youtube.com/watch?v=CjBxrdkp4NY>
4. Beginners Mind <https://www.youtube.com/watch?v=IrHpEdwgSk0>
5. Trust <https://www.youtube.com/watch?v=NIJKWKuBQTW>
6. Not Striving <https://www.youtube.com/watch?v=HqVtcqGe4w>
7. Acceptance <https://www.youtube.com/watch?v=5NEdvVZqWAs>
8. Letting Go <https://www.youtube.com/watch?v=-H1CnOb4WKk>

Neff, Kirsten, Guided Meditation Exercises

https://www.reddit.com/r/Meditation/related/1bamay/guided_selfcompassion_meditations_dr_kristin_neff/

Marston, Ralph, Right Now <http://greatday.com/rightnowpage/rightnow.pdf>

Marston, Ralph Even Now

<file:///C:/Users/Sharon/Downloads/EvenNow%20Marston%20Serenity%20wksp.pdf>

Williams, Mark and Pennman, Danny, Mindfulness: An 8 week plan for finding peace in a frantic world

<http://rodalebooks.s3.amazonaws.com/mindfulness/index.html>

Shankar, Sri Sri Ravi - Transforming Emotions Guided Meditation

<https://www.youtube.com/watch?v=NEPziZt2EGU>

Tao of Recovery Site: Addictions and Recovery

Insight Meditation Center – Meditation Instruction (Gil Fronsdal) (Entire Courses on Meditation)

Mindfulness Based Relapse Prevention

Judith Ragir – 12-Step Lectures

stillmind.com.au Automatic Pilot and Stepping Out of Automatic Pilot

<http://www.stillmind.com.au/mindfulnessworksheets.htm>

Neff, Kirsten, - EXERCISES TO DEAL WITH EMOTIONS WITH SELF-COMPASSION

Exercise 1: How would you treat a friend?

How do you think things might change if you responded to yourself in the same way you typically respond to a close friend when he or she is suffering? This exercise walks you through it.

Exercise 2: Self-Compassion Break

This exercise can be used any time of day or night and will help you remember to evoke the three aspects of self-compassion in the moment you need it most.

Exercise 3: Exploring self-compassion through writing

Everybody has something about themselves that they don't like; something that causes them to feel shame, to feel insecure, or not "good enough." This exercise will help you write a letter to yourself about this issue from a place of acceptance and compassion.

Exercise 4: The criticizer, the criticized, and the compassionate observer

In this exercise, you will sit in different chairs to help get in touch with different, often conflicting parts of yourself (the criticizer, the criticized, and the compassionate observer), experiencing how each aspect feels in the present moment.

Exercise 5: Changing your critical self-talk

By acknowledging your self-critical voice and reframing its observations in a more friendly way, you will eventually form the blueprint for changing how you relate to yourself long-term. This exercise will help you learn how to do it.

Exercise 6: Self-Compassion Journal

Keeping a daily journal in which you process the difficult events of your day through a lens of self-compassion can enhance both mental and physical well-being. This exercise will help make self-kindness, common humanity, and mindfulness part of your daily life.

Exercise 7: Identifying what we really want

Remember that if you really want to motivate yourself, love is more powerful than fear. In this exercise, you'll reframe your inner dialogue so that it is more encouraging and supportive. Copyright © 2015 · Self-Compassion, Kristin Neff. All Rights Reserved.

Freitag, Mary 10 Mindfulness Exercises:

http://www.drmaryfreitag.com/index.php?option=com_content&view=article&id=20&Itemid=153

Because we accrue so much stress, research shows that illnesses have increased greatly. However, it is shown that using mindfulness can bring healthy changes in our lifestyle if used daily. Western medicine has begun to utilize mindfulness as a potent tool for dealing with stress, illness and other medical or psychological conditions. Abdominal Breathing Exercise; Calming Breathing Exercise: Resource: Anxiety & Phobia workbook, Bourne.

- a. Mindfulness in Three's: Notice 1) breath one minute; 2) your hands for one minute; 3) sound around you for one minute - step through mindfulness in three's with your singing bowl. Open your mind, expand your awareness in three's.
- b. Mindfulness in Relationships: (good to use during interpersonal effectiveness). To increase your mindfulness skills, each time you encounter a negative emotion in your relationship (for example, irritation, impatience, anger, lack of respect, etc.), practice applying the four step model: STOP, BREATHE, REFLECT, CHOOSE.
- c. Hang one or more provocative pictures on the wall that trigger judgment and attempt to describe them with a non-judgmental stance.
- d. The Peaceful Scene: Guided visualization. Resource: The Anxiety and Phobia Workbook, Bourne.
- e. Jelly Bean Mindfulness. Get some jellybeans in various flavors, sugar-free if needed. Have members close their eyes and choose a jellybean. Everyone puts on their tongue, and practices observe and describe skills silently over a period of a few minutes.

- f. Mindfulness with DBT values: Good to use along side of teaching the fast skill. DBT values: Moral Responsibility, Understanding Truth, Accept a dialectical philosophy, Compassion, and Validating the invalid.
- g. Acceptance: Reading from the Language of Letting Go, Melody Beattie. Good to use along side of teaching radical acceptance.
- h. Write a Prayer or Silent Prayer: Good to use along side of teaching improve the moment. Focus is on radical acceptance of suffering and pain. The prayer writing is a way of accepting and letting go of suffering—similar to the Serenity Prayer.

The Guest-House

This being human is a guest-house

Every morning a new arrival.

A joy, a depression, a meanness,
Some momentary awareness comes

As an unexpected visitor

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently seep your house
Empty of its furniture,

Still, treat each guest honorably.
He may be clearing you out
For some new delight.

The dark thought, the shame, the malice,
Meet them at the door laughing,
And invite them in.

Be grateful for whoever comes,
Because each has been sent
As a guide from beyond. Rumi