Resources

There are many wonderful teachers, books, CDs, and training opportunities now available to study mindfulness, meditation and contemplation. The selection below is an introduction to some of these offerings. Enjoy!

Books

Mindfulness and the Brain


Mindfulness and Psychotherapy


**Mindfulness Practice**


**Compassion Practice**


Brown, B. (2010). *The gifts of imperfection: Let go of who you think you’re supposed to be and embrace who you are*. Center City: Hazelden.


**Mindfulness and Children**


**Mindfulness and Education**


(2011). A. Johnson & M. Neagley (Eds.), *Educating from the heart: Theoretical and practical approaches to transforming education*. Lanham: Rowman and Littlefield Education.


**Mindfulness and Relationships**

Braza, J. (2011). *The seeds of love: Growing mindful relationships: That which we nurture in ourselves is that which we become*. North Clarendon: Tuttle Publishing.


**Mindfulness and Society**


**Mindfulness and Spiritual Traditions**

*Buddhism*


**Christianity**


**Judaism**


**Sufism**


**Audiovisual Resources: CDs**

**Guided Meditations for Adults**

Ferris Urbanowski Buck: www.ferrisurb.org
Jon Kabat-Zinn: www.mindfulness tapes.com
Elana Rosenbaum: www.mindfulliving.com
Sharon Salzburg: www.sharonsalzberg.com
Saki Santorelli: Guest –House Tapes, P.O. Box 1050 Belchertown, MA 01007
Mark Williams: *Mindfulness: An eight week program for finding peace in a frantic world* (contains a website to download all meditations)
Susan Woods: www.slwoods.com
**CDs & Books for Kids**


*Sounds True Audio* (www.soundstrue.com)

Tara Brach – *Mediation & Psychotherapy*

Joseph Goldstein - *Abiding in Mindfulness: The Body*

Joseph Goldstein - *Abiding in Mindfulness: On Feeling, The Mind & Dhamma*

Joseph Goldstein - *Abiding in Mindfulness: On Dhamma*

Cheri Huber – *Unconditional Self-Acceptance*

John Kabat-Zinn – *Mindfulness Meditation for Pain Relief*

Jack Kornfield, Daniel J. Siegel: *Mindfulness and the Brain*

Jack Kornfield – *Awakening is Real*

Kelly McGonigal – *The Neuroscience of Change*

Daniel J. Siegel – *The Neurobiology of “We”*

Shinzen Young – *Break Through Difficult Emotions*
Parallax Press (www.parallax.org)
Thich Nhat Hanh Classic Dharma Talks – (BetterListen.com)

Audiovisual Resources: Documentaries

Changing Form Inside (U.S. prison system)
http://pariyatti.org/bookstore
The Dhamma Brothers (Alabama prison system)
amazon.com
Doing Time Doing Vipassana (Vipassana in the Indian prison system)
http://pariyatti.org/bookstore
Healing and the Mind (Bill Moyers)
amazon.com
Room to Breathe (Mindfulness in the Classroom)
www.roomtobreathefilm.com

Online Audio and Video Mindfulness Meditation Instruction and Information

Canadian Mental Health Association audio links on the benefits of MBSR
www.cmhawpg.mb.ca/mbsr.htm
The Center for Investigating Healthy Mind (CIHM), Waisman Center, University of Wisconsin-Madison.
www.youtube.com/user/UWHealthMinds
The Cognitive Neuroscience of Mindfulness Meditation
www.youtube.com/watch?v=sf6Q0G1iHBI
Mindful Awareness Research Center’s Mindful Meditations
marc.ucla.edu/body.cfm?id=22
Philippe Goldin, The Cognitive Neuroscience of Mindfulness Meditation
www.youtube.com/watch?v=sf6QW0G1HBI
Sounds True’s interactive guide to meditation
www.withinsight.com
STOP: A Short Mindfulness Practice by Elisha Goldstein
www.youtube.com/watch?v=PhwQvEGmF_I
Talk and Guided Meditation by Jon Kabat-Zinn at Google
www.youtube.com/watch?v=3nwwKbM_vJc
UCSD’s Guided Audio Files for MBSR Practice
health.ucsd.edu/specialties/psych/mindfulness/mbsr/audio.htm
University of Missouri-Columbia Mindfulness Practice Center
www.umsystem.edu/ums/curators/wellness/mindfulness/guided.htm

Websites

Teachers:
Tara Brach: www.tarabrach.com
Pema Chödrön: www.shambhala.org/teachers/pema
Gil Fronsdal: www.audiodharma.org
Christopher Germer: www.mindfulselfcompassion.org
Rick Hanson: www.rickhanson.net/home/wellspring
Amishi Jha: www.amishi.com
Dalai Lama: www.dalailama.com
Jon Kabat-Zinn: www.umassmed.edu/cfm/index.aspx
Jack Kornfield: www.jackkornfield.org
Lama Surya Das: www.dzogchen.org
Elana Rosenbaum: www.mindfulliving.com
Sharon Salzberg: www.sharonsalzberg.com
Dan Siegel: http://drdansiegel.com/
Ferris Urbanowski: www.ferrisurb.org
Char Wilkins: www.amindfulpath.com
Susan Woods: www.slwoods.com

Buddhist practice journals:

Dharma Talks and Guided Meditations from Meditation Retreats (free downloads):
www.dharmaseed.org

Mindfulness and Education:
Association for Mindfulness in Education:
www.mindfuleducation.org
The Aware Teacher: Bringing Reflection and Mindfulness to Our Schools:
http://www.umassmed.edu/cfm/schools.aspx
CASEL: Collaborative for Academic Social and Emotional Learning (Linda Lantieri, MA):
www.casel.org
The Center for Contemplative Mind in Society (Arthur G. Zajonc, Ph.D.):
www.contemplativemind.org/programs/academic
Contemplative Studies Initiative (Hal Roth, Ph.D.):
www.brown.edu/Faculty/Contemplative/_Studies_Initiative
Cultivating Awareness and Resilience in Education (Patricia Jennings, Med, Ph.D.):
Mindfulness and Emotional Intelligence (Daniel Goleman, Ph.D.):
www.danielgoleman.info
Social and Emotional Learning:
www.edutopia.org
Mindfulness and Psychotherapy:
www.meditationandpsychology.org

Research Databases:
Mindfulness Research Guide and Mindfulness Research Monthly

Self-Compassion/Research:
Online group on living-kindness: groups.yahoo.com/group/giftoflovingkindess
Science of meditation and compassion: www.mindlandlife.org
Self-compassion research: www.self-compassion.org
Mindful Living with Awareness and Compassion: www.mindful.org
Human Kindness Foundation: http://www.humankindness.org/
Prison-Ashram Project – Human Kindness Foundation:
http://www.humankindness.org/prisonashramproject.html

Science and Meditation:
Center for Investigating Healthy Minds (neuroscience and contemplative practice)
www.investigatinghealthyminds.cihmFindings.html
Great Good: The Science of a Meaningful Life (psychology, sociology, and neuroscience of well-being)
www.greatergood.berkeley.edu

Professional Training

Mindfulness-Based Stress Reduction (MBSR)
Oasis: An International Learning Center
Center for Mindfulness in Medicine, Health, and Society
55 Lake Avenue North
Worcester, MA 01655
www.umassmed.edu/cfm

Duke Integrative Medicine
Durham, NC
http://www.dukeintegrativemedicine.org.educational/mindfulness_training.aspx

Stress Reduction Program
Jefferson-Myrna Brind Center of Integrative Medicine
Philadelphia, PA
http://jeffersonhospital.org/cim

Mindfulness Stress Reduction Program
El Camino Hospital
Mountain View, CA

Omega Institute
www.omega.org

Mindfulness-Based Cognitive Therapy (MBCT)
Omega Institute
www.omega.org

University of California, San Diego
Zindel Segal, Steve Hickman
http://health.ucsd.edu/specialties/psych/mindfulness/training

Academic Programs: MBSR/MBCT
Center for Mindfulness Research and Practice, School of Psychology
Bangor University, UK
http://www.bangor.ac.uk/imscar/mindfulness
Postgraduate Master of Studies in MBCT
Oxford University, UK
http://www.oxfordmindfulness.org

Institute for Mindfulness-Based Approaches (IMA)
Bedburg, Germany
www.institute-for-mindfulness.eu

Online Courses in Mindfulness
Duke Integrative Medicine
www.dukeintegrativemedicine.org
(search “foundations home study”)

eMindful
www.emindful.com
Mindful Living Programs
www.mindfullivingprograms.com/index.php

Mindfulness Awareness Research Center (MARC)
UCLA Semel Institute for Neuroscience and Human Behavior
marc.ucla.edu
The Mindsight Institute  
onlinecourses@mindsighinstitute.com

The Penn Program for Mindfulness:  
http://www.pennmedicine.org/stress/

Mindfulness-Based Childbirth and Parenting  
Nancy Bardacke  
www.mindfulbirthing.org

Mindfulness-Based Eating Awareness Training (MB-EAT)  
Jean Kristeller and Char Wilkins  
www.amindfulpath.com

Certificate Program in Mindfulness and Psychotherapy  
Institute for Meditation and Psychotherapy and Barre Center for Buddhist Studies  
Newton Center, Massachusetts  
www.meditationandpsychotherapy.org

Acceptance and Commitment Therapy (ACT) Training  
Steven Hayes  
Association for Contextual Behavioral Science  
www.contextualpsychology.org

Dialectical and Behavioral Therapy (DBT) Training  
Marsha Linehan  
Behavioral Tech Research Inc.  
www.behavioraltech.org

Additional Organizations and Centers Providing Education and Training in Mindfulness and the Contemplative Disciplines

The Center for Contemplative Mind in Society  
Northampton, MA  
www.contemplativemind.org

Garrison Institute  
Garrison, NY  
www.dukeintegrativemedicine.org

Center for Investigating Healthy Minds  
Madison, WI  
www.investigatinghealthyminds.org

The Mind & Life Institute  
Boulder, CO
www.mindandlife.org
Mindful Living Programs
Chico, CA
www.mindfullivingprograms.com

Mindfulness Awareness Research Center (MARC) UCLA Semel Institute for Neuroscience and Human Behavior
Los Angeles, CA
marc.ucla.edu

The Penn Program for Mindfulness
Philadelphia, PA
www.pennmedicine.org/stress

University of Arkansas at Little Rock
The Mindfulness-Based Campus-Community Health Program
Little Rock, AR
www.ualr.edu/mindfulness

UCSD Center for Mindfulness
La Jolla, CA
www.mindfulness.ucsd.edu

University of Minnesota Center for Spirituality and Healing
Minneapolis, MN
www.csh.umn.edu

Personal Retreat Centers

Christian Tradition (Contemplative Prayer)
Abby of Gethsemani
Trappist, KY
www.monks.org

St. Benedict’s Monastery
Snow Mass, CO
www.snowmass.org

Bethany Springs
Trappist, KY
www.bethanyspring.org

Insight Meditation Tradition
(For a more complete listing see IMS’ link http://dharma.org/ims/mr_links.html)

Barre Center for Buddhist Studies
Barre, MA
www.dharma.org/bcbs

Gainesville Vipassana Center
Gainesville, FL
http://www.floridavipassana.org

Bhavana Society
High View, WV
www.bhavanasociety.org

InsightLA
Santa Monica, CA
www.insightla.org

Cambridge Insight Meditation Center
Cambridge, MA
www.cimic.info

Insight Meditation Center
Redwood City, CA
www.insightmeditationcenter.org
Insight Meditation Community of Washington, D.C
Cabin John, MD
www.imcw.org

Insight Meditation Society
Barre, MA
www.dharma.org/ims
Mid America Dharma
Kansas City, Missouri
www.midamericadharma.org

New York Insight Meditation Center
New York, NY
www.nyimc.org

San Francisco Insight Meditation Community
San Francisco, CA
www.sfinsight.org

Spirit Rock Meditation Center
Woodacre, CA
www.spiritrock.org

Vipassana Metta on Maui
Kula, HI
vipassanametta.org

Tenzin Gyatso Institute for Wisdom and Compassion
Berne, NY
www.tenzingyatsoinstitute.org

Gampo Abbey
Nova Scotia, Canada
www.gampoabbey.org

Naropa University
Boulder, CO
www.naropa.edu

Zen Tradition

Blue Cliff Monastery
Pine Bush, NY
www.bluecliffmonastery.org

Boundless Way Zen
Worcester, MA
www.boundlesswayzen.org

Deer Park Monastery
Escondido, CA
www.deerparkmonastery.org

Magnolia Grove Monastery
Batesville, MS 38606
www.magnoliagrovemonastery.org

Upaya Zen Center
Santa Fe, NM
www.upaya.org

Village Zendo
New York, NY
villagezendo.org

Other

Southern Dharma Retreat Center
Hot Springs, NC
www.southerndharma.org

**Yoga/Meditation Centers**
Kripalu Center for Yoga and Health
Lenox, MA
www.kripalu.org
Omega Institute
Rhinebeck, NY
www.omega.org

**Qigong/Meditation Training**
The Chi Center
Petaluma, CA
www.chicenter.com
Center for Taiji Studies
Champagne, IL
centerfortaiji.com