

## **Mindfulness and Meditation Resources**

### **Books**

Stahl, Bob and Goldstein, Elisha. *A Mindfulness-Based Stress Reduction Workbook*. Oakland: New Harbinger Publications, Inc., 2010.

Sheets, Kelly. *How to Lead Meditation Groups for Seniors*. USA: CreateSpace Independent Publishing Platform, 2013.

Kornfield, Jack. *Meditation for Beginners*. Sounds True, 2008. (Master teacher. Easy and user friendly.)

### **Online Resources**

The Centre for Mindfulness Studies Meditations page. Free guided meditations. Accessed October 11, 2019.

<https://www.mindfulnessstudies.com/meditations/>

<https://www.mindfulnessstudies.com/resources/>

Inner Health Studio. Free Coping Skills and Relaxation Scripts and Resources. Accessed October 14, 2019.

<https://www.innerhealthstudio.com/>

### **Meditation and Mindfulness Apps** (recommended by Seigan Ed Glassing)

Headspace – encourages you to start and continue a practice

Insight Timer (timer and guided meditations) Everything in one app

Pause – only for iPhone users. An interactive meditation

BOWLS OM – Tibetan interactive singing bowl

Relax Melodies – various sounds from birds to ocean

Colorfy – interactive coloring book app

## CD & DVD Resources

Brach, Tara. *Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart*. (One of numerous CD's)

The Flower Collection. The Ambient Collection. (Tracks set to calming music and sounds of nature. This is one suggestion of numerous available)

### Eight Attitudes of Mindfulness<sup>1</sup>

- Beginner's mind
- Nonjudgment
- Acknowledgment
- Nonstriving
- Equanimity
- Letting be
- Self-reliance
- Self-compassion

STOP<sup>2</sup>

S=Stop

T=Take a breath

O=Observe

P=Proceed

---

<sup>1</sup> Stahl, Bob and Goldstein, Elisha. *A Mindfulness-Based Stress Reduction Workbook* (Oakland: New Harbinger Publications, Inc., 2010), 41-42

<sup>2</sup> Ibid, 60