

# Resources for Mindfulness

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## Mindfulness Apps (iPhone and Android)

[Buddhify](#) – has a wheel that enables you to select meditations depending on your current state plus foundational instruction

[Calm](#) – particularly good for sleep

[Healthy Minds](#) – free from the Center for Health Minds, University of Wisconsin/Madison

[Headspace](#) – has a free basic 10-session course with meditations that can be used indefinitely

[Insight Timer](#) – thousands of guided meditations and meditation timer (no monthly charge if you use Wi-Fi) – search for “Kell”

[Noom](#) – primarily for weight loss but has excellent instruction on mindfulness and how to change habits

[SoundCloud](#) – Search for “meditations” or for Kell Julliard (free)

[Stop Breathe & Think](#) – great for children, teens, and adults

[10 Percent Happier](#) – the app gives instructions by eminent teachers of meditation such as Joseph Goldstein and Sharon Salzberg, has multiple courses, first course is free

[Waking Up](#) – by Sam Harris (free 7-day trial)

## Building Habits

[Good Habits Bad Habits](#) by Wendy Wood

[The Four Tendencies](#) by Gretchen Rubin (see this for an online assessment)

## Nonsectarian Mindfulness Resources

[Peak Mind](#) by Amishi Jha

*10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works – A True Story* by Dan Harris

Ten Percent Happier podcast – outstanding content

*Meditation for Fidgety Skeptics* by Dan Harris and Jeffrey Warren

“The Neuroscience of Meditation” by Davidson, Lutz, and Ricard, *Scientific American*, Nov. 2014

*Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* by Dan Goleman and Richard Davidson

*The Emotional Life of Your Brain* by Richard Davidson, PhD

[Free e-book:](#) *Compassion: Bridging Practice and Science* (Tania Singer, Matthias Bolz, Editors; Department of Social Neuroscience of the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig)

*The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive* by Kristin Neff and Christopher Germer

Kristin Neff’s [Self-Compassion podcast](#) with Dan Harris

*Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN* by Tara Brach

[Self-compassion.org](#) – see guided meditations, course, workbook, plus hundreds of research citations

*Altruism: The Power of Compassion to Change Yourself and the World* by Matthieu Ricard

Mindfulness-Based Stress Reduction (MBSR) (Google this for your location)

*The Relaxation Response* (Herbert Benson, MD, Harvard): <http://www.relaxationresponse.org/>

## Technology

Devices:

[www.choosemuse.com](http://www.choosemuse.com)

<https://www.spire.io/>

<https://lucabosurgi.com/mind-fitness-lab/>

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

Heartrate variability:

[www.heartmath.com](http://www.heartmath.com)

<https://www.hrv4training.com/>

[https://www.youtube.com/watch?v=4A\\_yxzNGE7g](https://www.youtube.com/watch?v=4A_yxzNGE7g)

## Joy of Living Program

Free 4-session introduction to meditation: <https://beta.tergar.org/courses/intro-to-meditation/>

Tergar Learning Community (free, create account to access many resources): <http://learning.tergar.org/>

Find a meditation group: <https://beta.tergar.org/find-a-tergar-community-near-you/>

Books: *Joy of Living* and *Joyful Wisdom* and *In Love with the World* – all by Yongey Mingyur Rinpoche

## Buddhist Mindfulness Resources

*When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chodron (plus all her other books and CDs)

Fire Lotus Temple (beginning Zen meditation instruction in Brooklyn): <http://www.mro.org/firelotus/dailyzen/>

Karma Triyana Dharmachakra (workshops at all levels): <http://www.kagyu.org/ktd/schedule/>

Shambhala Center: <http://ny.shambhala.org/learn-to-meditate/>

Village Zendo (Manhattan beginning Zen meditation instruction): <http://villagezendo.org/beginning-instruction/>

## Christian Mindfulness Resources

Contemplative Outreach / Centering Prayer: <http://www.contemplativeoutreach.org/>

App: <http://www.contemplativeoutreach.org/centering-prayer-mobile-app>

World Community for Christian Meditation: <http://wccm.org/>

App: <http://www.wccm.org/content/wccm-app-2-iphoneipad>

Rohr's Center for Action and Contemplation: <https://cac.org/>

[Centering Prayer and Inner Awakening by Cynthia Bourgeault](#)

[Everything Belongs: The Gift of Contemplative Prayer by Richard Rohr](#)

[Into the Silent Land by Martin Laird](#)

[Open Mind, Open Heart by Thomas Keating](#)

[Word Into Silence: A Manual for Christian Meditation by John Main](#)

## Jewish Mindfulness Resources

*Jewish Meditation Practices for Everyday Life: Awakening Your Heart, Connecting with God* by Jeff Roth

*Jewish Meditation: A Practical Guide* by Aryeh Kaplan      *Mindful Jewish Living* by Jonathan Slater  
*That's Funny, You Don't Look Buddhist: On Being a Faithful Jew and a Passionate Buddhist* by Silvia Boorstein  
The Awakened Heart Project for Contemplative Judaism: <http://www.awakenedheartproject.org/>  
*The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life*  
by Rabbi David Cooper (also see <http://rabbidavidcooper.com/>)  
*The Jew in the Lotus: A Poet's Rediscovery of Jewish Identity in Buddhist India* by Rodger Kamenetz

## Hindu Mindfulness Resources

Transcendental Meditation: <http://www.tm.org>

Google – Vedic Meditation

## Islamic Mindfulness Resources

Yaqeen Institute: <https://yaqeeninstitute.org/en/justin-parrott/how-to-be-a-mindful-muslim-an-exercise-in-islamic-meditation/>

Islamic Insights: <http://www.islamicinsights.com/religion/meditation.html>

Islamic Sunrays: <http://islamicsunrays.com/islamic-meditation-for-relaxation-and-spiritual-comfort/>

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