

Online Resources

Compiled by Kevin Berrill, LCSW - 2017

The Free Mindfulness Project

Provides mindfulness resources, including guided meditations, that can be freely downloaded and distributed; <http://www.freemindfulness.org/home>

Mindfulness - A Practical Guide to Finding Peace in a Frantic World

Free downloads of a number of mindfulness practices to accompany the book of the same title; <http://franticworld.com/free-meditations-from-mindfulness>

The Mindful Way Through Anxiety

Free downloads of a number of mindfulness practices to accompany the book of the same title; to stream guided meditations, go to “Exercises” on the website; <http://mindfulwaythroughanxietybook.com>

Tara Brach, Ph.D.

A widely followed Buddhist meditation teacher, Tara Brach offers free audio talks and guided meditations on her website; <http://www.tarabrach.com>.

Rick Hanson, Ph.D.

Writes extensively on mindfulness, happiness, and emotional well being. His site features audio and video talks and lectures. He offers a free weekly e-newsletter; <https://www.rickhanson.net>

Center for Mindful Self-Compassion

Dedicated to promoting the qualities of mindfulness and self-compassion to foster emotional resilience and well-being. The Center’s site includes guided audio meditations and video lectures; <http://www.centerformsc.org>

Kristen Neff, Ph.D.

Researcher, author, and teacher on mindful self-compassion. Her site features free guided meditations and exercises on self-compassion; <http://self-compassion.org/>

Christopher Germer, Ph.D.

Researcher, author, teacher of meditation and mindful self-compassion. His site features guided meditations on breathing, mindfulness, and self-compassion; http://www.mindfulselfcompassion.org/meditations_downloads.php

Dharma Seed

Offers a vast collection of free recordings of free talks by teachers of the Insight Meditation (Vipassana) tradition of Theravada Buddhism to stream or download; <http://www.dharmaseed.org>

Urban Mindfulness: Finding Peace in the Middle of it All

Offers blogs on mindfulness and psychology, guided meditations; <http://urbanmindfulness.org>

Padraig O'Morain

Free downloads of mindfulness practices, including audio; <http://www.padraigomorain.com>

Palouse Mindfulness

Free online resources for an eight week mindfulness-based stress reduction course; <http://palousemindfulness.com>

Open Source Meditation

An Australian organization that offers free online meditations, instruction, and phone apps; <http://www.meditation.org.au>

Yoga Journal

This magazine has a section on its website on how to meditate and the science and benefits of meditation; <http://www.yogajournal.com/category/meditation/>

MINDFULNESS & RETREAT CENTERS

Mindful Awareness Research Center (MARC), UCLA, Los Angeles, California

Offers free online guided meditations in English and Spanish; <http://marc.ucla.edu>

UMASS Center for Mindfulness, Massachusetts

The home of mindfulness-based stress reduction, founded by Jon Kabat-Zinn; <http://www.umassmed.edu/cfm/> Offers free videos and webinars on mindfulness

UCSD Center for Mindfulness, San Diego, California

Offers instruction in mindfulness and living well; for guided meditations, go to: <https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

The Centre for Mindfulness Studies, Toronto, Canada

Free audio downloads can also be found on the website in the 'resources' section; <http://www.mindfulnessstudies.com>

Insight Meditation Society & The Forest Refuge (Barre, MA) / Spirit Rock Meditation Center (Woodacre, CA)

Offers Buddhist Vipassana meditation retreats skillfully led by experienced lay teachers; <http://www.dharma.org> Guided meditations: <http://www.dharma.org/resources/audio#guided>

Breathworks, Manchester, UK

Offers tools for living well alongside the experience of physical pain, stress and illness; <http://www.breathworks-mindfulness.org.uk>

RESEARCH

Mindfulness Research Guide

Provides information on mindfulness research as well as a monthly newsletter on recently published mindfulness related research; <http://www.mindfulexperience.org>

READINGS & APPS

Collections of Poems Related to Mindfulness

<http://livingequipoise.blogspot.co.uk/2012/10/poems-mindfulness-in-nutshell.html><http://www.mindfullivingprograms.com/poetry.php>

Apps

There are numerous mindfulness Apps for your phone and computer. For free apps, check out <http://www.freemindfulness.org/apps>. Popular apps include www.stopbreathethink.org, www.headspace.com; www.meditationoasis.com; www.insighttimer.com; www.calm.com; www.10percenthappier.com; www.smilingmind.com.au; www.coach.me/meditation; and the Mindfulness Training App at www.soundstrue.com

Authors

There are scores of books that explore the subject of mindfulness from a spiritual or scientific perspective. A few authors I recommend are (in no particular order) Jon Kabat-Zinn, Ph.D.; Dan Siegel, Ph.D.; Jack Kornfield, Ph.D.; Tara Brach, Ph.D. ; Rick Hanson, Ph.D.; Kristin Neff, Ph.D.; Christopher Germer, Ph.D.; Pema Chodron; Sharon Salzberg; Joseph Goldstein; Bhante Henepola Gunaratana; Thich Nhat Hanh; Eckhart Tolle; Mary O'Malley