

Mindfulness Resources

(compiled by Insight Meditation Central Valley)

What happens when a mindfulness course ends? - an excerpt from Ed Haliwell (<http://www.mindful.org/mindful-voices/the-examined-life/7-unresolved-questions-about-mindfulness>):

“Many mindfulness courses are eight weeks long or less. Yet evidence and experience suggests that while remarkable changes can occur during such a short, intensive training, the possibility for deepening practice doesn’t end there—indeed, for most people, it’s only just beginning. And yet, while some teachers offer graduate courses and follow-up sessions, many people coming to the end of a mindfulness course report a sense of ‘falling off a cliff’—after a period of intensive support and learning, this ground suddenly falls away, as, frequently, does their practice, even though they are strongly motivated. In the rush to meet demand for ‘beginners’ courses, how can the yearning for connection be met, among those who’ve already started on this rewarding, challenging path?”

Here’s an attempt to provide you with some resources to support you...

Weekly sitting groups:

Insight Meditation Central Valley offers weekly sitting groups in Modesto at the Unitarian Universalist Fellowship of Stanislaus County, 2172 Kiernan Ave., Modesto (between Dale and Carver Roads) - we meet in the Sarana Kuti (small building at the south end of the main parking lot). Typical format: 45 min. sitting - may be guided, 10-15 min. break, followed by a talk and time for questions or discussion. More info: <http://imcv.org/>

- Sunday afternoons 12:30-2:30pm (will change to 11:30am-1:30pm on May 25)
- Tuesday evenings 6:30-8:30pm

Mindfulness-based Dementia Care Support Group with Kathy Sniffen

Time and day TBD at Sutter Gould Health Education and Conference Center, 1700 McHenry Avenue, Suite 60B, Modesto, CA 95350 (In McHenry Village)

More info, contact: ksniffen@cflfinc.com

In Turlock with Erin Cuarenta or others

- Thursday Evenings 6:30 to 8pm at the First Presbyterian Church, 2619 N Berkeley Ave, Turlock, CA 95382. More info, contact: erincuarenta@hotmail.com

In Stockton with Dorbea Cary or others

- Thursday Evenings 5:45 to 6:45pm at the Unity Church, 2025 W. March Lane, Stockton, CA

More info, contact: DCary@stanbhhs.org

Audio Recordings:

A free, online 8-week MBSR (Mindfulness-based Stress Reduction) program for those unable to attend an in-person class, including guided meditations:

<http://palousemindfulness.com/selfguidedMBSR.html>

A 6-week Introduction to Mindfulness Meditation course with transcripts and homework, including guided meditations integrated in the lectures. You will also find a link on this page to a similar 6-week course that is offered in Spanish:

<http://www.audiodharma.org/series/1/talk/1762/>

UCLA’s Mindful Awareness Research Center (MARC) has several guided meditations:

<http://marc.ucla.edu/body.cfm?id=22>

Guided Audio Files to Practice Mindfulness Based Stress Reduction (UCSD)

<http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx>

Center for Conemplative Mind in Society
<http://www.contemplativemind.org/practices/recordings>

Insight Meditation Society guided meditation instructions and a guided lovingkindness practice:
Joseph Goldstein – *Insight Meditation Instruction* 46 minutes, 10.7 MB
(http://dharmaseed.org/teacher/96/talk/16051/20061101-Joseph_Goldstein-IMSRC-insight_meditation_instruction.mp3)

Sharon Salzberg – *Guided Metta (Lovingkindness) Meditation* 47 minutes, 10.8 MB
(http://dharmaseed.org/teacher/165/talk/16052/19980201-Sharon_Salzberg-IMSRC-guided_metta_lovingkindness_meditation.mp3)

Web Resources:

Linda Graham, MFT, Resources for Recovering Resilience:
Linda's website is worth exploring. She will be offering a daylong in Modesto in July.
<http://lindagraham-mft.net/newsletters-and-quotes/exercises/>
<http://lindagraham-mft.net/resources/published-articles/>

More about MBSR (Mindfulness-based Stress Reduction):
<http://www.mindfullivingprograms.com/whatMBSR.php>

A free, online MBSR program, including guided meditations:
<http://palousemindfulness.com/selfguidedMBSR.html>

A Mindfulness-Based Stress Reduction Workbook by Bob Stahl:
<http://www.amazon.com/A-Mindfulness-Based-Stress-Reduction-Workbook/dp/1572247088>

Mindful - Mindfulness Practices
<http://www.mindful.org/mindfulness-practice>

Greater Good Science Center (UC Berkeley) - Mindfulness:
<http://greatergood.berkeley.edu/topic/mindfulness>

Meditation Timers:
<http://www.insightmeditationcenter.org/meditation-timers/>

Apps for your phone or tablet:

HeadSpace - Guided Meditation and Mindfulness App
<http://www.getsomeheadspace.com/>

Meditation Helper (for Android phones)
<https://play.google.com/store/apps/details?id=com.nwalex.meditation>

Meditate (for iPhones)
<http://www.simpletouchsoftware.com/products/meditate/>