

FREE MINDFULNESS RESOURCES¹ (Embedded URL's)

Introduction to Mindfulness Course AUDIO <http://www.audiodharma.org/series/1/talk/1762/>

Mindfulness Guided Meditation audio UCLA Eng/Spa <http://marc.ucla.edu/body.cfm?id=22>

Excellent book "*Mindfulness in Plain English*" by **Ven. Bhante Gunaratana** <https://bit.ly/2I1G93i>

Mindfulness for Kids & Education <https://ibme.info/> & <http://www.mindfulschools.org>

Gil Fronsdal's articles <https://bit.ly/3oVc6v2>

Loving-Kindness Meditation AUDIO <http://www.audiodharma.org/series/1/talk/1728/>

Guided Self Compassion Meditation AUDIO — <https://self-compassion.org/category/exercises/>

Lama John Makransky's guided compassion & social justice writings: <https://bit.ly/32aU3r8>

Books from the Burmese Theravada Tradition <https://www.sariputta.com/meditasi/english>

Books from the Thai Theravada Tradition <https://www.abhayagiri.org/books/>

Dr. Tara Brach – Great talks & guided meditations on healing, trauma & mental health
<https://www.tarabrach.com/talks-audio-video/>

Much of Prof. Dr. Bhikkhu Analayo's work can be downloaded here: <http://bit.ly/3d7R32B>

Tip: Download Satipatthana: A Practice Guidebook # 25

Guided Meditations & Dharma talks (search by subject or speaker-I've got a few in there)
<https://dharmafeed.org/> and <https://dharmafeed.org/teacher/400/>

Find mindfulness sitting groups & retreats USA & the World <http://buddhistinsightnetwork.org/home>

Buddhist E-library <https://bit.ly/2GTUI8s>

Buddhist Psychology (Abhidhamma) <https://bit.ly/33zKX85> & <https://bit.ly/3oT0Teo>

Mindfulness Exercises <https://mindfulnessexercises.com>

Recommended Audio talks with Ajahn Sucitto on dharmafeed.org:

- [Natural mind - strength, warmth, clarity](#)
- [Natural Mind 1 - Ground](#)
- [Natural Mind 2 - Heart](#)
- [Natural Mind 3 - Clarity](#)

Recommended Audio talks with Joseph Goldstein on dharmafeed.org:

- [Intrinsically Empty, Ceaselessly Responsive:
An Exploration of the Nature of our Minds](#)
- [Clarifying Terms](#)
- [What is the Mind?](#)

"OG" Retreat Centers below—good SCHOLARSHIPS

See "*Retreat Schedule*" @ **Insight Meditation Society (IMS)** <http://www.dharma.org>

& **Spirit Rock Meditation Center (SRMC)** <http://www.spiritrock.org> &

Barre Center for Buddhist Studies <https://www.buddhistinquiry.org>

There's a wonderful constantly updated list of now **online Meditation sitting groups and resources**—Download here <https://bit.ly/3dHsw4G>

¹ Bonnie Duran 11/3/20 <https://washington.academia.edu/BonnieDuran/Links-to-web-resources>