Mindfulness Resources

Online Guided Meditations and Resources:

- **Midday Mindfulness**: A database of 70+ one hour videos with a wide range of topics that cover mindfulness and the real world.
- **Center for Mindfulness**: Our website provides resources on guided meditations, institutions, trainings, videos, writings, and events.
- **Tiara Cash’s Trauma Responsive Mantra**: A mantra is a word or phrase – spoken or sung, to create a change in our lives by manifesting thought through our own physical vibrations (Sakara). This mantra is responsive and geared toward the support of victims and survivors. (Youtube Search: Trauma Responsive Mantra).
- **Koru Mindfulness**: 10 minute guided exercises geared toward emerging adults (college students)
- **Eternal Sunshine**: Londrelle’s personal mindfulness app including daily mantras, essential wisdom, inspirational talks, guided meditation exercises, morning mindfulness information and music
- **Insight Timer**: Home to more than 3 million meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores.
- **Dharma Seed**: Dharma Seed is an online resource dedicated to making the Buddhist teachings of Insight Meditation and associated practices available to all.
- **Headspace**: Headspace provides guided meditations, articles, and videos on topics related to stress, focus, compassion, anxiety, sleep, focus, relationships, work and many others subjects.
- **Liberate**: A meditation app to intentionally support the Black, Indigenous, People of Color (BIPOC) community in healing to thrive with love.

Readings:

- Jon Kabat-Zinn’s *Wherever you go, there you are*
- Jon Kabat-Zinn’s *Full Catastrophe Living*
- Thich Nhat Hanh’s *Peace is Every Step*
- Holly Rogers’ *The Mindful Twenty Something*
- Eckhart Tolle’s *The Power of Now*
- Sharon Salzburg’s *Real Happiness*
- Daniel Gleman & Richard J. Davidson’s *Altered Traits*
- Londrelle’s *Eternal Sunshine (Volume 1)*
- Paulo Coelho’s *The Alchemist*
- George Mumford’s *The Mindful Athlete*
- Jasmine Syedullah, Lama Rod Owens, and Rev. angel Kyodo Williams’s *Radical Dharma*
- Rhonda Magee’s *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*
- Angel Kyodo Williams’s *Being Black: Zen and the Art of living with Fearlessness and Grace*
Mindfulness Practices and Recommendations:
The exercises we practiced are located below along with recommended time frames, places where you can find guided meditations and recommended lengths on your own:

- **Body Scan:**
  - Recommended before bed to help induce sleep or when your body is anxious and needs a rest
  - Recommended time on own: 5 – 30 minutes for sleep; 10 – 20 minutes for calming effect
  - Where can you find guided meditations on this?
    - Insight Timer (search **body scan** or **sleep** under **meditation** tab)

- **Guided Imagery:**
  - Recommended for calming and if you need help visualizing an outcome (winning a game, better shots, etc.)
  - Recommended time on own: 10 minutes for guided calming; 5 – 10 minutes for visualization
  - Where can you find guided meditations on this?
    - Koru Mindfulness App (Click **guided meditations** and scroll down to **Guided Imagery** – 10 minutes)

- **Loving Kindness:**
  - Recommended for times when you are lacking self-love or feeling aggression towards others
  - Recommended time on own: 10 – 20 minutes
  - Where can you find this guided meditation?
    - Link to an online resource for a script and guided meditation: [https://g gia.berkeley.edu/practice/loving_kindness_meditation#](https://gia.berkeley.edu/practice/loving_kindness_meditation#)
    - Koru Mindfulness App (Click **guided meditations** and scroll down to **Loving-Kindness** – 20 minutes)

- **Mindful Eating:**
  - Recommended for any time of the day when you are eating – lunch breaks, quick snacks, dinner, etc.
  - Recommended time on own: 1st bite – entire meal
  - Where can you find this guided meditation?
    - Link to an online resource for 1 minute guided meditation: [https://vimeo.com/253357182](https://vimeo.com/253357182)
    - Insight Timer (search **eating** under **meditation** tab)

- **Walking Meditation**
  - Recommended for times when you would like to practice but want to be active; great for being in nature
  - Recommended time on own: 10 – 30 minutes
  - Where can you find this guided meditation?
    - Link to an online resource for a script and guided meditation: [https://www.mindful.org/daily-mindful-walking-practice/](https://www.mindful.org/daily-mindful-walking-practice/)
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- Koru Mindfulness App (Click guided meditations and scroll down to Walking Meditation – 10 minutes)

Phoenix-Surrounding Area Institutions:
- Center for Mindfulness, Compassion, & Resilience - 455 N. 3rd Ave, Suite 340, Phoenix, AZ 85004
- Desert Song Healing Center - 3232 N 20th St, Phoenix, AZ 85016
- A Mindfulness Life Center - 10309 N. Scottsdale Rd, Scottsdale, AZ 85253
- One Breath Meditation Studio - 8360 E Via de Ventura, Ste L-240, Scottsdale, AZ 85258

Mindfulness Studies: