

## Equitable Mindfulness Resources

### Books:

- 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 William's *Being Black: Zen and the Art of living with Fearlessness and Grace*

### *Other Mindfulness 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 Salzberg's *Real Happiness*
- Daniel Gleman & Richard J. Davidson's *Altered Traits*

### Online Guided Meditations:

- [Center for Mindfulness - Equitable Mindfulness Initiative](#): Our Center website provides resources on guided meditations, institutions, trainings, videos, writings, and events. This particular link will take you to the Equitable Mindfulness Initiative that also includes more information on Equitable Mindfulness.
- [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).
- [Liberate](#): A meditation app to support the Black, Indigenous, and People of Color community in healing to thrive with love
- [Eternal Sunshine](#): Londrelle's personal mindfulness app including daily mantras, essential wisdom, inspirational talks, guided meditation exercises, morning mindfulness information and music
- [Koru Mindfulness](#): 10 minute guided exercises geared toward emerging adults (college students)
- [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.
- [Headspace](#): Headspace provides guided meditations, articles, and videos on topics related

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### Personal Recommendations for Practices of Mindfulness:

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:

- Guided Imagery:
  - Recommended for calming and if you need help visualizing an outcome or to create a calm place when you're stressed from being in a difficult situation!
  - 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)
- LovingKindness:
  - 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://ggia.berkeley.edu/practice/loving\\_kindness\\_meditation#](https://ggia.berkeley.edu/practice/loving_kindness_meditation#)
    - Koru Mindfulness App (Click **guided meditations** and scroll down to **Loving-Kindness** – 20 minutes)
- I feel this way because:
  - Recommended for times when you need to dig deeper into what the true meanings are behind your actions. Also a good practice for implicit bias.
  - Recommended writing time: 5 minutes or until the idea presents itself
  - Where can you find the resources for this?
    - Refer back to the small handouts that I gave you – stick it in your phone case, notebook, or travel bag
- 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/>
    - Koru Mindfulness App (Click **guided meditations** and scroll down to **Walking Meditation** – 10 minutes)
- Mindful Eating:
  - Recommended for any time of the day when you are eating – lunch breaks, quick snacks, dinner, etc.
  - Recommended time on own: 1<sup>st</sup> bite – entire meal
  - Where can you find this guided meditation?
    - Link to an online resource for 1 minute guided meditation: <https://vimeo.com/253357182>
    - Insight Timer (search **eating** under **meditation** tab)

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- 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**)

### **Interesting Readings and Videos to Consider:**

- Claudia Horowitz's "Why Mindfulness Matters Now?"  
<https://www.opendemocracy.net/transformation/claudia-horowitz/why-mindfulness-matters-now>
- James Rowe's "Zen and the Art of Social Movement Maintenance"  
<https://www.opendemocracy.net/transformation/james-k-rowe/zen-and-art-of-social-movement-maintenance>
- Public dialogue between Angela Davis and Jon Kabat-Zinn (13 short videos; total time approximately 45 minutes) <https://www.youtube.com/watch?v=rbiM-vH83YQ&list=PLGP57y-64pOTYAjGjZda-F0Dr-8tpKtpY>
- It's Not About Love After All | angel Kyodo williams | TEDxWashingtonSquare:  
<https://www.youtube.com/watch?v=PztCw49OQ2g>

### **Readings:**

- Jules Shuzen Harris, "The False Comfort of the Familiar"  
<https://www.lionsroar.com/false-comfort-familiar/>
- Chenxing Han, "We're Not Who You Think We Are" <https://www.lionsroar.com/were-not-who-you-think-we-are/>
- Williams, Ruth "Eat, Pray, Love: Producing the Female Neoliberal Spiritual Subject"
- Andrea Marie Hyde & James G. LaPrad, "Mindfulness, Democracy, & Education"
- Adam Lobel, "Practicing Society: Practices of Self, Society, and Time on the Way to Personal and Social Transformation"