MEDITATION RESOURCES

In order, this document contains suggestions for:

- Books
  - On Meditation
    - Applied Meditation (Mindfulness in everyday life)
    - Meditation and the brain
    - Loving kindness meditation

- Resources for finding a meditation teacher

- Meditation Retreat Centers

- Meditation Supplies

- Blogroll

- Online Meditation Instruction

- Podcasts

Books

**On Meditation**

John Daido Loori

*Finding the Still Point: A Beginner's Guide to Zen Meditation* (Book and CD)

Shambhala Publications

Sakyong Mipham

*Turning the Mind into an Ally*
Riverhead Trade

Larry Rosenberg

*Breath by Breath: The Liberating Practice of Insight Meditation*

Shambhala Publications

Shunryu Suzuki

*Zen Mind, Beginner's Mind*

Shambhala Publications

Tulku Thondup

*The Healing Power of the Mind*

Shambhala Publications

Chögyam Trungpa

*Cutting Through Spiritual Materialism*

Shambhala Publications

Tsultrim Allione

*Feeding Your Demons*

Harper San Francisco
Pema Chödrön

*The Places that Scare You: A Guide to Fearlessness in Difficult Times*
*When Things Fall Apart: Heart Advice for Difficult Times*

Shambhala Publications

Thich Nhat Hanh

*Peace Is Every Step: The Path of Mindfulness in Everyday Life*

Bantam Books

Byron Katie

*Loving What Is: Four Questions That Can Change Your Life*

Harmony

Dalai Lama


Judith L. Lief


Sakyong Mipham

*Ruling Your World: Ancient Strategies for Modern Life*

Morgan Road Books
Shunryu Suzuki (Author), Edward Espe Brown (Editor)

*Not Always So: Practicing the True Spirit of Zen*

Harper Collins

Chögyam Trungpa

*Shambhala: The Sacred Path of the Warrior*

Shambhala Publications

Jon Kabat-Zinn

*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*

Hyperion

Meditation & the Brain

Richard J. Davidson (Editor), Anne Harrington (Editor)

*Visions of Compassion: Western Scientists and Tibetan Buddhists Examine Human Nature*

Nature

Oxford University Press

Daniel Goleman

*Destructive Emotions: A Scientific Dialogue with the Dalai Lama*

Bantam Books
Rinpoche Yongey Mingyur

_The Joy of Living: Unlocking the Secret and Science of Happiness_

Harmony

Loving kindness Meditation

Pema Chodron

_No Time to Lose: A Timely Guide to the Bodhisattva’s Way of Life_

Shambhala Publications

Sharon Salzberg

_A Heart as Wide as the World_

_Lovingkindness: The Revolutionary Art of Happiness_

Shambhala Publications

Santideva

_The Way of the Bodhisattva_

Shambhala Publications

Chögyam Trungpa

_Training the Mind and Cultivating Loving-Kindness_

Shambhala Publications

Meditation Teachers
To find a Shambhala center and meditation instructor near you: shambhala.org

Other recommended meditation schools:

Vipassana: Insight Meditation Society

Zen: San Francisco Zen Center (affiliated groups)

Meditation Retreat Centers

Shambhala Mountain Center

Red Feather Lakes, CO

Karme Choling Shambhala Meditation Center

Barnet, VT

Dechen Choling

Limoges, France

Meditation Supplies

Free meditation timer download:
http://wcrawford.org/2006/11/09/meditation-timer-12/

For meditation cushions, shrine tables, and other supplies:

Dharmacrafts

Samadhi Cushions

Ziji
Blogroll

The Interdependence Project

Shambhala Sun Magazine

Tricycle Magazine: The Buddhist Review

Integral Options Café

Monkey Mind

Numinous Nonsense

The Worst Horse

Welcome to the Kingdom

Online Meditation Instruction

Sakyong Mipham

Learning to Meditate

Susan Piver

Shamatha Instruction (two versions: long and short)

Podcasts

Buddhist Geeks

The Interdependence Project Podcast

Tara Brach

ZenCast