

MBSR Personal Practice Resources

Supporting your continued meditation practice

Cushions, Benches and Other Supplies

Remember, a folded blanket also makes a great cushion! A simple, upright chair works too....(no Barca-loungers!)

Dharmacraft

<http://www.dharmacrafts.com/100xMS/Meditation-Supplies.html>

Sun and Moon Originals

<http://www.sunandmoonoriginals.com>

Singing Bowls

Singing bowls and meditation chimes are available in small gift stores and import stores at reasonable prices. Keep your eyes open, play a few and enjoy the process.

Bodhisattva Trading Company

Fun to browse, many bowls to choose from. Listen before you buy!

<http://www.bodhisattva.com>

<http://www.HimalayanBowls.com>

This site has discounted singing bowls and you can also listen to each as you shop.

Ebay

<http://www.ebay.com>

But of course, E-bay has singing bowls if you enjoy the drama of bargaining! Just type “singing bowls” in the search box.

Books

All of the following books are available on Amazon.com, or can be ordered by your favorite independent bookseller.

Miriam Greenspan

Healing Through the Dark Emotions:

The wisdom of Grief, Fear and Despair

Jack Kornfield

A Path with Heart

After the Ecstasy, the Laundry

Jon Kabat-Zinn

Full Catastrophe Living

Wherever You Go, There You Are

Coming to Our Senses

Mindfulness for Beginners

Larry Rosenberg

Breath By Breath: *The liberating*

practice of insight meditation

Tolle, Eckhart**The Power of Now:***A guide to Spiritual Enlightenment***A New Earth:***Awakening your life's purpose***Thich Nhat Hanh****Mindful Movements:***Ten Exercises for Wellbeing***Seigel, R.D.****The Mindfulness Solution:***Everyday practices for Everyday Problems***Dan Harris****10% Happier: How I Tamed the Voice in***My Head, Reduced Stress Without Losing**My Edge, and Found Self-Help That Actually**Works--A True Story***Saki Santorelli****Heal Thyself:***Lessons on Mindfulness in Medicine***Jan Chozen Bays****Mindful Eating:***A guide to rediscovering a healthy and joyful relationship with food***Toni Bernhard:****How to Be Sick:***A Buddhist inspired guide for the chronically ill.*

There are also a variety of mindfulness based approaches to specific issues such as food, depression, pain, parenting, and relationships. Enjoy exploring these resources through your favorite bookseller.

Recordings:

After a period of practicing without return to guided meditation instructions. I will have my guided meditations from class available to use as you wish. They are on the “**Former Participants**” page, and the password is **stay mindful**.

Organizations:**University of Minnesota Center for Spirituality and Healing**

This is a great resource for wellness and educational offerings that support mindfulness practice. The U of M runs MBSR programs year round, often several sessions per quarter.

<http://www.csh.umn.edu> search “mindfulness” enjoy exploring their many programs.

University of Massachusetts Center for Mindfulness in Medicine, Healthcare and Society

Home base for MBSR programs internationally, this is a great resource. There are great reading lists linked to this site. They sponsor mindfulness programs at Omega Institute in Upstate New York if you are interested in travelling.

<http://www.umassmed.edu/cfm/index.aspx>

Brown University Mindfulness Center

The Mindfulness Center at Brown University is located within the School of Public Health. Many of the teachers who have guided me in my growth as a practitioner and teacher are currently working in this program. Find out more at <https://www.brown.edu/public-health/mindfulness/>

Twin Cities Vipassana Collective

This group is connected to a meditation center called Common Ground in Minneapolis. They sponsor meditation teacher-led retreats at reasonable cost for varying lengths of time from one day to ten days in length. MBSR programs usually suggest studying with vipassana teachers to get further meditation instruction. This is a meditation style from the Theravada Buddhist tradition, but as you know, you do not have to be a Buddhist to practice MBSR or to benefit from one of these retreats.

<http://www.tvcv.info>

<http://www.commongroundmeditation.org>

Other...

Jon Kabat-Zinn talks about mindfulness and the brain click this link:

<http://brainandlearning.blogspot.com/2008/08/jon-kabat-zinn-talk-on-mindfulness.html>

Mindfulness for Everyone

John Lovas, who teaches at Dalhousie University in Nova Scotia has been blogging every day for many years about mindfulness practice . His site is always a pleasure to visit, and there are great photos and video links on the site as well!

www.mindfulnessforeveryone.blogspot.com/

Subscribe to Geri's MBSR blog

I'll be announcing class schedules and passing on new ideas for supporting your practice. I will also be recording some mp3 meditations. Stay tuned!

<http://www.geriwilimekbmbsr.com>

Digital Meditation Timer

There are many of these now available, but this is my good old standby, offered many years ago by a jazz musician who is a professor at University of North Carolina.

<http://www.wilktone.com/?s=meditation+timer> . Most cell phones have adequate timers also.

First Lutheran Church's Labyrinth

Open every second Thursday of the month 5:00pm-7:00pm and "by appointment".

900 Bemidji Ave N, Bemidji, MN 56601 Phone: 444-5302

Labyrinths predate Christianity, but have been used to support meditative practice in the Christian tradition for centuries. This is an 11 circuit labyrinth woven into the carpet of a large room at the church. It is modeled after a labyrinth embedded in the stone floor of the medieval Chartres Cathedral outside of Paris, France. One enters the labyrinth and walks along a complex, unpredictable path reaching the center, a place of reflection or prayer. One leaves the labyrinth from the center following the same path. This practice emphasizes moment to moment presence, breath awareness, and walking.

