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FREE MINDFULNESS RESOURCES

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

Intermediate Mindfulness Course AUDIO <http://www.audiodharma.org/series/1/talk/1761/>

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

Guided Self Compassion Meditation Dr. Neff AUDIO — <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>

Amaravati Monastery Chant books, audio & other books, chants, Dharma talks <http://www.amaravati.org>

MBSR audiotapes @ UCLA <http://marc.ucla.edu/body.cfm?id=22>

Excellent book "*Mindfulness in Plain English*" (Jon Kabat Zinn says it's a "*Masterpiece*") by **Ven. Bhante Gunaratnam** (1991 <http://ftp.budaedu.org/ebooks/pdf/EN036.pdf>)

Prof. Dr. Bikkho Analayo's work can be downloaded here: <https://www.buddhismuskunde.uni-hamburg.de/en/personen/analayo.html>

Mindfulness Research Guide: <https://goamra.org/publications/mindfulness-research-monthly>

Mindfulness/ Buddhist **Addiction** Recovery <http://www.refugerecovery.org>

Secular Buddhism <https://secularbuddhism.wordpress.com>

Mindfulness in Education <http://www.mindfulschools.org> and <https://mindfulnessinschools.org>

Mindful Parenting <http://communityofmindfulparenting.com> Inner Kids: www.innerkids.org

Lama John Makransky's guided compassion and other social justice writings:
<http://www.johnmakransky.org/resources.html> [Benefactor Practice](#) & [burnout- and compassion fatigue](#).

Dharma talks (search by subject or speaker—I've got a few in there): <http://dharmafeed.org>

Dr. Tara Brach – Great Dharma talks focused on mental health <https://www.tarabrach.com/talks-audio-video/>

Joseph Goldstein 46-part series on the Mindfulness <http://dharmafeed.org/teacher/96/?search=satipatthana++Sutta+>

Find mindfulness Sitting Groups & Retreats in US & the world <http://buddhistinsightnetwork.org/home>

Sujiva (2000). *Essentials of insight meditation practice: A pragmatic approach to Vipassana* http://www.buddhanet.net/pdf_file/essentials.pdf

Recommended talks by Achaan Sucitto

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

Recommended talks by Joseph Goldstein

- [Intrinsically Empty..Nature of the Mind](#)
- [Clarifying Terms](#)
- [What is the Mind?](#)

Mindfulness Retreats

See "*Retreat Schedule*" @ INSIGHT MEDITATION SOCIETY <http://www.dharma.org> &
SPIRIT ROCK MEDITATION CENTER <http://www.spiritrock.org>