

Resources

Analyo. Satipatthana: The Direct Path to Realization. 2006. Birmingham, England: Windhorse Publications.

Bishop, S.R., Lau, M., Shapiro, S., Carlson, L., Anderson, N.D. & Carmody, N., et al. (2004). Mindfulness: A proposed operational Definition. *Clinical Psychology: Science and Practice*, 11(3), 230-241.

Body Scan Meditation. Greater Good in Action. Greater Good Science Center. Taken January 29, 2020 from https://ggia.berkeley.edu/practice/body_scan_meditation.

Breath Meditation: A Great Way to Relieve Stress. April, 2014. Harvard Men's Health Watch. Harvard Medical School. Taken January 29, 2020 from <https://www.health.harvard.edu/mind-and-mood/breath-meditation-a-great-way-to-relieve-stress>.

College of Science. DeSteno, David. Can Meditation Make You a More Compassionate Person? April 1, 2013. Northeastern University, Boston, MA. Taken January 20, 2020 from <https://cos.northeastern.edu/news/release-can-meditation-make-you-a-more-compassionate-person/>.

Davis, Daphne M. and Hayes, Jeffrey A. What are the benefits of mindfulness. *American Psychological Association*. July/August 2012. Volume 43, Number 2. Taken December 17, 2019 from <https://www.apa.org/monitor/2012/07-08/ce-corner>.

Experiencing Mindfulness with Eating a Raisin. The Will to Heal Project. Taken March 20, 2020 from <https://www.youtube.com/watch?v=5YkjoXuCfWY>.

Fargo, Sean. 6 Mindful Breathing Exercises. Mindfulness Exercises.com. <https://mindfulnessexercises.com/6-mindful-breathing-exercises/>.

Fargo, Sean. 6 Mindful Breathing Exercises. Mindfulness Exercises.com. Taken January 29, 2020 from <https://mindfulnessexercises.com/6-mindful-breathing-exercises/>.

Georgetown University Medical Center. "Mindfulness meditation training lowers biomarkers of stress response in anxiety disorder: Hormonal, inflammatory reactions to stress were reduced after meditation training, in rigorous NIH-sponsored trial." *ScienceDaily*. ScienceDaily, 24 January 2017.

<www.sciencedaily.com/releases/2017/01/170124111354.htm>.

Germer, C. and Neff, K. *Teaching the Mindful Self-Compassion Program: A Guide for Professionals*. 2019. NY, New York: The Guilford Press.

Mindfulness Teaching Fundamentals

Germer, C. and Neff, K. Cultivating Self-Compassion in Trauma Survivors. September 15, 2014. Transforming Trauma. Follette Publishing. Taken April 4, 2020 from <https://chrisgermer.com/wp-content/uploads/2017/02/Transforming-Trauma.pdf>.

Go American Mindfulness Research Association. Pasadena, California. Taken April 1, 2020 from <https://goamra.org/>.

Greater Good Magazine. What is Compassion? Greater Good Science Center. Taken January 15, 2020 from <https://greatergood.berkeley.edu/topic/compassion/definition>.

Gregoire, Carolyn. Here's how meditation reduces inflammation and prevents disease. February 8, 2018. Huffpost. Taken December 17, 2019 from https://www.huffpost.com/entry/meditation-brain-changes-study_n_56b4b7aee4b04f9b57d93bef.

Halliwell, Ed. The 7 Qualities of Mindfulness Trained in the Body Scan. October 6, 2016. Mindful.org. Taken January 29, 2020 from <https://www.mindful.org/7-qualities-mindfulness-trained-body-scan/>.

Halliwell, Ed. Why mindfulness meditation begins with the breath. January 7, 2020. Mindful.org. Taken January 29, 2020 from <https://www.mindful.org/6-reasons-why-mindfulness-begins-with-the-breath/>.

Headspace. Meditation for Compassion. Taken January 20, 2020 from <https://www.headspace.com/meditation/compassion>.

Kabat-Zinn, Jon. 9 Attitudes. You Tube. <https://www.youtube.com/watch?v=2n7FOBFMvXg>.

Kabat-Zinn, Jon. Compassion and Mindfulness. April 20, 2010. Greater Good Science Center. The Science of a Meaningful Life. You Tube. Taken January 15, 2020 from <https://www.youtube.com/watch?v=l7E7FBSIB1U>.

Kabat-Zinn, J. Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Revised and Updated. 2013. New York: Bantam Books.

Kabat-Zinn, J. Mindfulness-based interventions in context: Past, present, and future. Clinical Psychology: Science and Practice, 10(2), 144-156.

Mindful Breathing. Greater Good in Action. Greater Good Science Center. Taken January 29, 2020 from https://ggia.berkeley.edu/practice/mindful_breathing.

Mindfulness Teaching Fundamentals

Mindful Movement. Taking Charge of Your Health and Well Being. University of Minnesota. Taken January 30, 2020 from <https://www.takingcharge.csh.umn.edu/mindful-movement>.

One Mind Dharma. Mindfulness of Mind Guided Meditation. May 3, 2017. Taken March 3, 2020 from <https://www.youtube.com/watch?v=ntf1hoTQy70>.

Polan, Rebecca. Metta Monday: Moving from Mindfulness and into Embodiment. Taken March 4, 2020 from <https://www.youtube.com/watch?v=00iV2wDt85s>.

Powell, Alan. When science meets mindfulness. The Harvard Gazette. April 9, 2018. Taken December 17, 2019 from <https://news.harvard.edu/gazette/story/2018/04/harvard-researchers-study-how-mindfulness-may-change-the-brain-in-depressed-patients/>.

Progressive Meditation. Guided Meditation to Calm the Mind: Stop Anxious Thoughts, Healing Meditation. Taken March 4, 2020 from <https://www.youtube.com/watch?v=NKTl2zeA2DM>.

Puddicombe, Andy. All It Takes Is 10 Mindful Minutes. January 11, 2013. Ted Talk. Taken January 10, 2020 from <https://www.youtube.com/watch?v=qzR62JJCMBQ>.

Salzberg, Sharon. Real Love: The Art of Mindful Connection. (2017) New York: FlatIron Books.

Shapiro, Shauna. Does mindfulness make you more compassionate? Greater Good Magazine. February 27, 2013. Taken December 17, 2019 from https://greatergood.berkeley.edu/article/item/does_mindfulness_make_you_compassionate.

Sharon Salzberg. Mindfulness Meditation. Wisdom 2.0. 2016.
<https://www.youtube.com/watch?v=ZAAAUuNXzOU>

Skillful Mindfulness: Mindfulness of the Mind. White Hall Meditation. Taken April 6, 2020 from <https://www.whitehallmeditation.org/the-eightfold-path/skillful-mindfulness-mindfulness-of-mind/>.

Smookler, Elaine. Beginner's Body Scan. April 11, 2019. Mindful.org. Taken January 29, 2020 from <https://www.mindful.org/beginners-body-scan-meditation/>.

Stewart-Weeks, Leonie. 1 Minute Mindfulness Exercises. PscyhCentral.com. Taken December 12, 2020 from <http://mindfulspring.com/mindfulness-untying-knots-buddha-story/>.

Mindfulness Teaching Fundamentals

The Science Behind Mindfulness. YouTube. Taken January 9, 2020 from <https://www.youtube.com/watch?v=VTA0j8FfCvs>.

Tolle, Eckhart. Concept of Enlightenment. Taken March 3, 2020 from <https://mindfulnessexercises.com/concept-of-enlightenment/>.

Treleaven, David. Trauma-Sensitive Mindfulness. 2018. New York, New York: W.W. Norton & Company.

Walking Meditation. Greater Good in Action. Greater Good Science Center. Taken January 30, 2020 from https://ggia.berkeley.edu/practice/walking_meditation.

What is the Stream of Consciousness? The School of Life. Mindfulness Exercises.com. Taken April 6, 2020 from <https://mindfulnessexercises.com/stream-of-consciousness/>.

Widdett, Richard. Neuroplasticity and Mindfulness Meditation. ScholarWorks at WMU. Western Michigan University. April 3, 2014. Taken December 17, 2019 from https://scholarworks.wmich.edu/cgi/viewcontent.cgi?article=3477&context=honors_the_ses.

Wolf, C. and Serpa, J. G. A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers. 2015. Oakland, CA: New Harbinger Publications, Inc.