

## MINDFULNESS RESOURCES

**These resources can be a wonderful support in your practice and in gaining a greater depth of knowledge about mindfulness , but remember, your personal practice of mindfulness, developed with the guidance of an experienced and qualified mindfulness teacher, is the most important.**

<p><b>Openground</b> Australia's leader in MBSR and other Mindfulness Related courses and retreats</p>	<p><a href="http://www.openground.com.au">www.openground.com.au</a></p>
<p><b>Mindful EAS – Mindfulness Education and Support</b> Karen Haddon – Online courses anywhere and in-person courses in Perth. Mindfulness in Schools Workshops.</p>	<p><a href="http://www.mindfuleas.com.au">www.mindfuleas.com.au</a></p>
<p><b>Smiling Mind</b> App based program with face to face mindfulness programs in schools, workplaces and elite sport. The Smiling Mind App has been downloaded over 5.5 million times. 300,000 educators across the nation have been trained in how to bring Smiling Mind into their classrooms. The App offers a good place to begin a mindfulness practice for those not yet ready to engage in a longer face to face program.</p>	<p><a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a></p>
<p><b>Dr Jon Kabat-Zinn :</b> Centre for Mindfulness in Medicine Massachusetts Founder of the Mindfulness Based Stress Reduction Course There are numerous Youtube vidoes of talks and teachings by Jon on the internet <b>Books:</b> Full Catastrophe Living Wherever You Go There You Are Everyday Blessings – Mindfulness for Parents</p>	<p><a href="http://www.umassmed.edu/cfm">www.umassmed.edu/cfm</a>  <a href="http://www.mindfulnesscds.com">www.mindfulnesscds.com</a>  <a href="http://www.jonkabat-zinn.com">www.jonkabat-zinn.com</a></p>
<p><b>Dr Bob Stahl</b> MBSR Teacher for over 30 Years – Works closely with Jon Kabat-Zinn <b>Books:</b> MBSR for Anxiety Workbook; MBSR Workbook; Calming the Rush of Panic; Living with Your Heart Wide Open; MBSR Everyday</p>	<p><a href="http://www.mindfulnessprograms.com">www.mindfulnessprograms.com</a></p>
<p><b>Shannon Harvey</b> <b>Books and Documentaries:</b> - My Year of Living Mindfully - The Connection</p>	<p><a href="https://www.myyearoflivingmindfully.com/">https://www.myyearoflivingmindfully.com/</a> <a href="https://www.theconnection.tv/">https://www.theconnection.tv/</a> <a href="https://www.shannonharvey.com/">https://www.shannonharvey.com/</a></p>
<p><b>Dr Dan Siegel</b></p>	<p><a href="http://www.drdansiegel.com">www.drdansiegel.com</a></p>

<p>Hand model of the Brain – International Speaker, Author, Neuroscientist Dan’s main area is children and adolescents however he has a lot to offer adults</p> <p><b>Books:</b> Mindsight The Whole-Brain Child The Developing Mind The Yes Brain Brainstorm</p>	
<p><b>Dr Rick Hanson</b> Neuroscientist, International Speaker, Offers numerous online resources</p> <p><b>Books:</b> Hardwiring Happiness Buddhas Brain Resilient</p>	<p><a href="http://www.rickhanson.net">www.rickhanson.net</a></p>
<p><b>Centre for Mindful Self-Compassion</b></p> <ul style="list-style-type: none"> <li>- Self-compassion programs</li> </ul> <p><b>Mindful Self-Compassion Books:</b></p> <ul style="list-style-type: none"> <li>- Self-Compassion by Kristen Neff</li> <li>- Loving Kindness by Sharon Salzberg</li> </ul>	<p><a href="https://centerformsc.org/">https://centerformsc.org/</a></p>
<p><b>Perth Insight Meditation Group</b></p>	<p><a href="http://www.pimg.org">www.pimg.org</a></p>
<p><b>Jhana Grove Retreat Centre</b></p> <ul style="list-style-type: none"> <li>- Host local and international Meditation Teachers from various traditions for retreats of up to 10 days</li> </ul>	<p><a href="http://www.jhanagrove.org.au">www.jhanagrove.org.au</a></p>
<p><b>Insight Meditation Australia</b></p> <ul style="list-style-type: none"> <li>- List all Insight Meditation Retreats across Australia – these are retreats generally held in silence and range from 5 to 30 days in length</li> </ul>	<p><a href="http://www.insightmeditationaustralia.org">www.insightmeditationaustralia.org</a></p>
<p><b>Thich Nhat Hahn</b> Monk, prolific writer, author of numerous books, audio recorded teachings including: The Miracle of Mindfulness; Peace in Every Step; Savor, Living Buddha Living Christ; Anger; and so many more. Everyone of Thich’s books are filled with heartfelt teachings and wisdom.</p>	<p><a href="https://plumvillage.org/about/thich-nhat-hanh/">https://plumvillage.org/about/thich-nhat-hanh/</a></p>
<p><b>Vidymala Burch</b> Founder of Breathworks – the Breathworks online Mindfulness for Health is particularly relevant for those living with chronic pain and/or illness. Highly recommended as a place to start and as a resource you can keep connecting back to.</p> <p><b>Books:</b></p>	<p><a href="http://www.breathworks-mindfulness.org.uk/">http://www.breathworks-mindfulness.org.uk/</a></p>

Mindfulness for Health Mindfulness for Women Living Well with Pain and Illness	
<b>Tara Brach</b> American Psychologist – Author of Radical Acceptance – Has many online resources	<a href="https://www.tarabrach.com/">https://www.tarabrach.com/</a>
<b>David Trealeven</b> – Trauma Sensitive Mindfulness	<a href="https://davidtrealeven.com/">https://davidtrealeven.com/</a>
<b>Dr. Elizabeth Stanley</b>  <b>Book:</b> Widen the Window <b>Youtube Interview:</b> <a href="https://www.youtube.com/watch?v=owrz1IMLKxk">https://www.youtube.com/watch?v=owrz1IMLKxk</a>	<a href="https://elizabeth-stanley.com/">https://elizabeth-stanley.com/</a>
<b>Emma Sepala</b> Science Director of Stanford University’s Center for Compassion and Altruism Research and Education and the author of The Happiness Track	<a href="http://www.emmaseppala.com/">http://www.emmaseppala.com/</a>
<b>Jack Kornfield</b> Heart Wisdom Podcast – through which you can access inspiring teachings from live retreats which Jack has taught – offers numerous audio recorded programs and online courses <b>Books:</b> A Path With Heart No Time Like the Present Meditation for Beginners The Wise Heart The Art of Forgiveness Loving Kindness and Peace A Lamp in the Darkness	<a href="http://www.jackkornfield.com">www.jackkornfield.com</a>
<b>Pema Chodron:</b> Wonderful Buddhist teacher, author, nun and mother: <b>Books:</b> Fail, Fail again, fail better Living Beautifully How to Meditate No Time to Loose Start Where you are When Things Fall Apart	<a href="https://pemachodronfoundation.org/">https://pemachodronfoundation.org/</a>
<b>Robina Courtin:</b> Visits WA to offer teachings every few years and her way of explaining the mind – perceptions – the ego and dealing with anger are enlightening and thought provoking.	<a href="http://www.robinacourtin.com/">http://www.robinacourtin.com/</a>
<b>H.H. Dalai Lama:</b>	<a href="http://www.dalailama.com">www.dalailama.com</a>

<p>His Holiness may or may not visit Australia again, however you can access numerous sets of his teachings and books to inspire deeper meditative practice.</p> <p><b>Books:</b>  The Art of Happiness  Kindness Clarity Insight  Compassion  Beyond Religion  The Universe in a Single Atom</p>	
<p><b>Jason Siff</b>  <b>Books:</b>  Thoughts are not the enemy</p>	<a href="http://recollectiveawareness.org/">http://recollectiveawareness.org/</a>
<p><b>Saki Santorelli</b>  <b>Book:</b>  Heal Thy Self: Lessons on Mindfulness in Medicine</p>	
<p><b>Segal, Williams and Penman</b>  Mindfulness: Finding Peace in A Frantic World – for which there is a book, and App led program</p>	
<p><b>Bessel Van Der Kolk: - Mindfulness and Trauma</b>  <b>Book:</b>  The Body Knows The Score</p>	
<p><b>Magazines:</b> Mindful, Tricycle, Lionsroar, Mandala Magazine</p>	<a href="http://www.mindful.org">www.mindful.org</a> <a href="http://www.tricycle.org">www.tricycle.org</a> <a href="http://www.lionsroar.com">www.lionsroar.com</a>
<p><b>Sharon Salzberg</b>  Sharon has written and taught extensively on mindfulness and has a passion for Loving Kindness practices. She was one of my first teachers along with Jack Kornfield.</p>	<a href="https://www.sharonsalzberg.com/">https://www.sharonsalzberg.com/</a>
<p><b>Mind and Life:</b> Originated from a meeting in 1987 between H.H. the 14<sup>th</sup> Dalai Lama, Adam Engle and Francisco Verala (a neuroscientist). Extensive resources on meditation, mindfulness and the supportive science.</p>	<a href="http://www.mindandlife.org">www.mindandlife.org</a>
<p><b>David Teleaven</b>  Trauma Sensitive Mindfulness</p>	<a href="https://davidtreleaven.com/">https://davidtreleaven.com/</a>
<p><b>Dan Harris</b>  Dan has written 10% Happier and hosts the 10% Happier pod cast discussing all things mindfulness and meditation</p>	<a href="https://www.10percenthappier.com/dan-harris-books">https://www.10percenthappier.com/dan-harris-books</a>

<p><b>Mindful In May</b>  Created by fellow mindfulness teacher Dr Elise Bialylew – Mindful in May offers a month long online mindfulness community gathering. Including daily practices and interviews with world renowned mindfulness experts. Funds from this initiative go towards clean water projects in the developing world. So you get all the benefits of this program while knowing your also making a difference in the lives of others.</p>	<p><a href="https://www.mindfulinmay.org/">https://www.mindfulinmay.org/</a></p>
<p><b>Mindfulness in Schools</b>  <b>For Mindfulness in Schools look at:</b>  Mindful Schools  MiSP.B  Smiling Mind  Mind Up</p> <p><b>Books:</b>  The Way of Mindful Education  Happy Teachers Change The World</p>	<p><a href="https://www.mindfulschools.org">https://www.mindfulschools.org</a>  <a href="https://mindfulnessinschools.org/">https://mindfulnessinschools.org/</a>  <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a>  <a href="https://mindup.org/">https://mindup.org/</a></p>
<p><b>The Poems Quoted in Mindfulness Courses and many more:</b>  A List Compiled by: UC San Diego School of Medicine  <a href="https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/Mindful-Poetry.aspx">https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/Mindful-Poetry.aspx</a></p> <p>Poetry of Presence – a compilation of Mindfulness Poetry – in Book Form Released in 2018  <a href="https://poetryofpresencebook.com/poetry-of-presence/">https://poetryofpresencebook.com/poetry-of-presence/</a></p>	