

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 AUDIO — <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>

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 Gunaratanam* (*free download*)
<http://ftp.budaedu.org/ebooks/pdf/EN036.pdf>

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

Mindfulness Based 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 & <http://mindfulkids.wordpress.com>

Other Meditation resources from Dr. Neff <http://www.self-compassion.org/links-to-other-websites.html>

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

Find mindfulness sitting groups through the US and the world, and other retreats [here](#)

Recommended Audio talks by Ajahn

Sucitto (click on link)

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

Recommended Audio talks by Joseph

Goldstein (click on link)

- [Intrinsically Empty, Naturally Radiant, Ceaselessly Responsive: Our Minds](#)
- [Clarifying Terms](#)
- [What is the Mind?](#)

Mindfulness Retreats—good SCHOLARSHIPS

See "*Retreat Schedule*" @ INSIGHT MEDITATION SOCIETY (IMS) <http://www.dharma.org> and SPIRIT ROCK MEDITATION CENTER (SRMC) <http://www.spiritrock.org>

Bonnie's 2017 retreats click on link): People of Color at Vallecitos Mountain Refuge (6/16) Metta at Spirit Rock (7/5) and Insight Meditation as a Path to Freedom (7/24) : at the Insight Meditation Society (Barre MA) People of color retreat (7/18) and Insight and lovingkindness retreat (12/17)