

## REFERENCE MATERIALS

### MEDITATION EXAMPLES

- One of many Apps available on iPhone and Android tablets and mobile phones: **Insight Timer** – The free version has over 1,000 guided meditations for you to explore and experience. For example: 6:45 minute Lake Meditation by Kabot-Zinn. You can bookmark the meditations that you like for easy re-use.
- <http://mindfulness-solution.com/DownloadMeditations.html> - Online Meditations that can be played live or downloaded.
- <http://sittingtogether.com/meditations.php> - Online Meditations that can be played live or downloaded.

### MINDFUL-BASED STRESS REDUCTION (MBSR) PROGRAM

- **History** of Mindful-Based Stress Reduction (MBSR) founded by Jon Kabat-Zinn at the University of Massachusetts Medical School Center of Mindfulness in Medicine, Health Care and Society. <http://www.umassmed.edu/cfm/stress-reduction/history-of-mbsr/>
- **Book** - Jon Kabat-Zinn (1994 National Best Seller) *Wherever You Go There You Are*.
- **Book** - Jon Kabat-Zinn (2013 2<sup>nd</sup> Edition), *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*.
- Jon Kabat-Zinn's (45 minute audio recording) *Guided Body Scan Meditation* <https://www.youtube.com/watch?v=daU-xneLA0g> Jon takes you through doing a body scan. This is a helpful way to conduct a thorough body scan, starting with your toes and slowly working up the body and ending at your head.
- <http://www.themindfulword.org/2013/mbsr-mindfulness-courses-stress-relax/> Jon Kabat-Zinn's Mindful-Based Stress Reduction (MBSR) courses that help practitioners reduce stress and relax – third party summary.
- <http://www.themindfulword.org/2012/mbsr-mindfulness-based-stress-reduction/> Summary of Jon Kabat-Zinn's Mindful-Based Stress Reduction (MBSR) exercises – third party summary.

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## OTHER STORIES OF INTEREST RELATING TO MINDFULNESS

- Video (17 minutes) – TED talk with Dr. Joe Dispenza – Thinking to Doing to Being – three brains each with their own physiology  
<https://www.youtube.com/watch?v=W81CHn4l4AM>

- Video (11 minutes) – Dr. Joe Dispenza – Breaking the Habit Who You Are  
<https://www.youtube.com/watch?v=6lbnrRqBjgE#t=60.501>

- Bill Moyers (February 1993 documentary series of five shows), *Healing the Mind*.  
<http://billmoyers.com/series/healing-and-the-mind/>

Ancient medical science told us our minds and bodies are one. So did philosophers of old. Now modern science and new research are helping us to understand these connections.

In *Healing and the Mind*, Bill Moyers talks with physicians, scientists, therapists and patients – people who are taking a new look at the meaning of sickness and health. In a five-part series of provocative interviews, he discusses their search for answers to perplexing questions: How do emotions translate into chemicals in our bodies? How do thoughts and feelings influence health? How can we collaborate with our bodies to encourage healing?

- Anderson Cooper (December 2014), *Reports on what it's like to try to achieve "mindfulness."* <http://www.cbsnews.com/news/mindfulness-anderson-cooper-60-minutes/> without subscribing to CBS to view the video, you can read the report script. Cooper works with Jon Kabat-Zinn plus interviews with other scientists.