**HRC Meditation Course**

**Gene Rice**

**Some Resources for Meditation**

**Straightforward Books on Different Types of Meditation:**

* Jack Kornfield, *Meditation for Beginners* ( short, clear descriptions w/ audio CD of ten guided meditation types)
* Thich Nhat Hanh, *The Miracle of Mindfulness* (modern master, lots of books, etc.)
* Salzberg, Miphan, Thondrup and Rosenberg, *Quiet Mind: A Beginner’s Guide to Meditation*
* Stephen Bodian, *Meditation for Dummies* (w/ audio CD)
* Pema Chodron, *How to Meditate: A Practical Guide to Making Friends with Your Mind*

**Metta (Loving-kindness) Meditation:**

* Sharon Salzberg (sharonsalszberg.org) has lots of books, audio, etc.,
* Sharon Salzberg, *Lovingkindness: The Revolutionary Art of Happiness*

**Stress Reduction and Pain Relief:**

* Jon Kabat-Zinn, *Full catastrophe living: how to cope with stress, pain and illness using mindfulness meditation.*
* Kabat-Zinn’s Mindfulness Based Stress Reduction (MBSR) programs started at Harvard and the Mayo Clinic but are now worldwide, so you can Google search for videos, youtube, local programs, etc. on MBSR.
* Shinzen Young has lots of youtube videos and a site dedicated to video/home practice at a distance http://www.basicmindfulness.org/

**Religious Traditions and Meditation:**

* Christian Centering Prayer/Meditation: see anything by Thomas Keating *www.contemplativeoutreach.org*
* Thomas Keating, *Open Mind, Open Heart*
* Comparative Religious Perspectives: anything by Thich Nhat Hahn or Anthony DeMello, especially his classic, *Awareness*
* Buddhist: Paramandana, *A Practical Guide to Buddhist Meditation*
* Vipassana (Insight) Meditation: podcasts, guided meditations, talks, etc., *Dharma.org*
* Zen: John Daido Loori, *The Art of Just Sitting, Essential Writings on the Zen Practice of Shikantaza*

**Young Meditators**

* *Sitting Still Like a Frog*, Eline Snel, Jon Kabat-Zinn
* *Planting Seeds: Practicing Mindfulness with Children,* Thich Nhat Hanh and Chan Chau Nghiem