

## FREE MINDFULNESS RESOURCES (Embedded URL's)

Introduction to Mindfulness Course AUDIO <http://www.audiodharma.org/series/1/talk/1762/>

Loving-Kindness Meditation AUDIO <http://www.audiodharma.org/series/1/talk/1728/>

Guided Self Compassion Meditation AUDIO — <https://self-compassion.org/> and other resources <https://self-compassion.org/resources-2/>

Mindfulness Guided Meditation audiotapes @ UCLA <http://marc.ucla.edu/body.cfm?id=22>

Excellent book "*Mindfulness in Plain English*" by Ven. Bhante Gunaratnam (free download) <http://ftp.budaedu.org/ebooks/pdf/EN036.pdf>

Sean Fargo's very good Mindfulness Exercises <https://mindfulness Exercises.com>

Secular Buddhism <https://secularbuddhism.wordpress.com>

Mindfulness in Education <http://www.mindfulschools.org> and <https://ibme.info/>

Mindful Parenting <http://communityofmindfulparenting.com>

Lama John Makransky's guided compassion and other Social Justice writings: <http://www.johnmakransky.org/resources.html> and <https://foundationforactivecompassion.com/media/>

Dr. Tara Brach – Great talks & guided meditations on healing, trauma & mental health <https://www.tarabrach.com/talks-audio-video/>

Much of Prof. Dr. Bhikkho Analayo's work can be downloaded here: <https://www.buddhismuskunde.uni-hamburg.de/en/personen/analayo.html>

Guided Meditations & Dharma talks (search by subject or speaker-I've got a few in there) <https://dharmafeed.org/> and <https://dharmafeed.org/teacher/400/>

Find mindfulness sitting groups and retreats through the US and the world, <http://buddhistinsightnetwork.org/home>

### **Recommended Audio talks with Ajahn Sucitto** on [dharmafeed.org](http://dharmafeed.org/):

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

### **Recommended Audio talks with Joseph Goldstein** on [dharmafeed.org](http://dharmafeed.org/):

- [Intrinsically Empty, Ceaselessly Responsive: An Exploration of the Nature of our Minds](#)
- [Clarifying Terms](#)
- [What is the Mind?](#)

## Retreat Centers below—good SCHOLARSHIPS

See "Retreat Schedule" @ Insight Meditation Society (IMS) <http://www.dharma.org>

& Spirit Rock Meditation Center (SRMC) <http://www.spiritrock.org> &

Barre Center for Buddhist Studies <https://www.buddhistinquiry.org>

Bonnie's 2019 retreats [here](#) and [here](#) and [here](#) and [here](#) and [here](#) and [here](#)