

MEDITATION RESOURCES

In order, this documents contains suggestions for:

-Books

On Meditation

Applied Meditation (Mindfulness in everyday life)

Meditation and the brain

Loving kindness meditation

-Resources for finding a meditation teacher

-Meditation Retreat Centers

-Meditation Supplies

-Blogroll

-Online Meditation Instruction

-Podcasts

Books

On Meditation

John Daido Looi

[*Finding the Still Point: A Beginner's Guide to Zen Meditation*](#) (Book and CD)

Shambhala Publications

Sakyong Mipham

[*Turning the Mind into an Ally*](#)

Riverhead Trade

Larry Rosenberg

[*Breath by Breath: The Liberating Practice of Insight Meditation*](#)

Shambhala Publications

Shunryu Suzuki

[*Zen Mind, Beginner's Mind*](#)

Shambhala Publications

Tulku Thondup

[*The Healing Power of the Mind*](#)

Shambhala Publications

Chögyam Trungpa

[*Cutting Through Spiritual Materialism*](#)

Shambhala Publications

[*Applied Meditation: Mindfulness in Everyday Life*](#)

Tsultrim Allione

[*Feeding Your Demons*](#)

Harper San Francisco

Pema Chödrön

[*The Places that Scare You: A Guide to Fearlessness in Difficult Times*](#)

[*When Things Fall Apart: Heart Advice for Difficult Times*](#)

Shambhala Publications

Thich Nhat Hanh

[*Peace Is Every Step: The Path of Mindfulness in Everyday Life*](#)

Bantam Books

Byron Katie

[*Loving What Is: Four Questions That Can Change Your Life*](#)

Harmony

Dalai Lama

[*The Art of Happiness: A Handbook for Living*](#) Riverhead Trade

Judith L. Lief

[*Making Friends with Death: A Buddhist Guide to Encountering Mortality*](#) Shambhala

Publications

Sakyong Mipham

[*Ruling Your World: Ancient Strategies for Modern Life*](#)

Morgan Road Books

Shunryu Suzuki (Author), Edward Espe Brown (Editor)

[*Not Always So: Practicing the True Spirit of Zen*](#)

Harper Collins

Chögyam Trungpa

[*Shambhala: The Sacred Path of the Warrior*](#)

Shambhala Publications

Jon Kabat-Zinn

[*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*](#)

Hyperion

Meditation & the Brain

Richard J. Davidson (Editor), Anne Harrington (Editor)

[*Visions of Compassion: Western Scientists and Tibetan Buddhists Examine Human Nature*](#)

Oxford University Press

Daniel Goleman

[*Destructive Emotions: A Scientific Dialogue with the Dalai Lama*](#)

Bantam Books

Rinpoche Yongey Mingyur

[*The Joy of Living: Unlocking the Secret and Science of Happiness*](#)

Harmony

Loving kindness Meditation

Pema Chodron

[*No Time to Lose: A Timely Guide to the Bodhisattva's Way of Life*](#)Shambhala

Publications

Sharon Salzberg

[*A Heart as Wide as the World*](#)

[*Lovingkindness: The Revolutionary Art of Happiness*](#)

Shambhala Publications

Santideva

[*The Way of the Bodhisattva*](#)

Shambhala Publications

Chögyam Trungpa

[*Training the Mind and Cultivating Loving-Kindness*](#)

Shambhala Publications

Meditation Teachers

To find a Shambhala center and meditation instructor near you: shambhala.org

Other recommended meditation schools:

[Vipassana: Insight Meditation Society](#)

[Zen: San Francisco Zen Center](#) (affiliated groups)

Meditation Retreat Centers

[Shambhala Mountain Center](#)

Red Feather Lakes, CO

[Karme Choling Shambhala Meditation Center](#)

Barnet, VT

[Dechen Choling](#)

Limoges, France

Meditation Supplies

Free meditation timer download:

<http://wcrawford.org/2006/11/09/meditation-timer-12/>

For meditation cushions, shrine tables, and other supplies:

[Dharmacrafts](#)

[Samadhi Cushions](#)

[Ziji](#)

Blogroll

[The Interdependence Project](#)

[Shambhala Sun Magazine](#)

[Tricycle Magazine: The Buddhist Review](#)

[Integral Options Café](#)

[Monkey Mind](#)

[Numinous Nonsense](#)

[The Worst Horse](#)

[Welcome to the Mingdom](#)

Online Meditation Instruction

Sakyong Mipham

[*Learning to Meditate*](#)

Susan Piver

[Shamatha Instruction \(two versions: long and short\)](#)

Podcasts

[Buddhist Geeks](#)

[The Interdependence Project Podcast](#)

[Tara Brach](#)

[ZenCast](#)