

Mindfulness Meditation

@CDS

A compiled overview of resources related to Mindfulness

Mindfulness is designed to gain greater awareness and psychological flexibility. In mindfulness meditation we gently bring attention to our experience. And by being present in this way, not forcing things or hiding from them, actually being with them we create space and new ways of responding to unwanted or uncomfortable situations. We may not always have control of our lives, but we can work with our mind training it to cope better with the challenges of our lives. Scientific research has shown how useful the mindfulness techniques are for academic performance, reducing stress, anxiety and depression as well as help people managing a wide range of physical conditions. But mindfulness isn't useful just if you are feeling stressed or ill. It can help any of us enjoy a more helpful or happier life.

Mindfulness means paying attention in a particular way, on purpose without judgment, with intention and being in the present

-Jon Kabat-Zinn

“Don't meditate to fix yourself, to heal yourself, to improve yourself, to redeem yourself; rather, do it as an act of love, of deep warm friendship to yourself. In this way there is no longer any need for the subtle aggression of self-improvement, for the endless guilt of not doing enough. It offers the possibility of an end to the ceaseless round of trying so hard that wraps so many people's lives in a knot. Instead there is now meditation as an act of love. How endlessly delightful and encouraging.”

– Bob Sharples



APPS



BOOKS



CDS MINDFULNES PROGRAMME



CURTIN COMMUNITY



EQUIPMENT



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ONLINE COURSES



PODCASTS



RESEARCH



RETREATS



VIDEOS & TALKS



WEBSITES

APPS



[MINDFULNESS2Go](#)

This app goes along with the online course 'CDS Mindfulness-Based Stress Management Online' and is available for course participants only.



Headspace Meditation

This app is teaching you meditation in a very creative and innovative way. Some parts of the app are for free and very useful tools.



[Stop, Breath & Think: Meditate](#)

This app offers options for checking in with how you are feeling. And based on this it also offers different meditation practices. It also teaches you meditation and monitors your progress.



[Smiling Mind](#)

Another great resource for better managing stress and anxiety. It is also an Australian app presented in a calm and peaceful way.



[Insight Timer](#)

Do you want to know how many people meditate at the same time? Or do you want to do guided meditations by some very well-known meditation teachers? And do you want to record your practice? Then this app might be a great resource for you. It also has a timer with different bells, and some other additional features.

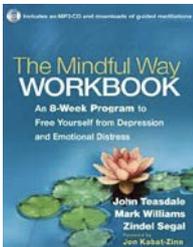


[One-Moment Meditation](#)

Not much do to except tapping on the image of a relaxed figure. Take one minute out of the day, right now or whenever it feels right and pause for one minute. The app has also some teachings and videos available.

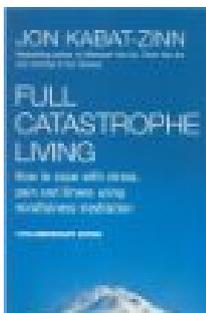


BOOKS



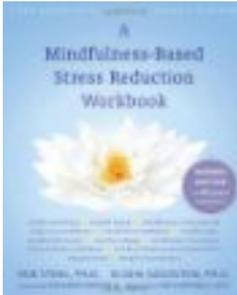
[The Mindful Way Workbook An 8-Week Program to Free Yourself from Depression and Emotional Distress.](#)

AMAZON.COM: 'Imagine an 8-week program that can help you overcome depression, anxiety, and stress--by simply learning new ways to respond to your own thoughts and feelings. That program is mindfulness-based cognitive therapy (MBCT), and it has been tested and proven effective in clinical trials throughout the world. Now you can get the benefits of MBCT any time, any place, by working through this carefully constructed book. The expert authors introduce specific mindfulness practices to try each week, plus reflection questions, tools for keeping track of progress, and helpful comments from others going through the program. Like a trusted map, this book guides you step by step along the path of change. Guided meditations are provided on the accompanying MP3 CD and are also available as audio downloads. Note: The MP3 CD can be played on CD players (only those marked "MP3-enabled") as well as on most computers.'



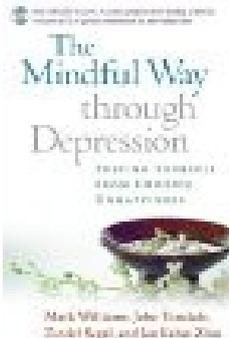
[Full Catastrophe Living: How to cope with stress, pain and illness using mindfulness meditation.](#)

AMAZON.COM: 'Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. *Full Catastrophe Living* is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world.'



[A Mindfulness-Based Stress Reduction Workbook \[With CD \(Audio\)\]](#)

AMAZON.COM: 'As you work through *A Mindfulness-Based Stress Reduction Workbook*, you'll learn how to replace stress-promoting habits with mindful ones—a skill that will last a lifetime. This groundbreaking, proven-effective program will help you relieve the symptoms of stress and identify its causes so that you can start living a healthier, happier life.'



[The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness \(includes Guided Meditation Practices CD\)](#)

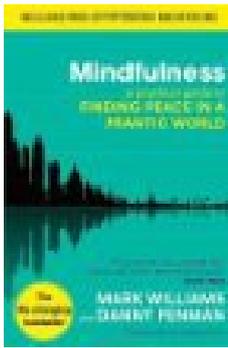
AMAZON.COM: 'If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified experts explain why our usual attempts to "think" our way out of a bad mood or just "snap out of it" lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. This enhanced e-book includes an audio program of guided meditations narrated by Jon Kabat-Zinn.'



[Coming To Our Senses: Healing Ourselves and the World Through Mindfulness](#)

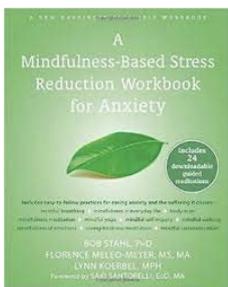
AMAZON.COM: 'In each of the book's eight parts, Jon Kabat-Zinn explores another facet of the great adventure of healing ourselves--and our world--through mindful awareness, with a focus on the "sensescapes" of our lives and how a more intentional awareness of the senses, including the human mind itself, allows us to live more fully and more authentically. By "coming to our senses"--both literally and metaphorically by opening to our innate connectedness with the world around us and within us--we can become more compassionate, more embodied, more aware human beings, and in the process, contribute to the healing of the body politic as well as our own lives in ways both little and big.'





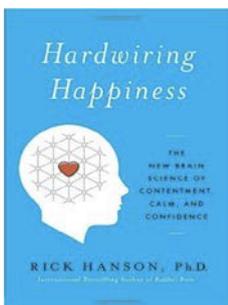
[Mindfulness: A practical guide to finding peace in a frantic world](#)

AMAZON.COM: 'The book is based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK's National Institute for Health and Clinical Excellence - in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world.'



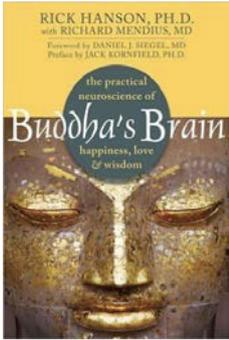
[A Mindfulness-Based Stress Reduction Workbook for Anxiety](#)

AMAZON.COM: 'In *The Mindfulness-Based Stress Reduction Workbook for Anxiety*, three mindfulness-based stress reduction (MBSR) experts provide mindfulness meditations and exercises to help sooth anxiety, understand common triggers, and live more fully in the moment. Developed by Jon Kabat-Zinn, MBSR is a powerful, evidence-based treatment model that fuses mindfulness meditation and yoga, and has been proven effective in treating a wide range of chronic disorders and diseases. The mindfulness practices in MBSR help you to cultivate a greater awareness of the connection between your body and mind, and can help you identify and move past the toxic thoughts, feelings, and behaviors that lie at the root of your anxiety.'



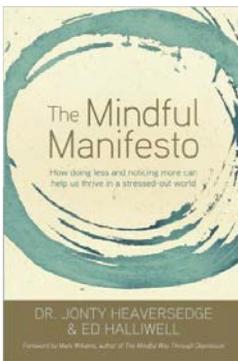
[Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence](#)

AMAZON.COM: 'To keep our ancestors alive, our brain evolved a 'negativity bias', which lets positive experiences flow through it like water through a sieve. Yet positive experiences are the building blocks needed for health, happiness and fulfilling relationships. Drawing on neuroscience and the contemplative traditions, *Hardwiring Happiness* shows how to overcome that negativity bias and get those good experiences *into* the brain where it can use them, providing the tools we need to heal old wounds, develop our inner resources and, ultimately, transform our lives.'



[Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom](#)

AMAZON.COM: 'By combining breakthroughs in neuroscience with insights from thousands of years of mindfulness practice, you too can use your mind to shape your brain for greater happiness, love, and wisdom. Buddha's Brain draws on the latest research to show how to stimulate your brain for more fulfilling relationships, a deeper spiritual life, and a greater sense of inner confidence and worth. Using guided meditations and mindfulness exercises, you'll learn how to activate the brain states of calm, joy, and compassion instead of worry, sorrow, and anger. Most importantly, you will foster positive psychological growth that will literally change the way you live in your day-to-day life. This book presents an unprecedented intersection of psychology, neurology, and contemplative practice, and is filled with practical tools and skills that you can use every day to tap the unused potential of your brain and rewire it over time for greater well-being and peace of mind.'



[The Mindful Manifesto: How Doing Less and Noticing More Can Help Us Thrive in a Stressed-Out World](#)

AMAZON.COM: 'Stress is endemic in our culture. We live in a speedy, pressurized world, and there's often little time to really experience and enjoy our lives. Rather than constantly trying to keep up, perhaps it's time for us to stop and pay attention, to our bodies, minds, and the world. For thousands of years Eastern traditions have taught meditation to help people lead healthier, happier lives. Now, scientific research is confirming that mindfulness can help us all improve our mental and physical well-being. Written by Dr. Jonty Heaveresedge and Ed Halliwell, *The Mindful Manifesto* integrates the latest scientific and medical research on mindfulness with meditation's historical context.'



CDS Mindfulness Program

One-off Sessions (*Please note below sessions are not offered every semester)



INTRODUCTION

This session is a one-off session for individuals being interested in the practice and benefits of mindfulness. You will be provided with an overview of mindfulness, its application, recent research, and mindfulness programs provided by CDS.



STRESS MANAGEMENT

Developing some mindfulness techniques to prevent or better manage stressful situations in future.



MINDFULNESS IN THE WORKPLACE

Introduction and application of Mindfulness in our working environment.



OVERVIEW MINDFULNESS IN HIGHER EDUCATION

Introduction and application of Mindfulness for lecturers and tutors



OVERVIEW MINDFULNESS FOR ACADEMIC PERFORMANCE

Introduction and application of Mindfulness at University



MINDFULNESS and LEADERSHIP

Mindfulness training can provide leaders with practical methods for enhancing attention and awareness. The practice and application of Mindfulness can significantly enhance great potential for adaptive action and greater self-management.



SCREENING EVENTS

'THE CONNECTION' is a feature documentary revealing the ground breaking research by world leading experts in mind body medicine and true stories of recovery.

Other licensed screenings: 'Happiness', 'Meditation', 'Healing Mind'



LIVE STREAM

Sessions and events will be advertised via Facebook or Newsletter.



SILENT RETREAT DAY / DAY OF MINDFULNESS

A rare day, a day for exploring what it is like not to fill our time with distractions, noticing what comes up and quality of contact with this experience as it changes (moving toward/away/ against or meeting it) . We get to be with this changing landscape of our mind through the day.

Ongoing Sessions

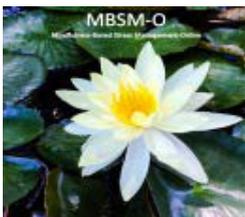


DROP IN SESSIONS

These sessions are offered throughout the year, no booking or registration required. Participants can reconnect, refresh or continue with their mindfulness practice. It is also an opportunity to have a kind of tasteful experience, and to see what mindfulness practice might feel like.

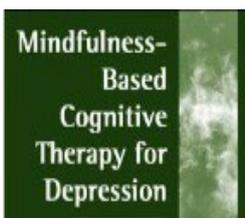
Mon, Tue, Thu, Fri @ 12:00 pm – 12.30 pm

Eight-Week Courses



(ONLINE) MINDFULNESS-BASED STRESS MANAGEMENT (MBSM-O)

Participants (students, staff, and spouses) will be provided with weekly posts, material and tapes for learning and/or refreshing mindfulness skills.



MINDFULNESS-BASED COGNITIVE THERAPY for DEPRESSION (MBCT/D)

This group is designed for people who have had at least one episode of depression.





MINDFULNESS-BASED COGNITIVE THERAPY for ANXIETY (MBCT/A)

This group is designed for people who have or experience anxiety.



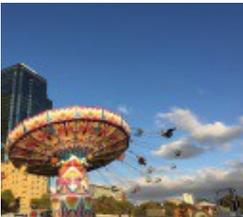
MINDFULNESS-BASED STRESS MANAGEMENT (MBSM)

Developing some mindfulness techniques to prevent or better manage stressful situations in future.



MINDFULNESS-BASED CONFLICT RESPONSE (MBCR)

Applying mindfulness skills to prevent or better manage conflict in future.



MY HAPPINESS PROJECT

This program is based on the ABC show 'Make Australia happier'. Have you ever wondered whether there is more to life than this? Tired of feeling stressed, unhappy and unsatisfied? My Happiness Project is a program designed to change how you experience and engage with the world, fostering greater feelings of happiness, wellbeing and life satisfaction.



MINDFULNESS FOR COUPLES (MFC)

Practicing mindfulness for better interaction and connection in our relationships. The embodiment of a non-reactive stance on our experience creates the possibility of relating to each as a couple more wisely.



MINDFULNESS-BASED STRESS REDUCTION (MBSR)

This course was first developed by Professor Jon Kabat-Zinn in 1979 at the University of Massachusetts Medical School. It has been widely researched over the past 30 years and is at the cutting edge of integrative and preventative medicine.

CURTIN COMMUNITY

Our service has established an extended mindfulness program. Over the years we have managed to create a mindfulness community at Curtin. Every Curtin community members is invited to join our 'Mindfulness Community Newsletter' and Facebook group 'Mindfulness@CurtinOnline'. There are also some videos available (please also see section 'videos') and guided meditations available on soundcloud.



[Facebook Mindfulness and Compassion@Curtin Online](#)

An online mindfulness community at Curtin University. Please note that you must be a staff member or a student of Curtin University if you want to join this group. Please identify yourself as Curtin staff or student via message or email r.gerlach@curtin.edu.au.



[Mindfulness Community Newsletter](#)

This Newsletter will be provided on a monthly basis. The newsletter is a great way of staying connected and updated with programs, workshops, screening events, resources and relevant links.



[CDSOnlineMindfulness YouTube](#)

This channel is screening documentaries, videos and talks around mindfulness, brain research, neuroplasticity, live stream videos, and other related aspects.



[Soundcloud](#)

Guided mindfulness meditations and recorded live stream session are available on this account. All meditation are done by Regina G.



EQUIPMENT



[Meditation Equipment Blue Banyan Online](#)

Very good online (Australian) retailer. You should find everything here for your meditation practice.



[Stretch Now](#)

Yoga equipment and meditation equipment.



[Mobile Mediator](#)

If you are travelling this is a great alternative to take your meditation equipment with you. No excuse for not being able to sit anymore.

GUIDED MEDITATIONS



[Counselling](#)

Our website offers free mindfulness meditations for download.



[UCLA Mindfulness Awareness Research Centre](#)

Free downloadable guided mindfulness meditations.



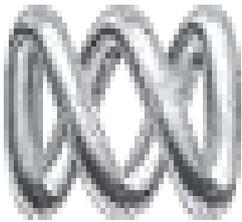
[UC San Diego Health \(UCSD\)](#)

Free downloadable guided mindfulness meditations.



[Insight Meditation](#)

Listen and practice guided mindfulness meditations by well-known experts (free)



[ABC Radio National](#)

For some more variety please access and practice the guided meditations.



[Mindfulness for Students](#)

Great resource for everybody. Guided meditations for free. Can also be downloaded to your mobile devices.



[Oxford Mindfulness Centre](#)

You can access all audio files for MBCT here.

LOCAL RESOURCES



Openground

<http://www.openground.com.au/perth-wa.html>

Openground is offering a variety of different courses, retreats and resources. The original MBSR course is offered frequently in Perth (Cost \$585).





Yoga Space

<http://www.yogaspace.com.au/class-descriptions/mindfulness/>

This is an alternative place for the MBSR course. YogaSpace has different locations in Perth. Cost: \$585



Mindfulness Perth

<http://www.mindfulnessperth.com.au/>

This place is offering individual therapy and mindfulness courses. They offer a four-week course for developing mindfulness skills. There is also a five-week course targeting understanding and coping with anxiety.



Mindfulness WA

<http://www.mindfulnesswa.com.au/>

Mindfulness WA is offering individual therapy and mindfulness courses. Courses: Compassion Fatigue Resiliency. This course involves a 1-day workshop, followed by three 1-hour and 45 minute practice seminars that are run over 3 consecutive weeks following the workshop. A modified version of the original MBCT (Mindfulness-Based Cognitive Therapy for Depression) is offered via The Marian Centre (a private psychiatric hospital in Perth). Find out more about their courses by going to the website.



Counselling and Disability Services at Curtin University

http://life.curtin.edu.au/health-and-wellbeing/counselling_services.htm

The Counselling Services Team offers Curtin staff and students a safe professional environment to deal with any issues affecting work or study. The service offers a variety of mindfulness-based programs as outlined in this pamphlet.

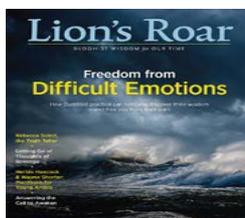


Curtin University Buddhist Meditation

<http://life.curtin.edu.au/health-and-wellbeing/Buddhist.htm>

Our visiting Buddhist chaplains offer a weekly meditation session.

MAGAZINES



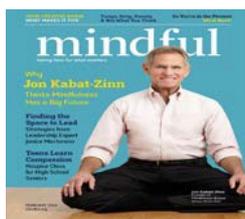
[Lion's Roar](#)

'Accessible, practical, and profound, *Lion's Roar* offers Buddhist wisdom for your life—on everything from health, parenting, and relationships to politics, social action, and the arts. And of course, teachings on Buddhist meditation and practice from today's best teachers and writers.' (retrieved from the website) This is a great magazine with lots of interesting articles and resources.



[Medibank BeMagazine](#)

The Little Book of Mindfulness is a great and compiled resource featuring experts, apps, and meditation tips. This issue can be downloaded directly from the website.



[Mindful](#)

Receive 6 issues throughout the year and enjoy the features, contributions and resources offered. This magazine serves a very broad community. People who are not into Buddhism or dharma talks might find this magazine very useful.



[Mindful Bell](#)

This magazine could arrive three times each year in your letterbox. This magazine includes stories, dharma talks and teaching offered by the Vietnamese Zen Master Thich Nhat Hanh.

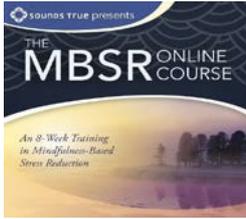
ONLINE COURSES (*Please note below sessions are not offered every semester)



CDS Mindfulness-Based Courses Online

This is an eight-week course fully facilitated via FB, ZOOM and Mindfulness2Go app. Access to the course can only be received via invitation. Feel free to watch the video demonstration of the app:





[MBSR Online Course](#)

Soundstrue is offering an eight-week MBSR (Mindfulness-Based Stress Reduction) course. The course is led by Saki Santorelli (professor of medicine, director of Stress Reduction Clinic, and executive director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School) and Florence Meleo-Meyer (Director of Oasis Institute for Mindfulness-Based Professional Education and Training, a senior MBSR teacher and a member of the executive leadership team for the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.). This is the original MBSR course delivered online. Cost \$197. It is worth every dollar, great teachings, great resources, and in your own pace.



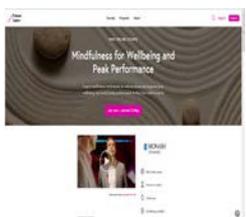
[Online Mindfulness-Based Stress Reduction \(MBSR\)](#)

Again, this is another MBSR course for free. Well-structured two and can be done in your own pace in a self-guided way.



[Be Mindful](#)

This is a four-week online mindfulness course. Course content: Stepping out of Automatic Pilot, Reconnecting with Body and Breath, Working with Difficulties and Mindfulness in Daily Life. It is facilitated by Ed Halliwell (Author of the book 'The Mindful Manifesto') and Tessa Watt (author of the book 'Introduction to Mindfulness A practical Guide', 'Mindful London'). Cost US\$95.00



[Mindfulness for Wellbeing and Peak Performance](#)

Monash University. This is a six-week online course covering the most relevant content for staying well and performing in a healthy way. Very applicable for a University environment.



PODCASTS

- <http://ourbusyminds.com/top-podcasts-on-mindfulness-meditation-and-buddhism/>
This website has listed the top podcast on mindfulness, meditation and Buddhism.
- <https://player.fm/series/dharmaseedorg-dharma-talks-and-meditation-instruction>
Very good resource, lots of talks on different aspects of mindfulness and beyond, can also be downloaded as an app.
- <https://itunes.apple.com/us/podcast/zencast/id73331418?mt=2>
Zencast offers dharma talks on anger, fear, doubt, pain, anxiety, loving kindness, mindfulness, right speech, gratitude, audio retreats, compassion and so many other talks.



RESEARCH

- [Meditation Health Benefits: What the practice does to your body](#)
- [Interventions to reduce stress in university students](#)
- [Mindfulness Training Improves Working Memory Capacity](#)
- [Mindfulness: befriending depression](#)
- [The effects of amount of home meditation practice in Mindfulness](#)
- [Based Cognitive Therapy on hazard of relapse to depression in the](#)
- [Staying Well after Depression Trial](#)
- [More research from OxfordMindfulness](#)
- [Brief Summary of Mindfulness Research](#)
- [Mindfulness-Based Stress Reduction: research \(Openground\)](#)
- [OCLA Mindful Awareness Research Centre](#)



RETREATS

Retreats are recommended for individuals who want to take their mindfulness practice beyond the courses. There are many places offered for retreats. Below is a selection of useful Australian retreat resources. You will also have access to the worldwide community and links by accessing the selected links.

- <http://www.insightmeditationaustralia.org/retreats.html>
- <http://www.dharma.org.au/>
- <http://www.pimq.org/>

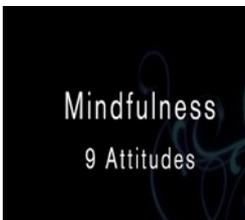


VIDEOS AND TALKS



[ABC Catalyst Meditation](#)

This documentary is seeking an answer to the benefits of meditation. It features scientist, latest research and demonstrates evidence.



[Jon Kabat-Zinn on Mindfulness Attitudes](#)

We often say that Mindfulness isn't just a technique. There is so much more to it. Mindfulness is a particular way of living including attitudes of non-judging, acceptance, letting go, non-striving and many more. JKZ is explaining the 9 attitudes in a very simple way. Highly recommended watch.



[Jon Kabat-Zinn Coming to our Senses.](#)

JKZ is talking about how the senses can be used to in a more intentional way and for being more aware and connected to our world inside and outside.



[Craig Hassed and Richard Chambers Mindful Learning](#)

Dr Craig Hassed and Dr Richard Chambers briefly speak about how mindfulness can help us retaining information and offer many resources for the practice of mindfulness.



[60 Minutes Mindfulness featuring Jon Kabat-Zinn](#)

In 2015 Anderson Cooper explores how mindfulness can change the brain. He is interviewing experts including on Kabat-Zinn and sharing his experience of mindfulness practice.



[Richard Davidson Mindfulness and the Brain](#)

'Neuroscientist Richard Davidson describes the kinds of brain activity observed during meditation, and the features of brain activity of experienced meditators.' (adapted and retrieved from the video abstract)



[Richard Davidson Transform your Mind Change your Brain](#)

Neuroscientist Richard Davidson presents to the google team.



[Mark Williams The Science of Mindfulness](#)

‘Professor Mark Williams examines the neuroscience of mindfulness in the second of four short videos. Professor Mark Williams and Dr Danny Penman discuss the recent scientific advances that have radically altered our understanding of depression and related disorders.’ (Adapted and retrieved from the video abstract)



[Matthieu Richard Change your Mind Change your Brain](#)

‘Ricard examines the inner and outer factors that increase or diminish our sense of well-being, dissect the underlying mechanisms of happiness, and lead us to a way of looking at the mind itself based on his book, Happiness: A Guide to Life's Most Important Skill and from the research in neuroscience on the effect of mind-training on the brain.’ (Adapted and retrieved from the video abstract)



[Zindel Segal The Mindful Way through Depression](#)

‘Zindel Segal, PhD., is a Distinguished Professor of Psychology in Mood Disorders at the University of Toronto- Scarborough. His study of mindfulness meditation and anti-depressant medication is revolutionary and encourages the practice of mindfulness as a way to supplement anti-depression regimens. Here he shares his research and thoughts on mindfulness and depression.’ (Adapted and retrieved from the video abstract)



[The Connection Official Trailer](#)

The Connection is a feature documentary that uncovers the latest science mind body medicine and proves we have much more to say about our health than we thought possible. (Adapted and retrieved from the video abstract)





[Craig Hassed Stress and Your Body](#)

In this clip taken from the full interview for the feature documentary 'The Connection,' mindfulness expert Dr. Craig Hassed discusses stress and its effects on the body. (Adapted and retrieved from the video abstract)



[Herbert Benson Interview](#)

This is an excerpt from the Dr Herbert Benson episode of the Conversation Series. The Conversation Series is a collection of extended interviews from The Connection documentary, including all 16 experts and people with remarkable stories of healing. (Adapted and retrieved from the video abstract)



[Sarah Lazar The Impact of Mindfulness on Brain Plasticity](#)

Dr. Sara Lazar speaking at the Neuroplasticity and Education: Strengthening the Connection conference presented by The Eaton Educational Group at the Four Seasons Hotel on October 24th, 2014. (Adapted and retrieved from the video abstract)



[MBCT at CDS](#)

What is MBCT all about? A different approach of explaining it.



[Centrality of Compassion](#)

His Holiness the 14th Dalai Lama speaks on the centrality of compassion in Maples Pavilion at Stanford University. He shares his thoughts on the necessity of friendship, altruism, family, selflessness, and religion, from the perspectives of such wide-ranging disciplines as education, social psychology and the neurosciences. (Adapted and retrieved from the video abstract)



[MBSR research](#)

Saki Santorelli and Jon Kabat-Zinn discuss MBSR Research in this clip from the CFM 30th Anniversary video.



[More Videos](#)

Please access our playlist with more videos regarding mindfulness, brain research, neuroplasticity, compassion and documentaries.

WEBSITES

- <http://www.umassmed.edu/cfm>
This website takes you straight to the Center for Mindfulness that was once directed by Jon Kabat-Zinn. This is the website that provides access to very good teachers, courses, guidelines, education and conferences.
- <http://www.mindfulness.org.au/>
This website offers plenty of mindfulness resources for the general public and health professional. It also offers several audio guided meditations.
- <http://www.washington.edu/teaching/2014/10/07/mindfulness-in-higher-education/>
The website hosts lots of resources for Mindfulness in higher education. It offers videos, talks, and some inspirations for the classroom.
- <http://marc.ucla.edu/body.cfm?id=100>
You will find videos, podcasts and guided meditations here. The website provides great resources for learning more about mindfulness awareness.
- <http://www.pocketmindfulness.com/>
Sometimes, too much information can be overwhelming. Depending on how it is presented to us we get more or less curious. This website provides an easy overview of its content, and makes it your choice where to go next.
- <https://goamra.org/>
This website is one of the best research websites offering a mindfulness research newsletter. The newsletter is listing and linking you to the most relevant research in mindfulness and its applications.
- <http://www.mindful.org/>
This website is well rounded and offers heaps of interesting blog-style articles, as well as resources for mindful living, mindful meditation, stories and a magazine.
- <http://tinybuddha.com/>
'Simple wisdom for complex lives' – a vibrant, stylish and resourceful website. If you are looking for quotes this is the page you will find some interesting once.
- <https://www.headspace.com/>
Andi Puddicombe has developed this amazing website that also offers a blog, an app, research information and a subscription for news and updates. Check it out here or on Facebook. To date the app is one of the best apps ever in the field of meditation.



- <http://www.wildmind.org/>
This website is perhaps for people who are more interested in applied meditation. A blog, shop and meditation guides can be found on this website.
- <https://www.bangor.ac.uk/mindfulness/>
The Centre for Mindfulness Research and practice is very resourceful and interesting for people who want to become a mindfulness teacher. Research, publications and other resources can be accessed too.
- <http://www.mindfulnessassociation.org/>
'The Mindfulness Association is a company that has been set up at the request of Rob Nairn to deliver secular mindfulness training. It is a non-profit making organisation with altruistic aims directed towards sharing the benefits of mindfulness with all of those who are interested.' (Excerpt from the website)
- <http://www.smartappsforspecialneeds.com/2015/03/mindfulness-top-10-websites-and-apps-to.html>
Find the best mindfulness apps on this website.



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