



## Support with CDs

Available through [www.Amazon.com](http://www.Amazon.com), [www.soundstrue.com](http://www.soundstrue.com), or as indicated.

### Meditation & Relating with Your Mind

***How to Meditate: A Practical Guide to Making Friends With Your Mind*** (5-CD set)

Teachings on meditation and how they apply to everyday life.

***When Things Fall Apart: Heart Advice for Difficult Times***

***Getting Unstuck: Breaking Your Habitual Patterns & Encountering Reality***

***The Places That Scare You: A Guide to Fearlessness in Difficult Times***

***Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions***

**Pema Chödrön** [www.pemachodronfoundation.org](http://www.pemachodronfoundation.org)

**Living Without Stress or Fear: Essential Teachings on the True Source of Happiness**

A six-hour course for using mindfulness practice to transform anxiety, anger, and despair.

***Being Peace***

An eloquent meditation on "being peace in order to make peace."

***The Ultimate Dimension***

Interbeing, transcendence of self, the practice of non-practice, overcoming the fear of death.

**Thich Nhat Hanh** [www.plumvillage.org](http://www.plumvillage.org)

### Grief Support

***Graceful Passages: A Companion for Living and Dying*** (2-CD and book set)

***Heart of Healing: Music and Messages for the Human Journey***

An audio sanctuary for exploring feelings, thoughts, and beliefs regarding living and dying. Each track is spoken by a leader from the world's great spiritual traditions, accompanied by peaceful music.

**Michael Stillwater** [www.innerharmony.com](http://www.innerharmony.com) & **Gary Malkin** [www.wisdomoftheworld.com](http://www.wisdomoftheworld.com)

***Awakening Compassion: Meditation Practice for Difficult Times*** (6-CD)

***Bodhisattva Mind: Teachings to Cultivate Courage and Awareness in the Midst of Suffering*** (7-CD)

**Pema Chödrön** [www.pemachodronfoundation.org](http://www.pemachodronfoundation.org)

***The Grief Process*** (3-CD) workshop that explores how to resolve grief.

***Merciful Awareness: Natural Pain Management*** – audio book through [www.amazon.com](http://www.amazon.com)

**Steven Levine** [www.soundstrue.com](http://www.soundstrue.com)

***A Meditation To Ease Grief***

***Meditation To Help with Anger & Forgiveness***

Moving and gentle guided imagery designed to help tolerate, experience, and go beyond the pain.

**Belleruth Naparstek** [www.belleruthnaparstek.com](http://www.belleruthnaparstek.com)

***Being a Compassionate Companion: Teachings, Stories and Practical Wisdom for Those Accompanying Someone Who is Dying*** (3-CD)

Support to prepare for death, serving the dying, and grieving.

**Frank Ostaseski**, Founding Director of the Metta Institute [www.mettainstitute.org](http://www.mettainstitute.org)

and the Zen Hospice Project [www.zenhospice.org](http://www.zenhospice.org).

## Transforming Trauma

### ***Guided Imagery for the Three Stages of Healing Trauma-9 Meditations for Posttraumatic Stress Healing Trauma (PTSD)***

#### ***Heartbreak, Abandonment & Betrayal***

Moving and gentle guided imagery designed to help tolerate, experience, and go beyond the pain.

**Belleruth Naparstek** [www.belleruthnaparstek.com](http://www.belleruthnaparstek.com)

***Healing Trauma*** (6-CD ) A detailed course for awakening your body's innate ability to heal.

**Peter Levine, Ph.D.** [www.traumahealing.com](http://www.traumahealing.com)

## Deep Relaxation

### ***Guided Mindfulness Meditation – Series 1***

The first CD provides the guided body relaxation, the “Body Scan,” recommended to do daily to train the nervous system to deeply relax. The full 4-CD set includes the Body Scan, Mindful Yoga, and Sitting Meditation, and constitutes the core practice curriculum of mindfulness-based stress reduction (MBSR) in the Stress Reduction Clinic at the University of Massachusetts Medical Center. They are meant to be used in conjunction with Dr. Kabat-Zinn's books, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, and *Wherever You Go, There You Are*.

**Jon Kabat-Zinn, Ph.D.** [www.mindfulnessstapes.com](http://www.mindfulnessstapes.com)

### ***Resting in Stillness: Integrative Restoration***

**Richard Miller, Ph.D.** [www.irest.us](http://www.irest.us)

### ***Meditations to Relieve Stress***

#### ***A Meditation for Relaxation & Wellness***

#### ***Healthful Sleep***

Moving and gentle guided imagery designed to help tolerate, experience, and go beyond the pain.

**Belleruth Naparstek** [www.belleruthnaparstek.com](http://www.belleruthnaparstek.com) Variety of CDs available.

### ***Letting Go of Stress: Four Effective Techniques for Relaxation & Stress Reduction***

#### ***Accepting Change and Moving On: Loss And Letting Go***

Understand how the mind and body can work in harmony to produce healing, balance and wellness.

**Emmett Miller M.D.** [www.drmliller.com](http://www.drmliller.com) Variety of CDs available.

### ***Deep Relaxation: Stress Management & Healing***

#### ***Sojourn to Healing: Creative Imagery and Visualization***

She developed the yoga portion of the Dean Ornish M.D. Program for *Reversing Heart Disease*, and co-founded the Commonweal Cancer Help Program. Variety of CDs available.

**By Nischala Joy Devi, Abundant Wellbeing Series,** [www.abundantwellbeing.com](http://www.abundantwellbeing.com)

## Self Acceptance

***Radical Self-Acceptance: Embracing Your Life with the Heart of a Buddha***

By Tara Brach, Ph.D. [www.tarabrach.com](http://www.tarabrach.com)

***Unconditional Self-Acceptance***

***Suffering is Optional***

Cheri Huber, Zen Teacher [www.livingcompassion.org](http://www.livingcompassion.org)

## Breath and Energy Practice

***Follow Your Breath: A Foundational Technique***

Instruction and guided practices.

Sharon Salzberg [www.sharonsalzberg.com](http://www.sharonsalzberg.com)

***Freeing the Breath: Health, Relaxation, and Clarity Through Better Breathing***

Instruction and guided practices.

Leslie Kaminoff [www.breathingproject.org](http://www.breathingproject.org)

***The Wisdom of the Breath: Three Guided Meditations for Calming the Mind and Cultivating Insight***

Instruction and guided practice.

Bodhipaksa [www.wildmind.org](http://www.wildmind.org)

***Qigong Meditations***

Instruction and guided practices.

Ken Cohen [www.qigonghealing.com](http://www.qigonghealing.com)

***Breath Sounds: Measured Music for Breathing***

*Light Transitions Tapes* for practicing breathing relaxation at a gentle relaxed pace with music.

Sandra Summerfield-Kozak [www.internationalyogastudies.com](http://www.internationalyogastudies.com)

***Quantum Light Breath: Dynamic Breath Meditation***

Explore your breath as a transformative tool, with music. [www.quantumlightbreath.com](http://www.quantumlightbreath.com)