

- ❏ www.Mindful.org
On-line magazine about 'everything mindfulness.'
- ❏ www.bemindful.co.uk
A British website highlighting info about mindfulness, MBSR and MBCT
- ❏ www.eMindful.com
On-line mindfulness courses
- ❏ www.mindfulnet.org
A comprehensive library of mindfulness related resources

English...<https://palousemindfulness.com/index.html>

Español...<https://palousemindfulness.com/es/MBSR/week0.html>

LOCAL MINDFULNESS COMMUNITIES

<http://www.insightsantacruz.org>

The mission of Insight Santa Cruz is to support anyone interested in the path of awakening and liberation through mindfulness and loving-kindness. To support this mission, Insight Santa Cruz offers a variety of classes and practice opportunities that help cultivate wisdom and compassion inspired from the Theravada Buddhist Tradition.

<http://dharma.landofmedicinebuddha.org>

Land of Medicine Buddha is an environmentally conscious meditation and retreat center. We provide Tibetan Buddhist teachings, retreats, healing, and space for others to bring their workshops. You are welcome to share in all that our center has to offer. Everyone is welcome; you don't need to be Buddhist to come for a visit to LMB.

<https://www.insightretreatcenter.org>

The Insight Retreat Center is a community-based retreat center just outside of Santa Cruz, CA. We offer silent meditation retreats throughout the year primarily focused on insight meditation and the liberation teachings of the Buddha.

<http://bloomofthepresent.org>

A non-profit organization dedicated to the practice of Insight (Vipassana/Mindfulness) Meditation and the study of Buddhist teachings. Meditation groups, classes, and retreats are held in Santa Cruz, Felton, Capitola and other locations in Santa Cruz County, California

<http://www.imsb.org>

Insight Meditation South Bay (IMSB), is a Buddhist meditation center in Silicon Valley that encourages the development of direct insight through meditation, mindfulness, and daily life practices.

<https://www.spiritrock.org>

Spirit Rock Meditation Center is dedicated to the teachings of the Buddha as presented in the vipassana tradition. The practice of mindful awareness, called Insight Meditation, is at the heart of all the activities at Spirit Rock. We provide silent meditation retreats, as well as classes, trainings, and Dharma study opportunities for new and experienced students from diverse backgrounds with a willingness to develop their own practice.

<http://deerparkmonastery.org>

Deer Park Monastery is a mindfulness practice center and monastic training center founded by the Vietnamese Buddhist monk, author, and peace activist, Thich Nhat Hanh (Thay). Deer Park is a place to quiet the mind, look deeply, and enjoy the wonders of life within and around us through the practices of sitting meditation, walking meditation, mindful eating, deep relaxation meditation, and sharing togetherness. We invite all who wish to cultivate peace and happiness in their lives to plan a visit — for a day or for a retreat.



INNER-COMPASS MINDFULNESS RESOURCES

Congratulations upon completing the Inner-Compass Mindfulness Awareness Program. You may realize now that the ending of class is really the beginning of a way of life. Mindfulness begins by paying close attention to what is experienced in the here and now.

Priming the Pump

In these past eight weeks, we have learned the importance of paying attention to the present moment in daily life. The sooner we identify and are mindful of stressful situations, the sooner we can develop strategies in dealing with them. There is a saying to take one day at a time. *With mindfulness practice we learn to take one moment at a time.* Try to maintain this practice both formally and informally as much as possible. All it takes is: awareness to remember to pay attention to the present moment.

Suggestions

Sit every day. Even a short period (5-15 minutes) will be beneficial. If the day is extremely challenging, even one minute of mindfulness can bring greater stillness. Please also practice compassion: for yourself, and for others. Do the practice that seems the most appropriate. It may be breathing in and out, the body meditation, sitting with awareness, or loving-kindness. The main point is to develop your own sense of balance and steadiness. Make the practice your own. Try to apply mindfulness as a way of life. **Knowing** when you are seeing, hearing, smelling, tasting, touching, feeling sensations, eating, bathing, toileting, sitting, standing, walking, lying, driving, talking, and the various mental or emotional states of mind as they ebb and flow.

Conclusion

Every waking moment holds the possibility of mindfulness & compassion.

Let go of what is past. Let go what is not yet.

ENCOMPASS AND ONLINE RESOURCES: GUIDED MEDITATIONS & TIMERS

- Encompass Weekly guided mindfulness breaks: Wed at noon @ 716 Ocean, Wed at noon @ Westridge Thursday at 12:30pm @ 542 Ocean

11 <https://soundcloud.com/inner-compass/sets/inner-compass-guided/s-ewshx>
Guided meditations from the *MBSR Workbook*.

11 <http://www.onlinemeditationtimer.com>
Easy and simple online meditation timer.

<https://insighttimer.com/>
Free meditation app with timer and guided practices

11 http://www.karenzelin.com/audio_recordings.html
Guided meditations by Karen Zelin

11 <http://www.dharmapunx.com/htm/mp3.htm>
Guided meditations by Noah Levine of Dharma Punx

11 <http://www.tarabrach.com/guided-meditations>

Guided meditations by Tara Brach