



Support through CDs

Meditation & Relating with Your Mind

Pema Chödrön

Pema Chödrön is a leading exponent of teachings on meditation and how they apply to everyday life. She is widely known for her charming and down-to-earth interpretation of Tibetan Buddhism for Western audiences. A variety of CDs is available. www.soundstrue.com

- *How to Meditate: A Practical Guide to Making Friends With Your Mind* (5-CD set with basic meditation instruction for posture, breathing, relaxation, and stabilizing your mind.)
- *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*

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Deep Relaxation

Jon Kabat-Zinn, Ph.D.

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*. www.mindfulnessstapes.com

Emmett Miller M.D.

As a physician, health educator, and a pioneer in mind-body medicine that is now on the cutting edge of modern medicine, Dr. Miller brings an understanding of how the mind and body can work in harmony to produce healing, balance and wellness. A variety of CDs is available. www.drmliller.com.

- *Letting Go Of Stress: Four Effective Techniques for Relaxation & Stress Reduction*
- *Accepting Change and Moving On: Loss And Letting Go*

Abundant Wellbeing Series, by Nischala Joy Devi

Nischala Joy Devi studied under Swami Satchidananda, developed the yoga portion of the Dean Ornish M.D. Program for Reversing Heart Disease, and co-founded the award-winning Commonweal Cancer Help Program. A variety of CDs is available. www.abundantwellbeing.com

- *Deep Relaxation: Stress Management & Healing*
- *Sojourn to Healing: Creative Imagery and Visualization*

Breath and Energy Practice

- **Wisdom Healing Qigong**
Learn to activate the chi body within and chi field around to exchange energy for healing. A basic practice from the world's largest medicine-less Qigong hospital in China. *Qigong for Energy Healing*, Master Teacher Mintong Gu. Available at www.chicenter.com.
- **Pranayama: The Art of Breathing an Introductory Course** by Felicity Green
Explore breath as a gateway to relaxation, healing, and aliveness. www.yogaprops.net
- **Quantum Light Breath: Dynamic Breath Meditation** by the Quantum Light Breath Orchestra. Explore your breath as a transformative tool. Enhanced and supported by guided affirmations and music. www.quantumlightbreath.com
- **Light Transitions Tapes for breathing relaxation:**
Breath Sounds: Measured Music for Breathing, by Sandra Summerfield-Kozak
Music for practicing breathing at a gentle relaxed pace. www.internationalyogastudies.com

Self Acceptance

- **Tara Brach, Ph.D.** www.soundstrue.com
Radical Self-Acceptance: Embracing Your Life with the Heart of a Buddha
- **Cheri Huber, Zen Teacher** www.livingcompassion.org
Unconditional Self-Acceptance
Suffering is Optional

Transforming Trauma

- **Belleruth Naparstek**
Healing Trauma (PTSD) A moving and gentle guided imagery to restore inner meaning, connection, and protection. Includes an introduction and guided affirmations.
- **Peter Levine, Ph.D.** www.soundstrue.com
Healing Trauma A 6-CD set distills over 35 years of Peter Levine's pioneering work into a detailed course for awakening your body's innate ability to heal.

Grief Support

- **Graceful Passages: A Companion for Living and Dying** by Michael Stillwater
www.amazon.com
Comprised of a giftbook and two CDs, Graceful Passages offers listeners an audio sanctuary for exploring feelings, thoughts, and beliefs regarding the living and dying process.
- **Steven Levine** www.soundstrue.com
The Grief Process A 3-CD workshop that explores how to resolve grief.
Merciful Awareness: Natural Pain Management – audio book through www.amazon.com
- **Frank Ostaseski**, Founding Director of the Zen Hospice Project. www.zenhospice.org
Being a Compassionate Companion: Teachings, Stories and Practical Wisdom for Those Accompanying Someone Who is Dying A 3-CD that provides support to prepare for death, serving the dying, and grieving.