



Support through CDs

Meditation & Relating with Your Mind

Pema Chödrön www.pemachodronfoundation.org

Teachings on meditation and how they apply to everyday life.

- *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. www.mindfulnessstapes.com

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*.

Emmett Miller M.D. www.drmliller.com

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

- *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 www.abundantwellbeing.com

Nischala Joy Devi 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.

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

Managing Anxiety and Depression

Michael Yapko Ph.D. www.yapko.com

- *Calm Down! A Self-Help Program for Managing Anxiety*
- *Focusing on Feeling Good: A Skill-Building Experiential Self-Management Program for Overcoming Depression*

Grief Support

Graceful Passages: A Companion for Living and Dying by Michael Stillwater www.amazon.com
A 2-CD and book set is an audio sanctuary for exploring feelings, thoughts, and beliefs regarding the living and dying process. Each track is spoken by a leader from the world's great spiritual traditions.

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, and the Metta Institute www.mettainstitute.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.

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. A detailed course for awakening your body's innate ability to heal.

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*

Energy and Breath Practice

Wisdom Healing Qigong, with Master Teacher Mintong Gu www.chicenter.com.

Learn to activate the chi body within and chi field around to exchange energy for healing.

Qigong for Energy Healing,

Pranayama: The Art of Breathing an Introductory Course by Felicity Green

Explore breath as a gateway to relaxation, healing, and aliveness. www.yogaprops.net

Light Transitions Tapes for breathing relaxation www.internationalyogastudies.com

Breath Sounds: Measured Music for Breathing, by Sandra Summerfield-Kozak

Music for practicing breathing at a gentle relaxed pace.

Quantum Light Breath: Dynamic Breath Meditation

Explore your breath as a transformative tool. www.quantumlightbreath.com