Mindfulness Resources

* **Mindfulnesscds.com**
  + Jon Kabat-Zinn’s collection of (25+) meditations MP3 downloads
* **Research**
  + **Center for Healthy Minds** – University of Wisconsin
  + **Center for Mindfulness** - University of Massachusetts
  + **Mindfulness Center at Brown**
  + **UCLA Mindfulness Research Center**
* **Magazines**
  + ***Mindful*** – The magazine (highly recommended) mindful.org
* **Books**
  + [**Good Morning, I Love You**](https://www.amazon.com/Good-Morning-Love-You-Self-Compassion/dp/1683643437)by Shauna Shapiro
  + **Mindfulness for Beginners** by Jon Kabat-Zinn
  + **Coming to our Senses** by Jon Kabat-Zinn
  + [**Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life**](http://www.amazon.com/Wherever-You-There-Are-ROUGH/dp/1401307787/ref=sr_1_2?ie=UTF8&qid=1298484851&sr=8-2) by Jon Kabat-Zinn
  + **Falling Awake** by Jon Kabat-Zinn
  + [**Full Catastrophe Living**](http://www.amazon.com/Full-Catastrophe-Living-Wisdom-Illness/dp/0385303122/ref=sr_1_1?ie=UTF8&qid=1298484851&sr=8-1) by Jon Kabat-Zinn
  + [**Fully Present**](http://www.amazon.com/Fully-Present-Science-Practice-Mindfulness/dp/0738213241) by Susan Smalley and Diana Winston
  + **Buddha’s Brain** by Rick Hanson
  + [**10% Happier**](http://www.amazon.com/10%25-Happier-Self-Help-Actually-Works--/dp/0062265423)by Dan Harris
  + **Loving Kindness** by Sharon Salzberg
  + [**Mindful Compassion**](http://www.amazon.com/Mindful-Compassion-Science-Understand-Emotions/dp/1626250618) by Paul Gilbert
  + [**The Mindfulness Solution: Everyday Practices for Everyday Problems**](http://www.amazon.com/Mindfulness-Solution-Everyday-Practices-Problems/dp/1606232940/ref=sr_1_1?s=books&ie=UTF8&qid=1337734675&sr=1-1)by Ron Siegel
  + **The Heart of Mindfulness based Stress Reduction** by Elana Rosenburg
  + [**Calming Your Anxious Mind**](http://www.amazon.com/Calming-Your-Anxious-Mind-Mindfulness/dp/1572244879/ref=sr_1_1?ie=UTF8&qid=1298498146&sr=8-1) by Jeff Brantley
  + [**Mindfulness in Plain English**](http://www.amazon.com/Mindfulness-Plain-English-Revised-Expanded/dp/0861713214/ref=sr_1_1?s=books&ie=UTF8&qid=1298498205&sr=1-1) by Bhante Henepola Gunaratana
  + [**Breath by Breath: The Liberating Practice of Insight Meditation**](http://www.amazon.com/Breath-Liberating-Practice-Insight-Meditation/dp/1590301366/ref=sr_1_1?s=books&ie=UTF8&qid=1298498235&sr=1-1) by Larry Rosenberg
  + [**Nonviolent Communication**](http://www.amazon.com/Nonviolent-Communication-Language-Marshall-Rosenberg/dp/1892005034/ref=sr_1_1?s=books&ie=UTF8&qid=1298498257&sr=1-1) by Marshall Rosenberg
  + **A Mindfulness- Based Stress Reduction Workbook** – Bob Stahl and Elisha Goldstein
* **Traverse City Mindfulness Happenings**
  + **Traverse City Mindfulness Meditation Group – TCMMG**
    - Sundays Unitarian Universalist Congregation Church
    - ½ day retreats monthly
  + **Yoga4Health** 
    - Full day and week-end Yoga Retreats
    - Yoga Classes/free weekly meditation
* **Sokukoji Buddhist Community - Traverse City**
* Tuesdays – Unitarian Universalist Congregation
* Mid-Month full day retreats
* **Yen Yoga**
* Weekly meditation
* **Free Online Meditations**
  + nmpspc.org
  + Mindful.org
  + UCLA Mindfulness Research Center
  + UC San Diego Center for Mindfulness
  + Contemplative Mind in Society
  + Insight Meditation Society
  + UMass Med
  + Palouse Mindfulness Center
  + Saki Santorelli
  + Florence Maleo Meyer
  + Jon Kabat Zinn
* **Meditation Apps**
  + Insight Timer
  + Calm
  + Head Space
  + 10% Happier
* **Sounds True** Mindfulness/MBSR Online Courses

**I am captain of this ship**

I am captain of this ship –

capable and in control….

Aware of the conditions at sea,

mindful of the state of my boat.

Fully present - I glide effortlessly towards the sunset.

Diligently tending to the needs of my vessel,

alert and conscious to the changes in weather -

adjusting my sails, until the breeze is held firmly by the shroud.

Awake and Alive,

sailing smoothly through the sweeping waters,

enthralled by the beauty of each moment -

utterly at peace.

Accepting the ever-changing direction of the wind,

I must adjust my riggings, and continually trim the sails.

As the seas become rough, and dark skies gather overhead,

gracefully, I slice through the menacing waves

crashing on my bow,

threatening to steer me off course.

I am captain of this ship,

capable and in control

and I know what I must do.

Confident my practice will guide me;

releasing the lines, I “let go” of my sails,

allowing the heavy winds to spill off of the bright white cloth.

Choosing to find a safe harbor

where I can drop my anchor

and breath.

Resting in the stillness,

patient and calm - waiting

for the veil of darkness to lift,

and the skies to clear.

Comfortable with the unknown,

awake to the unpredictable nature of my life.

Challenged … energized even,

and appreciating the thrill of the ride.

I am captain of this ship,

capable and in control.

Navigating my ship with intention and skill,

Welcoming it all – prepared to meet whatever may arise,

my trustworthy vessel centered, stable, and strong….

I adjust my sails - over and over again

as I sail towards the melting sun.

Awake and Alive and stunningly content …

*By Wendy Weckstein*

“The Chinese use two brush strokes to write the word 'crisis.' One brush stroke stands for danger; the other for opportunity. In a crisis, be aware of the danger--but recognize the opportunity.”  
***John F. Kennedy –***

Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

***Victor Frankl -***

