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%3Dsr_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%3Dsr_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%3Dsr_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%3Dsr_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%3Dsr_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%3Dsr_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%3Dsr_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 -***

