

Please explore the resources below for instruction on meditation practice. You may find and some of the guided mindfulness meditations useful.

Resources:

Larry Rosenberg - Basic Meditation Instruction

<http://dharmaseed.org/teacher/106/talk/1517/>

Larry Rosenberg- Meditation Instruction Part II

<http://dharmaseed.org/teacher/106/talk/19762/>

Larry Rosenberg - Meditation Instruction Part III

<http://dharmaseed.org/teacher/106/talk/19826/>

Silvia Boorstein - Mindfulness Meditation

<http://blog.onbeing.org/post/5269242242/lovingkindness-metta-meditation-with-sylvia>

Sharon Salzberg at TEDxBinghamtonUniversity -
Transform Your Mind, Change the World:

<https://www.youtube.com/watch?v=-jn1ZkwOZ-g>

Mindfulness and Neural Integration: Daniel Siegel, MD at TEDxStudioCityED

<https://www.youtube.com/watch?v=LiyaSr5aeho>

Arthur Zajonc - Bell Sound Meditation

<http://www.onbeing.org/blog/bell-sound-meditation/4317>

Thich Nat Hahn - Mindfulness Of Anger: Embracing The Child Within

<http://www.onbeing.org/program/thich-nhat-hanh-mindfulness-suffering-and-engaged-buddhism/extra/mindfulness-of-anger>

Joan Halifax - Re Encountering Grief: A 10-Minute Guided Meditation

<http://www.onbeing.org/blog/encountering-grief-guided-meditation/4983>

Michael Sealey - 20 Minute Mindfulness Meditation

<https://www.youtube.com/watch?v=64ZU2UCQdmQ>