

MINDFULNESS MEDITATION ONLINE RESOURCES

Mindfulness is a wonderful and effective way to learn to be with your experience with more awareness, patience, and compassion. It can be practiced formally during a designated time, as well as informally throughout the day. Anyone can learn to meditate, even people with very active minds.

Mindfulness comes to us from the Buddhist tradition, though it can be practiced in a completely secular manner, or in combination with any faith. Here are a few links to guided meditations and other information. It can also be helpful to find a local teacher or meditation group if there is one in your area.

Mindfulness-Based Stress Reduction (MBSR) secular guided meditations

<http://health.ucsd.edu/specialties/psych/mindfulness/mbsr/Pages/audio.aspx>

Tergar Meditation Community free intro series

https://learning.tergar.org/course_library/intro-to-meditation/

A wide range of secular resources

<http://mindful.org/resources#1>

Meditation and trauma

<https://www.headspace.com/blog/2016/12/11/meditating-with-ptsd/>

Combining therapy and meditation can be especially helpful in healing from trauma. Medicare, Medicaid, and most Obamacare plans (Affordable Care Act) should cover at least some mental health services.

Guided meditations and talks with more of a Buddhist flavor.

http://www.dharma.org/ims/mr_audio.php#picks and www.dharmaseed.org

Videos

Try searching “mindfulness and youtube” for many good videos.

MINDFULNESS MEDITATION COMMUNITIES

If you live close to Rochester, Northfield, or the Twin Cities, there are well-known meditation centers and teachers, with several listed below.

Rochester, MN

- The Rochester Insight Meditation Group, Generosity House, 303 6th Avenue SW, Rochester, MN 55902, <http://mcgillreport.org/rimg.htm>

Twin Cities, MN

- Common Ground Meditation Center, 2600 27th Ave S, Minneapolis, MN 55406 www.commongroundmeditation.org
- Clouds in Water Zen Center 445 N Farrington St, St Paul, MN 55103, www.cloudsinwater.org
- Tergar Meditation Community 706 N. 1st St, Minneapolis, MN 55401 <https://tergar.org/communities-and-practice-groups/find-a-center-or-group/minneapolis-st-paul/>
- And many more

Northfield, MN

- Northfield Buddhist Meditation Center 313 1/2 Division Street, Northfield, MN 55057 www.northfieldmeditation.org

Other communities

- If you live in another community, you can search online for meditation centers or meet up groups near you, or rely on online resources.

Different teachers have different strengths, and communities can feel different from each other. Many meditation groups have some programs which are open to all and free of charge.

If you don't have a community nearby and develop a question about your meditation practice, some teachers may be able to talk with you by phone. I am not a senior teacher, but feel free to email me, Leigh Rosenberg, at larosenberg@gmail.com. I can try to answer your question or connect you with someone who can.