H&C HEALTH & COUNSELING

Counseling Services
health.geneseo.edu

Division of Student and Campus Life
State University of New York at Geneseo
1 College Circle, Geneseo, New York 14454
Phone: (585) 245-5716; Fax: (585) 245-5071

MINDFULNESS AND MEDITATION RESOURCE LIST

Are you interested in trying mindfulness or other meditation techniques? The chart below reviews some common meditation styles and provides various resources for more information.*

MEDITATION STYLE	ORIGINS	HOW IT WORKS	WHO SHOULD TRY IT	RESOURCES
Mindfulness ♦ Vipassana ♦ Zen Meditation ♦ Insight Meditation ♦ Stress Reduction	Buddhist tradition	Paying attention to your breath, you become aware of and accept the present moment.	Anyone, especially those who are overscheduled and need to learn to focus more on the present, not on the future.	♦ *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zin** ♦ *Insight Meditation: A Step-by-Step Course on How to Meditate* by Sharon Salzberg and Joseph Goldstein** ♦ *Mindfulness in Plain English* by Bhante Henepola Gunarantana ♦ *Zen Meditation in Plain English* by John Daishin Buksbazen ♦ dharma.org
Mantra ♦ Transcendental meditation (TM) ♦ Primordial sound meditation	Vedic tradition in India	You repeat a word, sound, or phrase in order to focus your concentration and to prevent distracting thoughts.	Those who have restless minds and would prefer a repetitive strategy.	♦ *Meditation for Dummies* by Stephan Bodian (book and CD) ♦ chopra.com (primordial sound meditation) ♦ tm.org (for information and local courses)
Moving Meditation ♦ Yoga ♦ Tai Chi ♦ Qigong ♦ Walking Meditation	Hindu practice (yoga); Taoist tradition (tai chi and qigong) Buddhist tradition (walking meditation)	You use graceful, mindful movement to help calm the body, quiet the mind, and balance energy.	Those who enjoy movement and who are looking to integrate the physical and the mental worlds.	♦ *Yoga Body, Buddha Mind* by Cyndi Lee ♦ *Yoga for Depression* by Amy Weintraub** ♦ *Tai Chi for Beginners* by David-Dorian Ross (DVD) ♦ *A Guide to Walking Meditation* by Thich Nhat Hanh (DVD)
Lovingkindness, Metta Meditation	Buddhist teaching	You concentrate on phrases such as "may I be happy" as a means to cultivate compassion for yourself and others.	Those who are looking to increase kindness and compassion in their lives.	♦ *Guided Meditations, Explorations, and Healings* by Stephen Levine ♦ *Lovingkindness: The Revolutionary Art of Happiness* by Sharon Saltzberg ♦ buddhanet.org

*The above chart was adapted from *body+soul* magazine, May 2007.

**These resources are available on loan from the Counseling Services Self-Help Lending Library, which is located in the Counseling Services office, Lauderdale Health Center, Room 205.