

## Mindfulness Practice: Toward a Fierce Kindness

Below are listed some relevant resources with links for this introductory session. They seem like they would be very helpful for folks in today's training.

1. [CBS NEWS 60 Minutes - Mindfulness, Dec. 14, 2014:](#) *Anderson Cooper reports on what it was like to learn the practice of mindfulness. Jon Kabat-Zinn helps Cooper learn.*
2. [Mindfulness Can Literally Change Your Brain, Harvard Business Review, Jan. 8, 2015.](#) *Seasoned neuroscientists and mindfulness teachers summarize solid findings about the neuroscience of mindfulness that are relevant to those in organizations and businesses.*
3. [Mindfulness for Beginners, 2011.](#) *Jon Kabat-Zinn's excellent, accessible book by my teacher. Well read in audio version and accessibly written; not too much clutter (available as book, audio book, eBook, iBook and also as Kindle at [Amazon](#)). Jon has other books including the classic [Full Catastrophe Living](#) that are good resources if you wish to learn more.*
4. **Local Clinical Evidence of the Consequences of Mindfulness Training:**
  - a) [YouTube video comments by mindfulness training graduates: law enforcement officers and participants from the general public \(youtu.be/woX9dZA3tDk\)](#) *Hear what participants say about their personal experience at work and in daily life subsequent to learning mindfulness practice in MBRT or MBSR programs.*
  - b) [Mindfulness, Self-Care, and Participatory Medicine: A Community's Clinical Evidence \(Journal of Participatory Medicine, 2013\)](#) *A paper describing local work with referring clinicians and mindfulness training participants.*
5. [Insight Timer App](#) *A versatile, practical timer app for your iPhone, iPod, iPad, Android device that may be helpful in your mindfulness practice if you decide to give it a try on your own.*
6. [Mindful Pause; 3 minutes](http://yogahillsboro.com/02-mindful-pause/) (<http://yogahillsboro.com/02-mindful-pause/>) *An accessible practice guided by my voice as we did in class today.*
7. [Body Scan Meditation](http://yogahillsboro.com/body-scan-practice/) (<http://yogahillsboro.com/body-scan-practice/>) *A 20 minute practice guided by my voice as we did in class today.*
8. [Sitting Meditation Practice](http://yogahillsboro.com/sitting-meditation-10/) (<http://yogahillsboro.com/sitting-meditation-10/>) *A 10 minute practice guided by my voice as we did in class today.*
9. [Becoming Wise, An Inquiry into the Mystery and Art of Living.](#) *Krista Tippett's wonderful book and podcast of commentary and dozens of her radio interview recordings of the very thoughtful and heartfelt people who, like you, offer their lives in support of folks around them. If you like audiobook's this would be excellent. She is the host of the NPR program, [On Being](#)*
10. Poetry by various poets such as [Mary Oliver](#) and [David Whyte](#). *These may support you as you continue to practice attentive presence.*
11. [Bare to the Bone](https://youtu.be/Rejj_Z9ek3I) ([https://youtu.be/Rejj\\_Z9ek3I](https://youtu.be/Rejj_Z9ek3I)) by Carrie Newcomer. *As I have learned more about your work and challenges I thought that the music and lyrics of Carrie Newcomer, very mindful and loving, may be helpful in supporting you.*
12. [The Power of Vulnerability](https://youtu.be/iCvmsMzIF7o) (<https://youtu.be/iCvmsMzIF7o>) by Brene Brown. *A social worker does research and finds that vulnerability is the source of personal power and a full life. A very encouraging talk for those in highly stressful interpersonal jobs.*