Mindfulness is a large topic with many available resources. The following resources are intended as an introduction to mindfulness. They draw from contemporary teachers who have interpreted various traditional practices for western audiences. This guide signposts a few recommendations for beginners. Start with these, and if you'd like to continue learning, there are plenty more resources to discover.

Gentle disclaimer: *It’s really ok if these practices don't work for you.* We recognise that for some people e.g. those with post traumatic or chronic stress and/or anxiety may *not* find meditation/ mindfulness beneficial. Experiment and be kind with what you find. Stop if something is not working for you or try something else. If at all in doubt, seek professional advice and support before embarking on a new practice.

**Benefits of Mindfulness**  
(Daphne Davis & Jeffrey Hayes)

Mindfulness is being aware of one's experience in the present moment without judgment. It is a state and not a trait. It can be promoted by practices like meditation, yoga, tai chi, and qigong, and it is not synonymous with those practices. Mindfulness meditation includes practices that train the attention to keep coming back to the present and improve one's relationship with one's mental processes. These can foster benefits like increased self-regulation, mental well-being, development, calmness, clarity, and concentration. Other benefits include:

<table>
<thead>
<tr>
<th>Improved</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>quality of life</td>
<td>psychological distress</td>
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<tr>
<td>cognitive flexibility</td>
<td>rumination (chewing over the past)</td>
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<tr>
<td>information processing speed</td>
<td>task effort</td>
</tr>
<tr>
<td>working memory</td>
<td>stress</td>
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<tr>
<td>patience &amp; ability to focus attention</td>
<td>fatigue</td>
</tr>
<tr>
<td>adaptive responses to stressful or negative situations</td>
<td>symptoms of Post-Traumatic Stress Disorder</td>
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<tr>
<td>fear modulation</td>
<td>anxiety</td>
</tr>
<tr>
<td>relationship satisfaction</td>
<td>emotional stress or relational conflict</td>
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</table>
### Mindfulness Resources for Beginners

#### Courses
- Mindfulness Daily with Jack Kornfield & Tara Brach. 
  [www.soundstrue.com/collections/](http://www.soundstrue.com/collections/)
- Mindfulness Meditation with Jack Kornfield. 
  [www.udemy.com/course/mindfulness-meditation-jack-kornfield](http://www.udemy.com/course/mindfulness-meditation-jack-kornfield)

#### Websites
- Mindful. (Barry Boyce & Stephanie Domet)
- Dharma Seed. (Insight Meditation Society)
- Secular Buddhism. (Noah Rasheta)
- The Wellness Society. (Rebeca Marks)
- Prison Mindfulness Institute. (Fleet Maull & Kate Crisp)

#### Podcasts
- The Mindful Kind with Rachael Kable.  
  Point of View with Barry Boyce.

#### Magazines
- Breathe.  

#### Apps
- Insight Timer.  Calm.  Mindfulness Meditation.  Plum Village

### Improved
- emotional intelligence
- gratitude, morality, & intentionality
- positive affect
- immune functioning
- self-observation, self-insight, & body awareness
- intuition

### Reduced
- emotional reactivity
- depression & loneliness
- negative affect
- substance abuse
- positive affect
- self-observation, self-insight, & body awareness
- intuition

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<tr>
<td>intuition</td>
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</table>
Centres

Insight Meditation Society, MA. (Sharon Salzberg, Joseph Goldstein, Jack Kornfield).
Lists other centers internationally.

Insight Meditation Center, CA. (Howard & Ingrid Nudelman, Howard Cohen, Gil Fronsdal)

Spirit Rock Insight Meditation Center, CA. (Jack Kornfield, Sylvia Boorstein, Anna Douglas)

Gaia House Insight Meditation Center, UK. (Christina Feldman, Christopher Titmuss)

Oxford Mindfulness Centre, Oxford, UK (University of Oxford, Department of Psychiatry)

Meditation Centre Beatenberg, Switzerland.

Written Materials


Other Mindfulness Resources


Muesse, Mark W. Practicing Mindfulness: An Introduction to Meditation. The Teaching Company 2011.


Mindfulness & Neuroscience


Related Inner Transition Resources

Activity: Mindfulness - Re-centering
Self-Care: Mental Guide