

## Meditation Kit Table of Contents

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### **AUTHORS AND RECOMMENDED READING:**

Meditation One was composed by Jon Kabat-Zinn, founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center.

*Recommended Reading: Wherever You Go, There You Are (Hyperion, 1994)*

Meditation Two was composed by Roshi Enkyo O'Hara, abbot of the Village Zendo in New York City.

Meditation Three was composed by Peter Doobinin, the founder and guiding teacher of Downtown New York Meditation Community.

Meditation Four was composed by Sylvia Boorstein, a meditation teacher who co-founded Spirit Rock Meditation Center in California.

*Recommended Reading: Don't Just Do Something, Sit There (Harper Collins, 1996)*

Meditation Five was composed by Sharon Salzberg, a co-founder of the Insight meditation Society in Barre, Massachusetts.

*Recommended Reading: Lovingkindness: The Revolutionary Art of Happiness (Shambhala, 2002)*

The Yoga Session was composed by Cyndi Lee, founder and director of Om Yoga.

Meditation Six was composed by Thubten Chodron, founder of Sravasti abbey in Washington State where monastics and those preparing for ordination learn and practice the teachings of the Tibetan Buddhist tradition.

*Recommended Reading: Working With Anger (Snow Lion, 2001)*

Meditation Seven was composed by Kathleen McDonald, a teacher in the Foundation for the Preservation of the Mahayana tradition, a worldwide organization of Buddhist teaching and meditation centers.

*Recommended Reading: How to Meditate (Wisdom Publications, 1984)*

Meditations Eight and Nine were adapted from Diana St/ Ruth, a writer and teacher who has practiced Buddhist meditation for many years, mainly in the Zen and Theravada traditions.

*Recommended Reading: Sitting (Penguin, 1993)*

Meditation Ten was composed by Reginald “Reggie” Ray, founder of the Dharma Ocean Foundation, senior teacher (Acharya) in the Shambhala tradition, and professor of Buddhist Studies at Naropa University.

*Recommended Reading: Indestructible Truth (Shambhala, 2002)*

### **ADDITIONAL RECOMMENDED READING:**

Lozoff, Bo. *We're All Doing Time* (Human Kindness Foundation, 1985)

Whitney, Kobai Scott. *Sitting Inside: Buddhist Practice in America's Prisons* (Prison Dharma Network, 2002)