

Introduction to Meditation
Resources

Mantra

Mantram - The Sanskrit word “**mantra**,” from the roots “**manas**” (the linear thinking mind) and “**tra**” (to cross over).

App

Insight Timer

Meditation teachers

Jack Kornfield
Tara Brach
Davidji
Hugh Bryne
Sharon Salzberg

Affirmations

Kenneth Soares

Life coach/poet/beautiful speaker

Sarah Blondin

Poetry

Rumi

Mooji

Budhism

Silas Day

Mantras

Paz

Great thinkers – Philosophers

Elkhart Tolle

Books

Magic and Mystery in Tibet – Alexandra David-Neel

The Essential Dogen – Peter Levitt

The Bhagavad Gita – Eknath Easwaran translation and audio book

Passage Meditation - Eknath Easwaran

Original Goodness - Eknath Easwaran

The Dhammapada - Eknath Easwaran

Essence of the Upanishads - Eknath Easwaran

Some Kiss We Want

There is some kiss we want
with our whole lives,
the touch of Spirit on the body.

Seawater begs the pearl
to break its shell.

And the lily, how passionately
it needs some wild Darling!

At night, I open the window
and ask the moon to come
and press its face into mine.
Breathe into me.

Close the language-door,
and open the love-window.

The moon won't use the door,
only the window.

- Jelaluddin Rumi

Tanta Illuminated - Christopher D. Walls

Autobiography of A Yogi – Paramahansa Yogananda. Highly recommend the Audio book narrated by Ben Kingsley

The author Georg Fuerstein:

Tantra: Path of Ecstasy

The Yoga Tradition

Yoga Morality

The Deeper Dimension of Yoga

Yesterday I was clever, so I
wanted to change the
world. Today I am wise, so I
am changing myself.

- Rumi

The Subtle Body -Cyndi Dale

Moving Inward: The Journey to Meditation – Rolf Solvik

How To Sit: Mindfulness Essentials Book One – Thicht Naht Hahn

Classic Dharma Talks – Thicht Naht Hahn

Old Path White Clouds – Thicht Naht Hahn

The Heart of the Buddha’s Teaching – Thicht Naht Hahn

Food for the Heart – Ajahn Chah

Training the Mind – Choygam Thungpa

Meditation in Action - Choygam Thungpa

Science of the Breath – Yogi Ramachakara

Paths to God – Ram Das

*Saltwater Buddha: A surfers quest to find Zen on the Sea –
Jamal Yogis*

Tea Medicine – Aaron Fisher

Waking Up: A guide to Spirituality without Religion – Sam Harris

In the Buddha’s Words: An Anthology of discourses from the Pali Canon

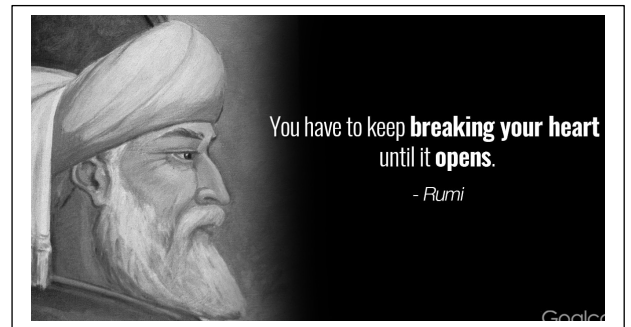
The Four Agreements: A practical guide to personal freedom – Don Miguel Ruiz

The Tibetan Yoga of Breath – Anyen Rinpoche, Allison Choying Zangmo

The Tibetan Yogas of Dream and Sleep – Tenzin Wangyal Rinpoche, Mark Dahlby

The Bliss of Inner Fire – Lama Thubten Yeshe

Introduction to Tantra - Lama Thubten Yeshe



Stages of Meditation – His Holiness The Dalai Lama
The Heart of Meditation – His Holiness The Dalai Lama
The Path to Enlightenment - His Holiness The Dalai Lama
Essence of the Heart Sutra – His Holiness The Dalai Lama

The Way of the Bodhisattva – The Padmakara Translation Group – translator the Dalai Lama

A Life Worth Breathing - Max Strom

Breath – James Nestor

The Hearth is Noble – The Kamapa, Ogyen Trinley Dorje

The Yoga Sutras of Patanjali – Sri Swami Satchidananda

Alan Watts Teaches Meditation – Alan Watts