Meditation Resources

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Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state...Meditation is not part of any religion; it is a science, which means the process of meditation follows a particular order, has definite principles, and produces results that can be verified. – Swami Rama

Books about Meditation

- *The Miracle of Mindfulness: An Introduction to the Practice of Meditation* by Thich Nhat Hanh
- *Transformation and Healing* by Thich Nhat Hanh

Ted Talks about Meditation

- *In Praise of Slowness* Carl Honore
- *Forget Multitasking, Try Monotasking* Paolo Cardini
- *The Habits of Happiness* Matthiew Ricard
- *The Art of Stillness* Pico Iyer
- *Photos that Give Voice to the Animal Kingdom* Frans Lanting

Meditation Apps

- Stop, Breathe and Think: http://www.stopbreathethink.org/
- Headspace https://www.headspace.com/
- Buddhify: http://buddhify.com/
- Calm: https://www.calm.com/
- Omvana: http://www.omvana.com/
- Relax Melodies: http://relaxmelodies.com/

Websites about Meditation

- https://yogainternational.com/
- http://rodstryker.com/
- https://www.deepakchopra.com/
- http://www.how-to-meditate.org/
- http://www.meditationoasis.com/

Meditation CDs

- *Meditations for Inner and Outer Peace* by Rod Stryker
- *Meditations for Life* by Rod Stryker
- *Relax into Greatness* by Rod Stryker
- *Creative Visualization Meditations* by Shakti Gawain