

## Mindfulness Resource List:

### Guided Meditations

#### Breathing Meditation:

21 Minutes Compassionate Breathing (Neff): <http://self-compassion.org/wp-content/uploads/meditations/affectionatebreathing.mp3>

20 Minutes (Kabat-Zinn): <https://www.youtube.com/watch?v=U70osw7R1A4>

5 Minutes (Winston): [http://marc.ucla.edu/mpeg/01\\_Breathing\\_Meditation.mp3](http://marc.ucla.edu/mpeg/01_Breathing_Meditation.mp3) or <https://www.youtube.com/watch?v=noDxU4gSbMg>

#### Body Scan:

31 Minute Mindfulness of Sound, Body, and Breath: <https://www.youtube.com/watch?v=wyvAzk5BgOM>

24 Minutes with Self-Compassion (Neff): <http://self-compassion.org/wp-content/uploads/meditations/bodyscan.MP3>

3 Minute Body Scan/Progressive Muscle Relaxation: <http://marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3>

#### Loving Kindness Meditation:

20 Minutes (Germer): <https://chrisgermer.com/wp-content/uploads/2017/01/Loving-KindnessforOurselves20.41ckgamplified12-14-14.mp3> (or go to ChrisGermer.com/meditations and click on “Loving-Kindness for Ourselves”)

20 Minutes (Neff): [http://self-compassion.org/wp-content/uploads/2016/11/LKM\\_cleaned.mp3](http://self-compassion.org/wp-content/uploads/2016/11/LKM_cleaned.mp3)

20 Minutes Self-Compassion (Neff): [http://self-compassion.org/wp-content/uploads/2016/11/LKM.self-compassion\\_cleaned.mp3](http://self-compassion.org/wp-content/uploads/2016/11/LKM.self-compassion_cleaned.mp3)

15 Minutes (Kabat-Zinn): <https://www.youtube.com/watch?v=rRY5Orfc9GM>

11 Minutes Compassionate Walking (Germer): <https://chrisgermer.com/wp-content/uploads/2017/04/CompassionateWalking.mp3>

5 Minutes Self-Compassion (Neff): [http://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break\\_.mp3](http://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break_.mp3)

#### Mindful Awareness of Thoughts:

15 Minute “Leaves on a Stream”: <https://www.youtube.com/watch?v=FLlVV3dKl9w>

14 Minutes from One Mind Dharma: <https://www.youtube.com/watch?v=971Sh8RmeMI&t=16s>

#### Mindful Awareness of Emotions:

9 Minutes (Everyday Mindfulness Scotland): <https://www.youtube.com/watch?v=o4fKgiv5Chg>

11 Minutes (Germer): <https://chrisgermer.com/wp-content/uploads/2017/04/MindfulnessofEmotionintheBody.mp3>

15-16 Minutes (Unknown author): <https://www.youtube.com/watch?v=00DeAwXuneE>

20 Minutes (Neff): [http://self-compassion.org/wp-content/uploads/2016/11/noting.practice\\_cleaned.mp3](http://self-compassion.org/wp-content/uploads/2016/11/noting.practice_cleaned.mp3)

#### Walking Meditation:

30 Minutes (Dacey): <https://youtu.be/NfPBIRE4Rlc> or <http://www.mindspace.org.uk/wp-content/uploads/walk.mp3>

11 Minutes Compassionate Walking (Germer): <https://chrisgermer.com/wp-content/uploads/2017/04/CompassionateWalking.mp3>

5 Minutes (Weiss): <https://www.youtube.com/watch?v=k0t0DdUHk8>

#### Other Streaming Meditations Can be Found At:

- MARC.UCLA.edu (English and Spanish Guided Meditations)
- CenterForMSC.org
  - <https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>
- ChrisGermer.com/meditations
- <http://self-compassion.org/category/exercises/#guided-meditations>

#### Apps

##### Insight Timer (Free):

Good for self-guided meditations. The timer can be set for however long or short you want, and has a pleasant bell or chime sound. Guided meditations are available and *some* of them are quite good. However, anyone can post a guided meditation, so the quality is variable and there is no guarantee that the guided experience is mindfulness/meditation. It may be relaxation, guided imagery, hypnosis, etc.

Head Space (10 free “basics” meditations plus daily meditation, or monthly subscription, \$8-13/month at time of writing this)

Calm (Series of free guided meditations or subscribe, \$5-13/month at time of writing this)

Please note that there is no guarantee that any of the above links are up-to-date. Credit goes to the creators of the content, whose identities were noted in parentheses when known. This list is intended for personal use, and is shared in the hope that it will be of some benefit to individuals who are beginning their journey into mindfulness.