

Websites:



“Focusing is a process in which you make contact with yourself with a special kind of internal bodily awareness in which your body lets you know what the crux of the issue is and the next right step to resolve it” (Gendlin).

1. www.hopeandpossibility.com.au

My website – (Leonie Stewart-Weeks). Lots of free resources on different mindfulness and Focusing practices.

2. www.focusing.org The focusing Institute website

‘Focusing is a simple and natural process for helping your mind listen to the wisdom of your body, giving you direct access to your own inner compass, where you know the right direction for your life.’ The focusing institute

For anyone who wants to know more about Focusing visit this site. A lot of Gendlin’s writings are included here for free. (Gendlin is the father of focusing)

3. www.focusingresources.com Ann Weiser Cornell’s website

‘Focusing is the process of listening to your body in a gentle accepting way and hearing the messages that your inner self is sending you. It’s a process of honoring the wisdom that you have inside you, becoming aware of the subtle level of knowing that speaks to you through your body’ Ann Weiser Cornell

Ann has lots of resources and runs on-line courses in Focusing

4. www.creatingconnections.com

Jane Quayle’s website. If you want to learn focusing. Jane is based at Hornsby.

Mindfulness websites

"Mindfulness means paying attention with a gentle, friendly attitude; on purpose, in the present moment, and non judgmentally."

FREE Guided Mindfulness Meditation audios

You can download a free app called "Insight Timer" which has a bell and a timer you can use and lots of free meditations. You can just experiment. You can also pay to upgrade to get access to more meditations.

1. <http://www.oxfordmindfulness.org> Mark Williams - - Psychologist - The Oxford Mindfulness centre. Mindfulness based Cognitive therapy

This site is part of Oxford University. It is secular and research based on the benefits of mindfulness.

If you click on the link below you will be taken to the resources page. You can buy meditations here or click on the YouTube 3 minute meditation and get access to other YouTube guided meditations.

<http://www.oxfordmindfulness.org/learn/resources/>

<http://franticworld.com> Danny Penman author of best selling book: 'Mindfulness – Finding Peace in a Frantic World' written with Mark Williams

2. [www.mrsmindfulness.com](http://mrsmindfulness.com)

Melli O'Brien – mindfulness teacher – secular. If you subscribe you will get access to a free video.

<http://mrsmindfulness.com/the-5-minute-mindfulness-video-the-world-needed-to-see/>

This is a 5 minute video Melli did on Mindfulness

<http://mrsmindfulness.com/9-mindfulness-videos/> This link will take you to 9 talks on mindfulness.

<http://mrsmindfulness.com/ted-talk-happiness-is-mindfulness/>

This is a video on the research on mindfulness

3. www.shamashalidina.com Shamash Alidina Wrote a book Mindfulness for dummies. You can also do a free 7 day mindfulness course. Click on get started and then Resources.

4. <https://www.tarabrach.com>

Tara Brach Mindfulness teacher. Her mindfulness is based in the Buddhist tradition. Go to her page and click on the drop down menu called Meditations for lots of different meditations.

5. <http://www.dharma.org> Joseph Goldstein – Site is called Insight Meditation Society. Also in the Buddhist tradition. Go to this site and click on Resources and Audio for a couple of free longer guided mindfulness meditations and free talks.

<http://www.dharma.org/resources/audio#guided> This link takes you straight to the Free audios.

6. www.rickhanson.net

Rick Hanson – also does meditations based in the Buddhist tradition. Go to his website and click on the drop down menu called Teaching and then click on Guided Meditation Practices.

7. <http://www.breathworks-mindfulness.org.uk> Vidyamala Burch was trained in the Buddhist tradition however this site is secular. She suffers from chronic pain so her meditations are good for people with pain. You can do on-line courses.

If you click on the link below you can get access to free audio guided meditations. You do need to give your email address but of course you can easily unsubscribe
<http://www.breathworks-mindfulness.org.uk/free-meditations>

Sites where you can pay to get Guided Mindful meditations and books and courses.

<http://www.compassionatewellbeing.co.uk> Paul Gilbert. Secular – psychologist, explains things well. You can subscribe and pay 25Pounds and get access to meditations

www.jackkornfield.com

Jack Kornfield – Also based in the Buddhist tradition. You will have to join his email list to get a free guided meditation. He has some interesting articles on different meditations

www.elishagoldstein.com

Elisha Goldstein – Mindfulness and Psychotherapy. You will have to pay for his Audios

www.actmindfully.com.au Russ Harris Acceptance Commitment Therapy (ACT). You can buy an App.

<http://drdansiegel.com/> Dan Siegel or <https://www.mindsightinstitute.com> Can do his courses. The mindsight institute.

<http://www.umassmed.edu/cfm/> Jon Kabat-Zinn Center for Mindfulness. Can do the mindfulness based stress reduction program. Includes mindfulness and yoga.

Mindfulness for Schools

<http://mindfullifetoday.com>

Kristen Race. Mindfulness for parents and programs for schools in the US

<http://mindfulnessinschools.org> Mindfulness in Schools in the UK Richard Burnett .b-mindfulness (dot b)

www.MarkRobertWaldman.com

Mark Waldman – looks at a lot of research on mindfulness and other things eg values and assimilates it. Lots to read you will have to pay for his audio course