



CULTIVATING CALM WEBINAR RESOURCES

BOOKS

Personality and Wholeness in Therapy - Integrating 9 Patterns of Developmental Pathways in Clinical Practice

By: Daniel J. Siegel

Outsmart Your Pain: Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind

By: Christiane Wolf

You Don't Have to Change to Change Everything: Six Ways to Shift Your Vantage Point, Stop Striving for Happy, and Find True Well-Being

By: Beth Kurland

Finding Self-Compassion: A Mindfulness Workbook for Getting to Know and Love Yourself

By: Sydney Spears

IntraConnected: MWe (Me + We) as the Integration of Self, Identity, and Belonging

By: Daniel J. Siegel

Making Great Relationships: Simple Practices for Solving Conflicts, Building Connection, and Fostering Love

By: Rick Hanson

The Little Brain

By: Jyoti Mishra

A Case for Compassion - What Happens When We Prioritize People and the Planet

By: Sara Schairer



SNAP! From Chaos to Calm

By: Julie Potiker

Teaching Self-Compassion to Teens

By: Lorraine Hobbs and Niina Tamura

The Self-Compassion Workbook for Kids: Fun Mindfulness Activities to Build Emotional Strength and Make Kindness Your Superpower

By: Lorraine Hobbs and Amy C. Balentine

Compassion for Couples: Building the Skills of Loving Connection

By: Michelle Becker

Self-Compassion for Dummies

By: Steve Hickman

The Stress Prescription - Seven Days to More Joy & Ease

By: Elissa Epel

Worry Less, Live More: The Mindful Way through Anxiety Workbook

By: Susan M. Orsillo and Lizabeth Roemer

The World We Have

By: Thich Nhat Hanh

Zen and the Art of Saving the Planet

By: Thich Nhat Hanh

Savor

By: Thich Nhat Hanh and Lilian Cheung



THE FAMILY
INSTITUTE

at Northwestern University

RESEARCHERS | EDUCATORS | THERAPISTS | YOU

PARTNER TO SEE CHANGE

Joyfully Just: Black Wisdom and Buddhist Insights for Liberated Living

By: Kamilah Majied

Mindful of Race: Transforming Racism from the Inside Out

By: Ruth King

The Inner Work of Racial Justice

By: Rhonda Magee

The Dawn of a Mindful Universe

Marcelo Gleiser

The Creative Act: A Way of Being

By: Rick Rubin

The Vanishing Face of Gaia

By: James Lovelock

The World Could Be Otherwise

By: Norman Fischer

Meditation is Not What You Think

Mindfulness for All

Wherever You Go, There You Are - 30th Anniversary Edition

By: Jon Kabat-Zinn

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www.family-institute.org



RETREAT CENTERS/ONLINE OFFERINGS

Insight Meditation Chicago: <https://www.insightchicago.org/>
Shambala Chicago Meditation Center: <https://chicago.shambhala.org/>
The Meditation Center of Chicago: <https://www.dmcchicago.org/>
Zen Life & Meditation Center (Oak Park): <https://www.zlmc.org/>
Kadampa Meditation Center Chicago: <https://www.meditateinchicago.org/>
Haji Healing Salon: <https://hajihealing.com/>
Cambridge Insight Meditation Center: <https://cambridgeinsight.org/>
Insight LA: <https://insightla.org/>
East Bay Meditation Center (Alphabet Sangha-LGBTQIA+): <https://eastbaymeditation.org/>
Gaia House (UK): <https://gaiahouse.co.uk/>
Insight Meditation Society: <https://www.dharma.org/>
New York Insight Meditation Center: <https://www.nyimc.org/>
Spirit Rock: <https://www.spiritrock.org/>
Mindfulness Northwest: <https://mindfulnessnorthwest.com/>
UCSD Center for Mindfulness: <https://cih.ucsd.edu/mindfulness>
BIPOC Meditation Collective: <https://www.bipocmeditationcollective.com/>
Garrison Institute (BIPOC Meditation Sangha): <https://www.garrisoninstitute.org/>
Recovery Dharma: <https://recoverydharma.org/>

APPS

Happier (Dan Harris): <https://thehappierapp.com/>
Waking Up: <https://www.wakingup.com/>
JKZ Meditations (Jon Kabat-Zinn): <https://jkzmeditations.com/>
Calm: www.calm.com
Headspace: <https://www.headspace.com/>
Insight Timer (free): <https://insighttimer.com/>
The Mindfulness App: <https://www.themindfulnessapp.com/>
Buddhify: <https://buddhify.com/>
Breathwrk: <https://www.breathwrk.com/>
Smiling Mind: <https://www.smilingmind.com.au/smiling-mind-app>



MINDFULNESS TEACHERS & COMMUNITIES

Tara Brach Ph.D. Tara Brach's teachings blend Western psychology and Eastern spiritual practices, mindful attention to our inner life, and a full, compassionate engagement with our world. The result is a distinctive voice in Western Buddhism, one that offers a wise and caring approach to freeing ourselves and society from suffering.

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

Dharma Seed is an online resource dedicated to making the Buddhist teachings of Insight Meditation and associated practices available to all. Our intention is to be a support for meditation teachers, their communities, students and meditation practitioners, and to provide access to the teachings to those who might not otherwise have access to them.

The talks and meditations available through the Dharma Seed website are largely, although not exclusively, teachings from the Western Insight Meditation tradition, as taught at centers like the Insight Meditation Society (IMS), Spirit Rock Meditation Center, Gaia House and New York Insight.

<https://www.dharmaseed.org/talks/>

The Center for Action and Contemplation

Amidst a time of planetary change and disruption, we envision a recovery of our deep connection to each other and our world, led by Christian and other spiritual movements that are freeing leaders and communities to overcome dehumanizing systems of oppression and cooperate in the transforming work of Love. Open the door for a critical mass of spiritual seekers to experience the transformative wisdom of the Christian contemplative tradition and nurture its emergence in service to the healing of our world.

<https://cac.org/category/daily-meditations/>

Joseph Goldstein

Joseph Goldstein is one of the first American vipassana teachers, co-founder of the Insight Meditation Society with Jack Kornfield and Sharon Salzberg, contemporary author of numerous popular books on Buddhism, resident guiding teacher at IMS, and leader of retreats worldwide on insight and lovingkindness meditation.

<https://www.dharma.org/teacher/joseph-goldstein/>



Jack Kornfield Ph.D.

Jack trained as a Buddhist monk in the monasteries of Thailand, India and Burma. He has taught meditation internationally since 1974 and is one of the key teachers to introduce Buddhist mindfulness practice to the West. Jack co-founded the Insight Meditation Society in Barre, Massachusetts, with fellow meditation teachers Sharon Salzberg and Joseph Goldstein and the Spirit Rock Center in Woodacre, California.

<https://jackkornfield.com>

Ronald D. Siegel, PsyD

Ronald is an Assistant Professor of Psychology, part time at Harvard Medical School, where he has taught for over 30 years. He is a long-time student of mindfulness meditation and serves on the board of directors and faculty of the Institute for Meditation and Psychotherapy.

<http://www.mindfulness-solution.com/DownloadMeditations.html>

Plum Village - Thich Nhat Hahn

A global community of mindfulness practice centers and monasteries offering retreats and teachings on engaged Buddhism and the art of mindful living.

<https://plumvillage.org/>

Rev. angel Kyodo Williams

Author of *Being Black: Zen and the Art of Living With Fearlessness and Grace* and coauthor of *Radical Dharma: Talking Race, Love & Liberation*, Rev. angel has been called “the most intriguing African-American Buddhist” by *Library Journal*, and “one of our wisest voices on social evolution” by *Krista Tippett*. The second black woman recognized as a teacher in the Japanese Zen lineage, she applies wisdom teachings and embodied practice to social issues at the intersections of race, climate, and economic justice.

<https://angelkyodowilliams.com/>

Teachers of Color/Insight Timer

<https://insighttimer.com/meditation-playlists/xg1jSIqo0z9oOEKm7Dvh>



Gaylon Ferguson

A senior teacher in the Shambhala Buddhist tradition, Gaylon Ferguson, PhD, has been leading meditation retreats for 33 years, and holds a doctorate in cultural anthropology from Stanford. A core faculty member at Naropa University, in Boulder, Colorado, he teaches both religious and interdisciplinary studies. He is the author of *Natural Wakefulness: Discovering the Wisdom We Were Born With*.

<https://shambhala.org/teachers/acharyas/gaylon-ferguson/>

BIPOC Mindfulness Resource Guide

<https://educationjustice.net/wp-content/uploads/2021/02/BIPOC-Meditation-Resource-Guide-Electronic.pdf>

Zayda Vallejo

Zayda Vallejo, M.Litt. is a faculty member at the Mindfulness Center at Brown University, and an adjunct faculty member at the Center for Mindfulness and Compassion at Harvard University Medical School's Cambridge Health Alliance. Since 2006 Zayda has been training professionals who aspire to teach the Mindfulness-Based Stress Reduction (MBSR) program at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Healthcare, and Society, and conducting MBSR supervisions and mentoring for other institutions.

<https://www.mindfulkidsmiami.org/about/faculty/zayda-vallejo/>

Larry Yang

Larry Yang teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Burma and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. Larry is one of the core teachers and leaders of the East Bay Meditation Center, and is on the Spirit Rock Teachers Council.

He is the author of *Awakening Together: The Spiritual Practice of Inclusivity and Community*