[**Richmond Mindfulness Meditation Group**](http://richmondmeditation.org.uk/)

**Member Resource Guide**



**Dear New Sangha Member**

There are many resources available  on mindfulness and the Buddha’s teachings. The Buddha offered his teachings to support us live an awakened life. We must be careful not to get caught up in intellectual study or attached to the teachings as dogma. We must explore the teachings in our daily life to see how they are true for us and help us heal our suffering.

Without practice the teachings are like buying ingredients for a meal and storing them for later use, we are unlikely to feed ourselves in this way. Please use resources to support and develop your practice, but do not confuse knowledge with wisdom. Breathe! Your in-breath and out-breath hold as much wisdom as contained in the resources available.

We offer the following suggestions to support your practice. Many of these and other relevant books, as well as recordings are easily available . Some of these are available in the RMMG library.

It is difficult to choose what to include in this list and we welcome suggestions for other books in our tradition. We have outlined the resources to help you both develop and grow.

**Books:**

|  |  |
| --- | --- |
| *Thubten Chodron* | [Buddhism for Beginners](http://erclk.about.com/?zi=18/2v0k) |
| *Lama Surya Das* | Awakening the Buddha  |
| *Bhante Henepola Gunaratana* | Mindfulness in Plain English |
| *Thich Nhat Hanh* | The Miracle of Mindfulness: An Introduction to the Practice of Meditation |
| *Thich Nhat Hanh* | The heart of the Buddha’s teachings |
| *Thich Nhat Hanh* | For a future to be possible |
| *Thich Nhat Hanh* | Breathe you are alive |
| *Jack Kornfield* | A Path with Heart |
| *Jack Kornfield* | The teachings of the Buddha |
| *Walpola Rahula* | What the Buddha Taught |
|  |  |

Books by authors Pema Chodron, Jack Kornfield , Tara Brach, Thich Nhat Hanh are usually popular and makes teachings easily accessible to the western mind

 **DVD’s**

* *Mindful Living Every Day* a 2 hour DVD produced by Plum Village to introduce people to the practice.

**U**seful Websites:

|  |  |
| --- | --- |
| [**http://tnhaudio.org**](http://tnhaudio.org) | Website with links to audio and video talks by Thich Nhat Hanh |
| [***http://www.tricycle.com***](http://www.tricycle.com) | Website providing information and resources around Buddhist practice (book reviews etc)Wisdom section provides useful readings and information |
| [***http://www.wisdompubs.org/***](http://www.wisdompubs.org/) | Online bookseller that sells Buddhist texts. Often cheaper than Amazon |
| [***http://www.dharmaseed.org***](http://www.dharmaseed.org) | Dharma Seed has collection of dharma talks by teachers practicing Insight meditation  |
| [***http://www.thebuddhistsociety.org***](http://www.thebuddhistsociety.org) | Offers courses, access to books and talks under the patronage of the Dalai Lama aimed at promoting understanding of Buddhism |

**Courses/ retreats:**

|  |  |
| --- | --- |
| ***London Buddhist Vihara Chiswick***[***http://www.londonbuddhistvihara.org***](http://www.londonbuddhistvihara.org) | Offers introductory courses for beginners. |
| ***London Insight*** [***http://www.londoninsight.org/***](http://www.londoninsight.org/) | Offers a programme of events in to facilitate the modern application of authentic Buddhist teachings in our lives. |
| ***Gaia House***[***http://gaiahouse.co.uk***](http://gaiahouse.co.uk) | Offers teacher-led retreats and ideal for anyone interested in exploring meditation for the first time, as well those looking to deepen an established practice. |
| ***Community of Interbeing***[***http://coiuk.org***](http://coiuk.org) | The Community of Interbeing is the name given to the network of people in the United Kingdom who practise Buddhism according to the teachings of Zen master Thich Nhat Hanh. Offers retreats, courses and a bookshop. |
| ***Plum Village*** [***http://plumvillage.org***](http://plumvillage.org)***European Institute of Applied Buddhism******http://*** [***http://eiab.eu/***](http://eiab.eu/) | Thich Nhat Hanh’s practice centres in France and Germany which offer a wide variety of retreats and courses |

**If you are interested in understanding about mindfulness from a psychological perspective, you may find the following useful:**

|  |  |
| --- | --- |
| *Jon Kabat-Zinn* | Mindfulness for beginners |
| *Jon Kabat-Zinn* | [Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness](http://www.amazon.com/Full-Catastrophe-Living-Wisdom-Illness/dp/0385303122/ref%3Dcm_lmf_tit_12) |
| *Jon Kabat-Zinn* | *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* |
| *Mark Williams* | Mindfulness |
|  |  |

**Useful Websites:**

|  |  |
| --- | --- |
| [Mindfulness - Prof Mark Williams Lecture - YouTube](http://www.youtube.com/watch?v=wAy_3Ssyqqg) | Lecture by Prof Williams about mindfulness |
| [The Science of Mindfulness - YouTube](http://www.youtube.com/watch?v=8GVwnxkWmSM) | Prof Wiliams explores the science behind mindfulness |
| *www.youtube.com/watch?v=3nwwKbM\_vJc* | Jon Kabat Zinn leading session at Google-check youtube for others |
| *www.mindfulnesscds.com* | Mindfulness resources |
| http://www.mindfulnet.org | Mindfulness information website  |