

## **UoL Meditation Group - Resources**

### **Wellbeing Resources**

The University of London Library has a number of resources for mental health and links to other websites.

<https://www.london.ac.uk/about/services/senate-house-library/collections/senate-house-library-wellbeing-collection#bame-support-18261>

### **Websites**

#### **Futurelearn**

Mindfulness and Wellbeing Courses via Futurelearn a free MOOC.

<https://www.futurelearn.com/subjects/psychology-and-mental-health-courses/mindfulness-wellbeing>

#### **Coursera**

There are plenty of free resources on both mindfulness and wellbeing here:.

<https://www.coursera.org/>

#### **Be Mindful**

An online mindfulness-based cognitive therapy course approved by the National Health Service. The two presenters, Ed Halliwell and Tessa Watt, are both exceptionally well-qualified trainers.

<https://www.bemindfulonline.com/>

#### **The Mindfulness Network**

Provides a certification scheme for professional mindfulness teachers through courses and retreats. They are very professional and there is plenty of expertise here. Go to this website to get many free resources including audio files for guided practice including: "Body Scan" meditation and the "Three Minute Breathing Space".

<https://home.mindfulness-network.org/>

#### **Jon Kabat-Zinn**

Jon Kabat-Zinn's website has many resources, videos and an app. These can be used here.

<https://jonkabat-zinn.com/>

His book "Full Catastrophe Living" is an in-depth look at the 8 week Mindfulness-Based Stress Reduction programme.

## Books.

There are a vast number of books on mindfulness and meditation. In Waterstones in Bloomsbury there are nearly two bookshelves full. Thirty years ago you would be hard-pressed to find even one. Here are some that I have read and recommend:

- The Science of Meditation – Daniel Goleman and Richard J Davidson.
- How to Meditate – Pema Chodron.
- Into the Heart of Mindfulness – Ed Halliwell
- The Mindful Manifesto – Jonty Heaversedge and Ed Halliwell
- Mindfulness: A Practical Guide to Finding Peace in a Frantic World – Mark Williams and Danny Penman
- Mindfulness: Your step-by-step guide to a happier life – Tessa Watt
- Mindful London: How to Find Calm and Contentment in the Chaos of the City – Tessa Watt.
- Anxiety, Stress & Mindfulness: A Do-It-Yourself Guide to Wellness – Andrew Safer.

## Places to receive instruction and to practice.

London is full of places where you can go to receive instruction in meditation and mindfulness practices. Some charge a fee, especially for courses, while others offer it completely free. The following places have either been visited by me or have come highly recommended.

### **The London Shambhala Centre**

We are a friendly Buddhist meditation centre near Clapham Common welcoming people from all backgrounds and beliefs. Meditation is at the heart of our practice and we offer introductory courses and drop in sessions as well as longer programmes and retreats. Offers regular practice sessions on Wednesday evenings.

<https://shambhala.org.uk/>

### **The Buddhist Society**

Offers both online and in-person meditation instruction. Based in Victoria – about ten minutes walk from the Tube.

<https://www.thebuddhistsociety.org/>

### **The Triratna Buddhist Community**

This Western Buddhist group has centres throughout the country. Their main centre is in East London and offers a wide variety of courses and retreats.

<https://thebuddhistcentre.com/>

## **Wake up London**

A group for young people (so needless to say I don't have any personal experience of this group). However, they come from a good pedigree – the community of mindfulness practitioners following the inspiration of the Zen master, Thich Nhat Hanh.

<https://wakeuplondon.org/>

### **Plum Village Directory**

Here is a link to the international directory of Plum Village, the mindfulness community founded by Thich Nhat Hanh. There is a group that meets in Central London on Wednesday Evenings.

<https://plumvillage.org/community/international-sangha-directory>

## **University Groups**

### **University College.**

The Students' Union at UCL has a mindful society for those of you who attend there. The link is: <https://studentsunionucl.org/clubs-societies/mindful-society>

### **London School of Economics**

The LSE has lunchtime sessions organised through the faith centre.

<https://info.lse.ac.uk/current-students/Faith-Centre/Wellbeing>

## **Videos**

Bill Moyers documentary "Healing and the Mind" – Introduces the Mindfulness-Based Stress Reduction programme initiated by Jon Kabat-Zinn at the University of Massachusetts Medical Centre. <https://vimeo.com/39767361>

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Please let me know if any of the links fail or if you discover another useful resource that you think should be included.

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