

# Guided Meditations on YouTube

## Mindfulness of Breathing

- Mindfulness Meditation 3 Minute Breathing Space by Teik Yen Ko
- Sitting With Breath -- A Guided Meditation with Lori Granger, LMFT by Lori Granger, LMFT
- 10 Minute Awareness of Breath Mindfulness Meditation - New Mindful Life by newmindfullife
- 20 Min Sitting Meditation by Mark Williams – Topic
- Breathing Meditation | UCLA Mindful Awareness Research Center by UCLA Health
- Mindfulness Meditation Breathing anchor by Teik Yen Ko

## Loving Kindness/Self-compassion Meditations

- Loving Kindness Meditation by UNH Health & Wellness
- Tara Brach Leads a Guided Meditation: The RAIN of Self Compassion by Tara Brach
- Loving Kindness Meditation to Develop Mindfulness and Compassion by WiseMindBody

## Progressive Muscle Relaxation and Body Scan

- Mindfulness Meditation Body Scan by Teik Yen Ko
- How to do Progressive Muscle Relaxation by Therapist Aid
- Guided Meditation: 10 minute Guided Body Scan Meditation by The Meditation Coach

## Guided Imagery/Visualization

- "Leaves On A Stream", Mindfulness Exercise With Naomi Goodlet by Naomi Goodlet
- Mindfulness: Mountain Meditation (15 mins) by University of Derby
- Safe Place Visualization by FamilyGuiding1

## Acceptance of Difficult Thoughts and Feelings

- Meditation for Working with Difficulties | UCLA Mindful Awareness Research Center by UCLA Health
- Mindfulness Meditation Acceptance of Thoughts and Feelings by Levon Saldami
- Mindfulness Meditations with Mark Williams: Exploring the Difficult by Mark Williams – topic
- Handling Difficult Emotions like Panic and Anxiety – by ArtofMindfulLiving
- Mindfulness of Emotions and Physical Sensations – by Inner Melbourne Clinical Psychology

## Additional Resources for Guided Meditations

- <http://marc.ucla.edu/>
    - → Click on 'free guided meditations'
  - <http://franticworld.com/>
    - → Click on 'Resources'
    - → Click on any of the 'Free meditations' links
  - <https://www.tarabrach.com/>
  - <http://portlandpsychotherapyclinic.com/>
    - → Hover over 'Resources'
    - → Click on 'ACT Exercises and Audio Files'
    - → Click on 'Mindfulness and Acceptance'
  - <http://www.audiodharma.org/>
    - → Click on 'guided meditations' on left sidebar
- 

## Additional Information/Guided Meditations on Self-Compassion

- <http://self-compassion.org/>
  - → Click on Practices
  - → Click on guided meditations
- <http://www.mindfulselfcompassion.org/>
  - → Click on meditations
  - → Click on Downloads
  - Use 'play' button to play on the computer
- <http://www.actwithcompassion.com/>
  - → Click on therapist resources
  - → Click on 'audio recordings'

## Books about Mindfulness and Meditation

- “Mindfulness in plain English” - Henepola Gunaratana,
  - “Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life” - Jon Kabat-Zinn
  - “Living Beautifully With Uncertainty and Change” – Pema Chodron
  - “The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness” – Mark Williams
  - “Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain, & Illness” – Jon Kabat-Zinn
  - “Real Happiness: The Power of Meditation” - Sharon Salzberg
- 

## Mindfulness Apps to Use on a Smart Phone

- **Insight Timer** is one of the most popular meditation timers. You set the amount of time you want to sit, then set optional starting bells and ending bells, as well as interval bells at the duration you choose. Insight Timer also has guided meditations to use, as well as a social aspect—you can see who else is meditating at the same time as you, and keep notes about your meditation if you want.
  - **Headspace** uses winsome animations to teach you the basics of mindfulness and meditation. The sessions themselves are voiced by Bristolian co-founder Andy Puddicombe, who as a 20-something, ditched his university career in sports science to travel to Asia and become a Buddhist monk. Ten years later in 2010, Headspace was born. The free version will grant you “The basics” package: 10 days’ worth of guided meditations (you can tailor the length of each session) and a bunch of “minis”, including a calming one-minute breathing exercise. The tone is straightforward and unpatronising. You could stick with this, or pay the monthly subscription fee to unlock 550 hours of extra content.
  - **Mindfulness Training App** gives you a taste of teachings from key mindfulness instructors, including Jon Kabat-Zinn, the pioneer of Mindfulness-Based Stress Reduction (MBSR), Jack Kornfield, Tara Brach, and others. If you’re new to meditation, this app is a great opportunity to get a more intimate understanding of what it’s all about. Seasoned practitioners might be drawn to the extra talks available on the app concerning the science of mindfulness, varying definitions surrounding the practice, neuroplasticity, and happiness.
  - **10% Happier** fashions itself as a meditation app for “fidgety sceptics.” The app is the brainchild of Dan Harris, an ABC correspondent who describes himself as a “skeptical TV news anchor with the attention span of a three-month-old golden retriever”. This sets the tone of 10% Happier: instructive, straight-talking and irreverent. Harris teams up with leading thinkers in the field, including Buddhist teacher Joseph Goldstein. If you like what you see, you can pay the subscription fee for new videos and guided meditations every month. Sessions such as “Tooth brushing” and “In the shower” mean you can fit exercises into your daily routine.
-