

# MINDFULNESS AND EVALUATIONS

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# MINDFUL REVOLUTION: DEFINING MINDFULNESS IN AMERICA

- Jack Cornfield-Burmese and Thai Traditions
- Joseph Goldstein-Burmese and Thai Traditions
- Sharon Salzberg-Burmese and Thai Traditions
- Shambala, Naropa University, Chogyum Trungpa Rinpoche
- Tibetan Buddhism and the Dalai Lama
- Suzuki Roshi-Zen Traditions West Coast

# Secular Mindfulness-American Style Or: What to do with 30,000 thoughts per day

- John Kabot-Zinn
- Mindfulness Based Stress Reduction (MBSR) The Gold Standard
- Mindfulness meets **Consumer Culture**
- The marketing of Buddhist Mindfulness practices
- Mainstreaming of Buddhist principles of Minfulness
- Debates in Buddhist and Secular Realms

# Practices: Taming Monkey Mind

Tradition Meditation Techniques

Myths: What meditation is not.

It is Seeing Yourself without Distraction

- Sustaining Present Moment Awareness
- Beginners Mind
- Concentration
- Attention
- Taming the Mind

Walking Meditation

Mindful Eating

# Resources

- Local centers:
- <https://www.floridamindfulness.org/>
- <https://mindfulnessmeditationcenters.com/>
  
- National Centers
- MBSR-<https://www.umassmed.edu/cfm/>
- Insight Meditation Society-<https://www.dharma.org/>
- Spirit Rock-<https://www.spiritrock.org/>
- Zen-<https://www.upaya.org/>
- <https://shambhala.org/>