

MINDFULNESS AND EVALUATIONS

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MINDFUL REVOLUTION: DEFINING MINDFULNESS IN AMERICA

- Jack Kornfield-Burmese and Thai Traditions
- Joseph Goldstein-Burmese and Thai Traditions
- Sharon Salzberg-Burmese and Thai Traditions
- Shambhala, 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

- 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/>