

## Mindfulness Workshop References & Resources

Students can research many instructions, practices and gathas at:

- Deer Park Monastery, <http://www.deerparkmonastery.org/>
- Plum Village at <http://plumvillage.org>

All recommended books by Thich Nhat Hanh are available at Parallax Press  
<http://www.deerparkmonastery.org/publications/parallax-press-1.url>

- Stepping Into Freedom, An Introduction of Buddhist Monastic Training
- Happiness, Essential Mindfulness Practices
- Essential Writings
- Touching Peace, Practice the Art of Mindful Living

Other books and articles:

- Guided Meditation for Listening Deeply, by Sister Annabel, *Mindfulness Bell*, Autumn, 2005
- Mindfulness & Happiness, by Thich Nhat Hanh, *Shambhala Sun*, March 2010
- Happiness Is an Inside Job, by Sylvia Boorstein
- Voluntary Simplicity: Toward a Way of Life That is Outwardly Simple, Inwardly Rich, by Duane Elgin, 2010 Harper. Excerpted with permission at <http://www.ecoliteracy.org/essays/sophisticated-simplicity>

We also recommend many of the books by Pema Chodra.

We suggest that you subscribe to:

- The *Mindfulness Bell*, A publication of Plum Village, published by the Community of Mindful Living, Deer Park Monastery.  
<http://www.mindfulnessbell.org>
- Shambhala Sun magazine: <http://www.shambhalasun.com/>

All handouts for today's workshop can be downloaded in a digital format from  
our web site:

<http://orgonomictherapy.com/reichian-workshops.htm>