

## Links to some resources

### WALKING MEDITATION

Thich Nhat Hanh on walking meditation

<https://www.lionsroar.com/how-to-meditate-thich-nhat-hanh-on-walking-meditation/>

Plum Village (community of Thich Nhat Hanh) walking meditation instruction

<https://plumvillage.org/mindfulness-practice/walking-meditation/>

Jack Kornfield

<https://jackkornfield.com/walking-meditation-2/>

Gil Fronsdale - Insight Meditation

<https://www.insightmeditationcenter.org/books-articles/articles/instructions-for-walking-meditation/>

Tara Brach - Insight Meditation Center of Washington

<https://www.tarabrach.com/wp-content/uploads/pdf/Walking-Meditation-Instructions.pdf>

Handout about walking meditation and mindfulness: [http://www.mindfulnesshealth-](http://www.mindfulnesshealth-psychotherapy.com/userfiles/1475904/file/Walking%20Meditation%20booklet_%20with%20RAIN%20and%20M)

[psychotherapy.com/userfiles/1475904/file/Walking%20Meditation%20booklet\\_%20with%20RAIN%20and%20M](http://www.mindfulnesshealth-psychotherapy.com/userfiles/1475904/file/Walking%20Meditation%20booklet_%20with%20RAIN%20and%20M)  
[ini%20Walking%20and%20Cartoon.pdf](http://www.mindfulnesshealth-psychotherapy.com/userfiles/1475904/file/Walking%20Meditation%20booklet_%20with%20RAIN%20and%20M)

Explanation of 6 kinds of walking meditation

<https://liveanddare.com/walking-meditation/>

### MEDITATIONS ON LOVING KINDNESS AND COMPASSION

Lama John Makransky – Awakening Through Love

<http://foundationforactivecompassion.com/audios-videos-texts>

Self-Compassion - Kristin Neff and Christopher Germer

<http://self-compassion.org/the-three-elements-of-self-compassion-2/>

<https://chrisgermer.com/meditations/>

Loving kindness meditation based on the Buddhist practice of metta - a few I enjoy from many online:

Sharon Salzberg - short guided loving kindness meditation starting at 14:25 lasting for about 15 minutes.

<https://www.youtube.com/watch?v=EnSjQvTNiPA>

Emma Seppala audio guiding an adapted form of loving kindness meditation

<https://emmaseppala.com/meditations/>

Written instructions for loving kindness meditation

<https://jackkornfield.com/meditation-on-lovingkindness/>

<http://www.contemplativemind.org/practices/tree/loving-kindness>

Thich Nhat Hanh on Loving Kindness

<https://tricycle.org/magazine/cultivating-compassion/>

HeartMath Institute: <https://www.heartmath.org/resources/heartmath-tools/>

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