

iPod Playlist Menu - Meditations

<i>Track Name</i>	<i>Artist</i>	<i>Album</i>	<i>Length</i>
Advanced Meditations			
Pure Awareness Practice	Jon Kabat-Zinn	Mindfulness for Beginners	10:44
Allow Everything to Be As It Is	Adyashanti	Spontaneous Awakening	27:21
Listening Without Manipulation	Adyashanti	Spontaneous Awakening	34:38
Not My Will but The Heart's Will	Adyashanti	True Meditation	24:11
Meditative Self-inquiry	Adyashanti	True Meditation	29:10
Meditation on Interconnectedness	Bodhipaksa	Wisdom of the Breath	18:00
Meditation on Being Fully in the Moment	Bodhipaksa	Wisdom of the Breath	18:56
Meditation on Impermanence	Bodhipaksa	Wisdom of the Breath	21:53
Beginner Meditations			
Mindfulness of Thinking	Jon Kabat-Zinn	Mindfulness for Beginners	18:02
Resting in Awareness	Jon Kabat-Zinn	Mindfulness for Pain Relief	4:51
How to Begin Meditating	Jack Kornfield	Meditation for Beginners	3:38
Guided Meditation w/Breath Awareness	A. Weil & J. Kabat-Zinn	Meditation for Optimum Health	12:49
Guided Meditation w/Body Awareness	A. Weil & J. Kabat-Zinn	Meditation for Optimum Health	6:28
Guided Med w/Sound,Thought &Emotion	A. Weil & J. Kabat-Zinn	Meditation for Optimum Health	4:42
Guided Med w/o Objects of Attention	A. Weil & J. Kabat-Zinn	Meditation for Optimum Health	5:55
Meditation on Balance	Sharon Salzberg	Guided Meditations for Love & Wisdom	8:31
Guided Med: Arriving in Natural Presence	Tara Brach	Meditations for Emotional Healing	18:05
Body Awareness Meditations			
Body Meditation	Jack Kornfield	Meditation for Beginners	9:14
Body Scan Meditation	Bodhipaksa	Still the Mind	27:41
Knowing Yourself: Bodyscan	Sharon Salzberg	Unplug	13:49
Breathing Meditations			
Mindfulness of Breathing	Jon Kabat-Zinn	Mindfulness for Beginners	14:34
Breathing Meditation	Jack Kornfield	Meditation for Beginners	8:40
Mindfulness of the Breath	Jon Kabat-Zinn	Mindfulness for Pain Relief	13:14
Mindfulness of Breathing Practice	Bodhipaksa	Still the Mind	29:09
Breath Meditation	Sharon Salzberg	Guided Meditations for Love & Wisdom	9:49
Calming the Mind: Feeling the Breath	Sharon Salzberg	Unplug	8:26
Letting Go: Breath and Not Breath	Sharon Salzberg	Unplug	5:45
Calming the Mind: Counting the Breath	Sharon Salzberg	Unplug	10:12
Trusting Yourself: Flow Breathing	Sharon Salzberg	Unplug	11:04
Meditation on the Space Between the Breaths	Sally Kempton	Beginning Meditation	15:58
Compassion Meditations			
Meditation on Compassion	Jack Kornfield	Meditation for Beginners	6:57
Meditation on Compassion	Sharon Salzberg	Practice of Mindfulness	10:57
Meditation on Compassion	Sharon Salzberg	Guided Meditations for Love & Wisdom	10:12
Compassion Meditation	Sally Kempton	Beginning Meditation	21:57

<i>Track Name</i>	<i>Artist</i>	<i>Album</i>	<i>Length</i>
Death & Dying Meditations			
Meditation on Death	Jack Kornfield	Meditation for Beginners	6:33
Eating Meditations			
Drinking Tea Meditation	Sharon Salzberg	Guided Meditations for Love & Wisdom	2:28
Eating Meditation	Jon Kabat-Zinn	Mindfulness for Beginners	17:35
Practice: The Joy of Eating Slowly	Carl Honore	The Power of Slow	5:05
Forgiveness Meditations			
Meditation for Forgiveness	Jack Kornfield	Meditation for Beginners	9:18
Introduction & Meditation on Forgiveness	Stephen Levine	The Grief Process	25:16
Grief Meditations			
Intro & Meditation on Grief	Stephen Levine	The Grief Process	11:02
Meditation with the Griefpoint	Stephen Levine	The Grief Process	17:29
Loving-Kindness Meditations			
Loving-Kindness Meditations	Sharon Salzberg	Guided Meditations for Love & Wisdom	16:50
Reflection on Interconnectedness	Sharon Salzberg	Guided Meditations for Love & Wisdom	6:44
Meditation on Seeing the Good	Sharon Salzberg	Guided Meditations for Love & Wisdom	15:01
Being w/the World: The Practice of Loving Kind...	Sharon Salzberg	Unplug	15:36
Opening the Heart: Loving Kindness/Oneself	Sharon Salzberg	Unplug	14:28
Mindful Parenting Meditations			
The Grain of Sand Exercise	Carl Honore	The Power of Slow	3:47
Mindfulness Meditations			
Breathing Meditation	Jack Kornfield	Practice of Mindfulness	10:13
Meditation for Relaxation	Shinzen Young	Practice of Mindfulness	7:42
Mindfulness Meditation	Kelly McGonigal	Practice of Mindfulness	18:45
A Pause for Presence	Tara Brach	Practice of Mindfulness	11:56
Meditation on Compassion	Sharon Salzberg	Practice of Mindfulness	10:57
The Healing Lake Meditation	Jon Kabat-Zinn	Practice of Mindfulness	8:49
Thoughts and Feelings Meditation	Jack Kornfield	Meditation for Beginners	9:35
Meditation on Sorrow	Jack Kornfield	Meditation for Beginners	7:55
Observing the Thinking Process	Shinzen Young	Break Through Difficult Emotions	15:05
Releasing Thoughts and Feelings Meditation	Shinzen Young	Break Through Difficult Emotions	15:14
Guided Practice - Mindfulness	Rick Hanson	Stress-Proof Your Brain	14:05
Mental Noting	Sharon Salzberg	Guided Meditations for Love & Wisdom	7:46
Pain Relief Meditations			
Working with Thoughts and Emotions	Jon Kabat-Zinn	Mindfulness for Pain Relief	10:53
A Short Scan of the Body	Jon Kabat-Zinn	Mindfulness for Paint Relief	19:23
Facing Challenges: Working with Hindrances	Sharon Salzberg	Unplug	19:48

<i>Track Name</i>	<i>Artist</i>	<i>Album</i>	<i>Length</i>
Sensory Meditations			
Hearing Meditation	Sharon Salzberg	Guided Meditations for Love & Wisdom	6:12
Sensation Meditation	Sharon Salzberg	Guided Meditations for Love & Wisdom	7:43
Drinking Tea Meditation	Sharon Salzberg	Guided Meditations for Love & Wisdom	2:28
Meditation on a Sound	Sally Kempton	Beginning Meditation	13:19
Slowing Down Meditations			
Practice: Finding You Slowjo	Carl Honore	The Power of Slow	7:27
Practice: Reconnecting With Your Inner Tortoise	Carl Honore	The Power of Slow	6:11
Practice: Unplugging From the Grid	Carl Honore	The Power of Slow	5:33
Practice: Finding Your Speed Trigger	Carl Honore	The Power of Slow	3:57
Practice: Slow Email	Carl Honore	The Power of Slow	6:24
The Slow Bell Exercise	Carl Honore	The Power of Slow	4:34
The Slow Time Exercise	Carl Honore	The Power of Slow	3:27
Finding Your Calling	Carl Honore	The Power of Slow	10:57
Thoughts and Emotions Meditations			
Thoughts and Feelings Meditation	Jack Kornfield	Meditation for Beginners	9:35
Meditation on Sorrow	Jack Kornfield	Meditation for Beginners	7:55
Observing the Thinking Process	Shinzen Young	Break Through Difficult Emotions	15:05
Releasing Thoughts and Feelings Meditation	Shinzen Young	Break Through Difficult Emotions	15:14
Experiencing Equanimity	Rick Hanson	Stress-Proof Your Brain	15:47
Exploring Anger and Forgiveness	Rick Hanson	Stress-Proof Your Brain	17:07
Feeling Stronger and Safer	Rick Hanson	Stress-Proof Your Brain	14:52
Deepening Virtues and Aspirations	Rick Hanson	Stress-Proof Your Brain	15:37
Feeling Connected	Rick Hanson	Stress-Proof Your Brain	18:32
Gladness, Gratitude and Contentment	Rick Hanson	Stress-Proof Your Brain	12:55
Meditation on Emotions	Sharon Salzberg	Guided Meditations for Love & Wisdom	6:35
Letting Go of Thought	Sharon Salzberg	Guided Meditations for Love & Wisdom	6:31
The "Yes" Meditation	Tara Brach	Meditations for Emotional Healing	13:38
Guided Rain Meditation	Tara Brach	Meditations for Emotional Healing	13:32
Walking Meditations			
Walking Meditation	Sharon Salzberg	Guided Meditations for Love & Wisdom	6:38
Being Present: Walking Meditation	Sharon Salzberg	Unplug	17:51

mayu meditation cooperative

iPod Playlist Menu - Teachings

<i>Track Name</i>	<i>Artist</i>	<i>Album</i>	<i>Length</i>
Anxiety Teachings			
Melting Into Emptiness	Pema Chödrön	Getting Unstuck	6:36
Beginning Meditation Teachings			
The Paradox of Meditation Practice	Sally Kempton	Beginning Meditation	11:23
Finding a Core Practice	Sally Kempton	Beginning Meditation	6:46
Whatever Arises is Part of Your Practice	Sally Kempton	Beginning Meditation	9:40
Emotions & Senses Teachings			
Positive Insecurity-5	Pema Chödrön	Practicing Peace in Times of War	6:26
Positive Insecurity-7	Pema Chödrön	Practicing Peace in Times of War	6:58
Getting Out of Our Minds and Into Our Senses	Adyashanti	True Meditation	6:42
The Path of Homecoming	Tara Brach	Meditations for Emotional Healing	9:47
Lost in Trance	Tara Brach	Meditations for Emotional Healing	5:26
Space Suit Strategies	Tara Brach	Meditations for Emotional Healing	7:40
Forgiveness Teachings			
Cruelty to Ourselves	Stephen & Ondrea Levine	The Grief Process	9:17
Anger and Forgiveness	Rick Hanson	Stress-Proof Your Brain	6:08
Grief Teachings			
Holding Our Pain	Stephen & Ondrea Levine	The Grief Process	9:46
Wounding and Numbness	Stephen & Ondrea Levine	The Grief Process	8:15
Loving-Kindness Teachings			
Honesty and Loving-Kindness	Pema Chödrön	True Happiness	4:44
Maitri Practice	Pema Chödrön	True Happiness	16:12
Meditation and Mindfulness Teachings			
What is Mindfulness?	Jon Kabat-Zinn	Mindfulness for Beginners	7:09
Mind and Heart	Jon Kabat-Zinn	Mindfulness for Beginners	9:18
Non-judging, Patience, Beginner's Mind, Trust	Jon Kabat-Zinn	Mindfulness for Beginners	8:34
Non-striving, Acceptance, Letting Go	Jon Kabat-Zinn	Mindfulness for Beginners	8:58
What Happens When We Meditate?	Jack Kornfield	Meditation for Beginners	8:13
Working with Distraction	Jack Kornfield	Meditation for Beginners	13:29
Choice and Freedom	Bodhipaksa	Still the Mind	5:05
What is Mindfulness?	Bodhipaksa	Still the Mind	5:02
Common Questions About True Meditation	Adyashanti	True Meditation	7:06
Bringing True Meditation into Daily Life	Adyashanti	True Meditation	6:47
Applying the Benefits of Meditation to Daily Life	A. Weil & J. Kabat Zinn	Meditation for Optimum Health	7:52
Meditation as First Aid	A. Weil & J. Kabat Zinn	Meditation for Optimum Health	2:53
What is Meditation?	A. Weil & J. Kabat Zinn	Meditation for Optimum Health	9:57

<i>Track Name</i>	<i>Artist</i>	<i>Album</i>	<i>Length</i>
Meditation and Mindfulness Teachings, cont.			
Meditation as Medicine	A. Weil & J. Kabat Zinn	Meditation for Optimum Health	7:52
Restoring Wholeness through Mindfulness	A. Weil & J. Kabat Zinn	Meditation for Optimum Health	9:47
Meditation Can Be Overvalued or Undervalued	Adyashanti	Spontaneous Awakening	4:12
True Meditation/When We Cease Manipulating	Adyashanti	Spontaneous Awakening	14:00
Dr. Dan Siegel	Dr. Dan Siegel	The Science of Mindfulness	7:37
Stop Kicking the Wheel	Pema Chödrön	Getting Unstuck	5:21
Seeing Yourself Clearly	Pema Chödrön	Getting Unstuck	6:37
Mindful Parenting Teachings			
The Problem With Hyper-Parenting	Carl Honore	The Power of Slow	5:04
Helping Children Connect w/ their Inner Tortoise	Carl Honore	The Power of Slow	4:19
Peace and Equanimity Teachings			
Equanimity	Rick Hanson	Stress-Proof Your Brain	2:47
Presence/Present Moment Teachings			
Free of Future, Free of Past	Eckhart Tolle	Through the Open Door	8:04
Allowing This Moment to Be	Eckhart Tolle	Through the Open Door	8:47
To Know Yourself as Stillness	Eckhart Tolle	Through the Open Door	10:16
The End Of Seeking	Eckhart Tolle	Through the Open Door	8:20
One Deep Yes to Life	Eckhart Tolle	Through the Open Door	11:31
Renounce the Next Moment	Eckhart Tolle	Through the Open Door	11:04
Whatever Form This Moment Takes	Eckhart Tolle	Through the Open Door	12:45
Who is Aware?	Adyashanti	True Meditation	5:30
Our Natural Tendency is to Awaken	Adyashanti	True Meditation	9:36
How Self-Inquiry Catalyzes Awakening	Adyashanti	Spontaneous Awakening	8:46
The Most Important Thing is to Find Out What...	Adyashanti	Spontaneous Awakening	5:48
Realization is Remembrance Not Attainment	Adyashanti	Spontaneous Awakening	7:14
Turning Attention Upon Itself	Adyashanti	Spontaneous Awakening	8:08
Renouncing All Beliefs and Spiritual Ideas	Adyashanti	Spontaneous Awakening	8:05
The Basic Elements of Presence	Tara Brach	Meditations for Emotional Healing	4:25
Science of Mindfulness Teachings			
Jon Kabat-Zinn	Jon Kabat-Zinn	The Science of Mindfulness	8:28
Dr. Dan Siegel	Dr. Dan Siegel	The Science of Mindfulness	7:37
Dr. Rick Hanson	Dr. Rick Hanson	The Science of Mindfulness	9:26
Dr. Tara Brach	Dr. Tara Brach	The Science of Mindfulness	11:31
Dr. Kelly McGonigal	Dr. Kelly McGonigal	The Science of Mindfulness	12:55
Slowing Down Teachings			
The Cult of Speed	Carl Honore	The Power of Slow	9:02
The Velocity Audit	Carl Honore	The Power of Slow	8:01
The Speedometer Check	Carl Honore	The Power of Slow	4:14

mayu meditation cooperative

iPod Playlist Menu – Teachings

Stress and Suffering Teachings

Dr. Kelly McGonigal	Dr. Kelly McGonigal	The Science of Mindfulness	12:55
---------------------	---------------------	----------------------------	-------

Thoughts and Thinking Teachings

Seeing the Waterfall	Jack Kornfield	Meditation for Beginners	4:27
Hindrances as Ineffective Strategies for...	Bodhipaksa	Still the Mind Session	6:21
The Renunciation of Thought	Eckhart Tolle	Through the Open Door	7:30
From Thought to Awareness	Eckhart Tolle	Through the Open Door	6:41
Letting Go of Control and Manipulation	Adyashanti	True Meditation	9:44
The Ultimate Act of Faith	Adyashanti	True Meditation	8:58
Working with Your Thoughts	Sally Kempton	Beginning Meditation	9:38

iPod Playlist Menu – Albums

Album

Beauty
Dial M For Mantra
The Essential Snatam Kaur
Healing Chants of India
Into Silence
Kirtan: The Art & Practice of Ecstatic Chant
Om Guitar
Peaceful Music for Sleep
Sound Healing
Universal Love
White Noise Loop

Artist

Vargo
Jai Uttal
Snatam Kaur
Shri Anandi Ma & Shri
Dileepji Pathak
Deva Premal
Jai Uttal
Stevin McNamara
The Relaxation Company
Various
Nawang Khechog & Carlos Nakai

iPod Playlist Menu – Foot Baths

Title

45 Minute Guided Meditation for Foot Baths

Teacher

Sean McNamara

Length

44:40