

Meditation Resource

Mercer Free School – Medication Group, Last updated: May 24, 2013

Introductory Books

- Siegel, Ronald D. 2010. *The mindfulness solution: everyday practices for everyday problems.* (<http://www.mindfulness-solution.com/DownloadMeditations.html>)
- Kabat-Zinn, Jon. 1990. *Full catastrophe living: using the wisdom of your body and mind to face stress, pain, and illness.*
- Gunaratana, Henepola. 2002. *Mindfulness in plain English, Updated and Expanded ed.*

Opportunities in Mercer County, NJ (free or donation)

- Princeton Insight Meditation (<http://www.princetonmeditation.com> with links to [resources](#))
 - Monday sitting: 7-9pm, Fellowship In Prayer
 - All-day sitting: 1st Saturdays 10am-5pm
 - Open house: 4th Saturday, 1:30-3:30pm, Princeton Center for Yoga and Health
- Princeton Buddhist Meditation Group (<http://www.princetonbuddhist.org>)
 - Thursday sitting: 7:30-9:00pm, Fellowship in Prayer
 - Sunday sitting: 12:30-2:00pm, Fellowship in Prayer (Instruction on 2nd Sundays at 11:30am)
- Princeton Area Zen Group (<http://www.princetonzengroup.org/>)
 - Sunday, 7-9pm, 27 Witherspoon St, Princeton (Beginner's night on 1st Sunday, 6:30-7:00pm)
- Original Mind Zen Sangha (<http://www.originalmindzen.com>)
 - Sunday, 6:45 - 9:00pm, Fellowship in Prayer
- Unitarian Universalist Congregation of Princeton (<http://www.uuprinceton.org/>)
 - Buddhist meditation: Sunday, 11:30am, 50 Cherry Hill Road, Princeton
- Sahaja Meditation (<http://meditationnj.org/>, <http://www.meetup.com/Princeton-Sahaja-Meditation/>): occasionally at MCLS libraries
- Art of Living (<http://www.artofliving.org/us-en/princeton>): occasionally at MCLS libraries
- Giving, Growing and Living/Meet up: Meditation Group (<http://www.meetup.com/Giving-Growing-and-Living/>)
 - Sunday, 10:00-11:30am, Princeton Center for Yoga and Health
- Lawrence Branch of MCLS – Meditation Circle (<http://eventkeeper.com/code/events.cfm?curOrg=MCL>)
 - Friday, 2:30-3:30pm

Opportunities near Mercer County, NJ (free or donation)

- Buddhist Sangha of Bucks County (<http://www.buddhistsangha.com>)
 - Monday, 7-8pm (teachings: 8pm), Yardley Friends Meeting
- Insight Meditation Community of New Jersey (<http://www.imcnj.org>)
 - Half/one-day retreat on select Saturdays in Morristown, NJ

Web Sites

- Theravada Buddhist meditation
 - Vipassana Dhura Meditation Society (<http://vipassanadhura.com>)
 - Video clips by Noah Yuttadhammo (<http://www.youtube.com/watch?v=HLcIQEbLyUg&list=SP158A5C13E63D3695>)
- Tibetan Buddhist meditation (Rudy Harderwijk, http://viewonbuddhism.org/meditation_practice.html)
- Zen Buddhist meditation (Chon Tri/Alan Do, http://www.zenguide.com/zenmedia/books/chapters.cfm?t=zazen_meditation_guide)
- Yoga meditation
 - Swami Jnaneshvara (<http://www.swamij.com/index-yoga-meditation-meditation.htm>)
 - Sahaja Meditation (free on-line course: <http://www.onlinemeditation.org>)