

Guided Mindfulness Meditation

Practices with Jon Kabat-Zinn

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Series 2

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Series 2 is a set of four CDs of different lengths, designed for people who want a range of shorter guided meditations to help them develop and/or expand and deepen a personal meditation practice based on mindfulness. It gives you programs of varying lengths to use on different days, depending on how much time you can make for formal practice. They are a way for you to make maximum use of the time you do have to develop a strong and enduring daily practice.

Series 2 includes a range of mindfulness meditation practices on the different CDs. The first CD (#1) is devoted to three sitting meditations of varying length. The second CD (#2) has the three lying down meditations.

Series 2 also includes one CD (#3) with a guided "mountain" and a guided "lake" meditation. These images are used in the service of strengthening one's understanding of mindfulness practice. They speak to deep aspects of the psyche and support the cultivation of silence, stillness, resolve, and wakefulness.

The last CD (#4) is silence with bells at various times. These guided meditations were developed to accompany Dr. Kabat-Zinn's book, [Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#) (Hyperion, 1994, 2005). [Wherever You Go, There You Are](#) encapsulates both the spirit and the details of formal and informal mindfulness practices in an easy-to-read format that suggests some of the infinite ways we might bring mindfulness into our everyday lives.

CDs

After almost ten years in the form of audiotapes, these Series 2 guided meditations are now only available as CDs or digital downloads. The CDs are packaged in a protective folder that includes a page of instructions on "How to Use Your Mindfulness Meditation Practice CDs" and a note of explanation about the program from Dr. Kabat-Zinn.

CD 1

Sitting Meditations: 10 minutes / 20 minutes / 30 minutes

CD 2

Lying Down Meditations: 10 minutes / 20 minutes / 30 minutes

CD 3

Mountain Meditation: 20 minutes / Lake Meditation: 20 minutes

CD 4

Silence with Bells: at 5, 10, 20, and 30 minutes. *Helps in practicing on your own without guidance, yet keeping track of the time without looking at a clock.*

Silence, with bells at random times up to 30 minutes. *Helps in developing calmness and equanimity (non-reactivity), as the bells ring at irregular intervals, sometimes loudly.*

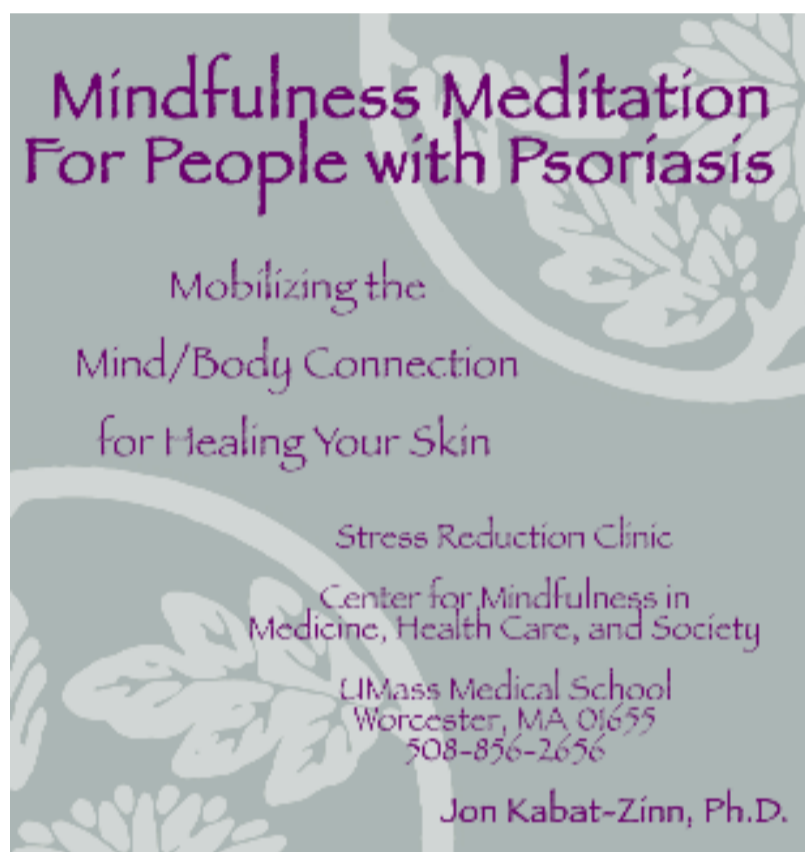
Series 2 CDs: 4 CD set, sold only as a complete set \$24.00

Audio Preview of Body Scan

If you are using an ipad or an iphone [click here to listen to a preview.](#)

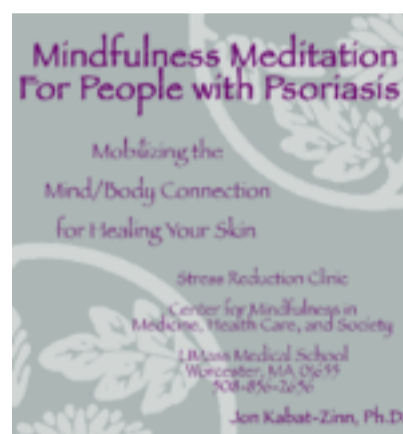


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Mindfulness Meditation for People with Psoriasis

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Mindfulness Meditation for People with Psoriasis

CD - \$15.00



Series 1

MP3 Download - \$20.00

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