

Local Resources for Cultivating Secular Mindfulness

Drop-in Meditation Sessions

The drop-in sessions listed below are all lead secular mindfulness meditations and are guided. They are open to anyone, beginners as well as experienced meditators. They are free, but may ask for donations to cover the rent. They are led by experienced meditators, many of them mindfulness teachers. Just walk in.

Tuesdays:

11-12. Open Meditation Saline. At Old St. Joe's building, 400 Russell St.; go in the main entrance and turn right into a large meeting room. Format is a 20-minute guided meditation session, followed by discussion & readings, may conclude with a short meditation.

12-12:30. Being in Tune, The Ark, Downtown, Ann Arbor.

12-1. Cancer Support Community, 2010 Hogback Rd.

Thursdays:

7:30-8:30 pm. Ann Arbor Open Meditation, the Lotus Center, 2711 Carpenter Rd. Two 20-minute meditations; the first is always guided, the 2nd may not be, depending on the leader and the group.

Fridays:

11-12. Ypsilanti Open Meditation, Ypsilanti downtown public library, 229 West Michigan Ave. Two 20-minute meditations; the first is always guided, the 2nd may not be, depending on the leader and the group.

Classes

See the website of the Ann Arbor Center for Mindfulness: aacfm.com.

Other resources

Buddhist groups: Several of these have free classes and/or drop-in mindfulness meditation sessions

Michigan Buddhist: <http://www.michiganbuddhist.com/ann-arbor/>

Insight Meditation Ann Arbor: <http://insightmeditationannarbor.org/meditation-classes.html>

Deep Springs: <http://www.deepspring.org/>

Ann Arbor Rec and Ed has Insight Meditation classes taught by Deep Springs teachers

Zen Temple: <http://www.zenbuddhisttemple.org/>

Jewel Heart: <http://www.jewelheart.org/>

See also **Quaker (Friends)** and **some Catholic churches** for centering or contemplative prayer.

Refuge Recovery open meetings:

Ann Arbor/Ypsilanti: Monday evenings 7:30, Friends of Little House, 802 North River Street, Ypsilanti

Detroit: Thursday evenings 6:45 pm at Still Point Zen Temple, 4345 Trumbull Ave (corner w Canfield),
Detroit. [Stillpointzenbuddhisttemple.org](http://stillpointzenbuddhisttemple.org)

Troy: Saturday mornings 10:00 am at Dharma Gate Zen Center, 330 East Maple Rd., in Maplewood
Court Industrial Park, Suite X, Troy. Dharmagatezen.org

Note: This is not an exhaustive list.

Favorite Mindfulness Teachers

You can find many of these teachers on the web (YouTube, etc.) and their books in the library

Mindfulness and Recovery

Thomas and Beverly Bien. *Mindful Recovery: A Spiritual Path to Healing from Addiction.*

Kevin Griffin. *One Breath at a Time: Buddhism and the Twelve Steps.*
Buddhism and the Twelve Steps: A Recovery Workshop for Individuals and Groups.
Recovering Joy: A Mindful Life After Addiction.
Ordinary Recovery: Mindfulness, Addiction, and the Path of Lifelong Sobriety.

Therese Jacobs Stewart. (2010). *Mindfulness and the 12 Steps: Living Recovery in the Present Moment.* Hazelden.

Noah Levine. (2014). *Refuge Recovery: A Buddhist Path to Recovering from Addiction.* Harper-Collins.

Note: Amazon.com list 321 books on mindfulness and recovery!

Mindfulness

Jon Kabat-Zinn. Many CDs and YouTube videos are available including one on pain.
Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness.
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life.
Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life. With a CD.

If coping with depression:

Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn. *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness.* with CD.

John Teasdale, Mark Williams, Zindel Segal, and Jon Kabat-Zinn. *The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress.*

If coping with pain:

Jackie Gardner-Nix. *Useful Mindfulness Strategies for Managing Chronic Pain.*

If you're interested in neuroscience of mindfulness:

Rick Hanson. *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom.*

Other important mindfulness teachers include:

Tara Brach
Jack Kornfield
Sharon Salzberg
Stephen Levine
Sylvia Bornstein
Thich Nhat Hanh
Pema Chodron
Joseph Goldstein