Meditation Resources (Provided by Dr. Judy Litterst, SCSU Emeritus)

Here is a good introduction to meditation and its value:

http://www.tm.org/resources/

During the past 50 years, the Transcendental Meditation technique has been widely implemented in all areas of society, including in education, business, and health programs. The websites listed here provide a more in-depth introduction to the TM technique in the areas of education, business, and medicine.

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Since many students are interested in meditation in the arena of education, you may find interest in these three sources:

http://www.mindingyourlife.net/articles/schooled.pdf

Schooled in the Moment: Introducing Mindfulness to High School Students and Teachers by Richard Brady
(Sidwell Friends School)

http://www.nytimes.com/2005/02/14/style/14iht-rmed.html

International Education: Meditation helps students
By Dana Micucci

http://www.edutopia.org/stw-student-stress-meditation-school-tips

How to Start a Meditation Program in Your School

Training, consistency, and trust are keys to successfully implementing a school meditation program.
By Mariko Nobori

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Since many students are interested in meditation in the arena of business, you may find interest in these three sources:

http://www.easyfriday.net/2011/02/meditation-techniques-executive-business-people/

Meditation Techniques for Executive Business People

http://insightmeditation.info/index.html

Introduction to Insight Meditation
http://www.billgeorge.org/page/mindful-leadership-compassion-contemplation-and-meditation-develop-effective-leaders

Mindful Leadership: Compassion, contemplation and meditation develop effective leaders

by Bill George (Harvard Business School Professor and former Medtronic CEO)

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Here are some general resources on meditation:

http://www.ehow.com/how_7773938_practice-listening-meditation.html

How to practice listening meditation

http://www.the-guided-meditation-site.com/guided-meditation-script-set-yourself-free.html

Guided Meditations—full scripts

http://www.meditationoasis.com/podcast/listen-to-podcast/ (Provided by Dr. Diana Reiling, SCSU)

Our podcast features guided meditations, instructions for meditation, and music for meditation. You can listen to it at iTunes or by clicking on the links below. Episodes are listed from the oldest to the most recent.