

Beginning Meditation Resources

Guided meditations and talks by Western Insight teachers: <http://www.dharmaseed.org/>

How to access the felt sense:

<https://app.box.com/s/vafz3m14e8m2hwuglqw2m53rd1bze54b>

10 Percent Happier App: <https://www.tenpercent.com/coronavirussanitymeds>

The daily sit via the Barre Center for Buddhist Studies (BCBS):

<https://www.buddhinqury.org/resources/daily-sit/>

Freely offered self study resources via BCBS:

<https://www.buddhinqury.org/resources/freely-offered-dharma/courses/>

<https://www.buddhinqury.org/resources/freely-offered-dharma/events/>

Guided meditation series adapted from practices of Tibetan Buddhism for people of all backgrounds, secular and religious: <https://sustainablecompassion.org/audio/>

A series of audio recordings here that teach Anapanasati and other forms folks can use to practice ongoing: <https://sacredmountainsangha.org/resources/dharma-talks/>

Introduction to Mindfulness Series:

<https://www.insightmeditationcenter.org/introduction-to-mindfulness-meditation/>

<https://www.insightmeditationcenter.org/mindful-postures/>

<https://www.insightmeditationcenter.org/postures-for-meditation/>

<https://www.insightmeditationcenter.org/walking-meditation-instruction/>

<https://www.insightmeditationcenter.org/meditation-instruction/>

A series of guided meditations grouped into various topics, by Sean Feit Oakes:

<https://www.seanfeitoakes.com/audio/guided-meditations/>

An intro reading list, by Sean Feit Oakes: <https://www.seanfeitoakes.com/practice-resources/>