

Online Resources
Mindfulness Meditation and Buddhist Teachings:
A Path to Insight, Peace, and Wisdom

- 1) Ronald D. Siegel, [*The Science of Mindfulness: A Research-Based Path to Well-Being*](#), The Teaching Company, 2014
- 2) [Dharma Seed](#)
- 3) [Audio Dharma](#)
- 4) Gil Fronsdal, a) [Meditation Instruction](#) and b) [Other Talks](#)
- 6) Ines Freedman, a) [Working with Pain and Guided Meditations](#) and b) [Other Talks](#)
- 8) Joseph Goldstein, a) [Instructions for Sitting and Walking Meditation](#) (link at bottom of screen) and b) [Other Talks](#)

UMass Resource

- [UMass Amherst Religious and Spiritual Life – Meditation](#)
This is a student-led, non-denominational meditation group on campus.