



Guided Mindfulness Meditation Series 2

Jon Kabat-Zinn Ph.D.

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Guided Mindfulness Meditation Series 2 was designed by Jon Kabat-Zinn as a core training tool to begin and deepen a daily meditation practice, and to bring mindfulness into every aspect of life. Intended to be used in conjunction with his book *Wherever You Go, There You Are*, these four CD-length programs are a valuable resource that meditators at all experience levels can adapt to their specific needs. They include:

- Guided sitting meditations—the basics of mindfulness meditation
- Mindfulness while lying down—guided sessions for learning how to "fall awake" rather than fall asleep, which, teaches Kabat-Zinn, is what mindfulness is all about
- The Mountain Meditation and Lake Meditation—evokes two powerful images to deepen concentration and expand one's feeling for the inward gesture involved in mindfulness practice
- Silence, with bells to mark the passage of time—5-, 10-, 15-, 20-, and 30-minute timed sessions

Mindfulness is moment-to-moment non-judgmental awareness, a way to connect with a deep sense of comfort, balance, insight, and freedom within our own lives, both physically and emotionally. It is a way to embody sanity, clarity, and harmony, even in challenging circumstances. And it's a way to heal ourselves and our relationships with others. But it does require cultivation. These guided meditations provide an essential set of tools to help support that process.

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