



Inner Resource Room Audio Files

Free for use, just ask for the IRR External Hard Drive to access files.

Bodhipaksa - Guided Meditations for Calmness, Awareness, and Love: Contains three guided meditations: The mindfulness of breathing (27:12), The Metta Bhavana (development of lovingkindness) (26:50), and Walking meditation (19:48).

Ideal for beginners to meditation, this CD will guide you through the most fundamental Buddhist meditation practices. This is a practical and yet inspiring guide to working with your mind in order to become calmer and happier. The Mindfulness of Breathing practice will help you to develop more calmness and peace of mind; the Metta Bhavana will help you to develop a more positive attitude to yourself and others; and walking meditation is a powerful method of bringing awareness into your daily life.

Geneen Roth

- **The Body Conscious: Living the Only Life You Have** - If you miss living in your body, you miss living your life. By paying attention to the one constant in our lives, the thing that's always been with us no matter what -- our bodies -- we learn to be at home within ourselves. This CD is designed to be used in the morning, when you first wake up, and at night, before you go to sleep as a way to remember and be present for the treasure that you call your life.
- **The Deepest Hunger of All:** In this live lecture, Geneen eloquently and compassionately addresses the underlying causes of emotional eating patterns -- and the process of turning what many of us consider to be our worst problem into our greatest opening. Since the way we eat is the way we live, what we do with food is an opportunity to wake up to the entire rest of our lives. How we deprive ourselves, how we give to ourselves, whether we allow ourselves to receive pleasure, joy, happiness. This CD presents the path of healing and radical transformation that emotional eating provides.
- **Everyday Eating:** Amazing things happen when we pay attention to what we are eating! When we actually taste the food that is in our mouths, our feelings about ourselves, food and life changes dramatically. In her workshops and retreats, Geneen spends time with participants while they are eating -- and these experiences turn out to be surprising, joyful and utterly profound. This CD provides the opportunity to have the hands-on workshop experience at home, before, during and after a meal. With Geneen's expert guidance, re-experience the full splendor of taste, texture, color and aroma of food in your everyday eating. Grammy-award-winning composer Kit Walker wrote the ambient score to accompany this CD.

Jon Kabat-Zinn - Mindfulness for Beginners: Explore five guided meditations that lead you breath by breath into the essence of Mindfulness-Based Stress Reduction (MBSR), a program offered in medical clinics and hospitals around the world. Cultivate the Seven Key Attitudinal Factors of MBSR—qualities of heart and mind that lay the foundation for mindfulness practice and for seeing and accepting things as they are as a first step to working wisely and compassionately with stress, pain, illness, and sorrow as well as life's joys and

pleasures—Zorba's "full catastrophe", and free yourself from limiting perspectives, and become more intimate with your own boundless awareness.

Mary & Richard Maddux - The Ease of Being: Guided Meditations for Centering and Healing:

These meditations encourage trust in the natural flow of life, leading to greater physical, mental and emotional ease. The instructions suggest that you "...simply allow the words and music to wash over you... It is not necessary to understand, or even hear, all the words". Instead of asking you to focus on specific instructions or images, these meditations gently guide the mind to relax completely. In this relaxed state, healing can happen naturally and effortlessly.

Michael Yapko - Calm Down! Series: Everyone gets anxious from time to time, of course. But, if you find yourself worrying too often, thinking too much about how things may go wrong, spinning around the same thoughts over and over, avoiding situations that cause you discomfort, or regularly feel you might not be able to cope with daily challenges without getting overwhelmed, then anxiety is likely to be a bigger part of your life than it needs to be.

Calm Down! will help you manage – and even prevent – episodes of anxiety in your life. In Calm Down!, Dr. Yapko brings his substantial clinical expertise to teaching you many of the key skills that are known to reduce and even prevent anxious thoughts, feelings and behaviors. These are skills for identifying and correcting the thoughts ("What if...?") and perceptions ("I could never handle it if...") that lead to anxiety.

Susie Mantell - Your Present: A Half Hour of Peace: Warm narration carries you effortlessly into soft relaxation, releasing the harmful effects of stress, gently restoring balance. Slow down, sit back, and for a little while just let go.

Tara Brach – Radical Acceptance Series: Rich compendium of stories and techniques designed to help people awaken from what she calls "the trance of unworthiness." The sense of self-hatred and fearful isolation that afflicts so many people in the West can be transformed with the steady application of a loving attention infused with the insights of the Buddhist tradition, according to Brach. Interweaving stories from her own life as a hardworking single mother with many wonderful anecdotes culled from her therapy practice and her work as a leader of meditation retreats, Brach offers myriad examples of how our pain can become a doorway to love and liberation.

Pema Chodron - Meditation for Difficult Times Series: Meditation takes us just as we are, with our confusion and our sanity. This complete acceptance of ourselves as we are is a simple, direct relationship with our being. We call this *maitri*, loving-kindness toward ourselves and others. There are four qualities of *maitri* that are cultivated when we meditate.