

INTERNET SITES - RETREAT CENTRES, DOWNLOADABLE TALKS, ETC.

VIPASSANA COMMUNITIES & RETREAT CENTERS

www.ssvipassana.org	Salt Spring Vipassana Community, B.C. (Heather's home sangha & to contact her)
www.cloudmountain.org	Cloud Mountain retreat center in southern Washington State
www.seattleinsight.org	Seattle Insight Society, Seattle, WA
www.spiritrock.org	Spirit Rock Meditation Center, Woodacre, CA
www.dharma.org	Insight Meditation Society, Barre, MA
www.bcims.org	Vancouver, Adrienne Ross & Joanane Broatch
www.westcoastdharma.org	Vancouver, visiting teachers for non-res. w/ends
www.victoriavipassana.org	Victoria Vipassana Community
www.truenorthinsight.org	Vipassana community, Ontario

DHARMA TALKS available to download from:

www.dharmaseed.org	Download hundreds of great Dharma Talks here
www.audiodharma.org	Insight Meditation Center, Redwood City, CA

STUDY

www.accesstoinsight.org	Readings in Theravada - Thanissaro Bikkhu, an American scholar-monk
www.dharmanet.org	Link STUDY: Theravada - <i>At very bottom you will find more links to lots of further sites.</i>

PUBLICATIONS - CALENDARS etc.

www.inquiringmind.com	semi-annual periodical, articles etc., <u><i>best calendar of retreats, sitting groups for Theravada Buddhism in North America (& some abroad).</i></u> All run by Dana - please support them.
www.nwdharma.org	North West Dharma News - a virtual journal

BOOKS - MINDFULNESS MEDITATION

Henepola Gunaratana	• Mindfulness in Plain English
Stephen Batchelor	• Buddhism Without Beliefs • Living with the Devil: Meditation on Good and Evil

- Jon Kabat-Zinn**
- Wherever You Go There You Are -
Mindfulness Meditation in Everyday Life
 - Full Catastrophe Living
- Sylvia Boorstein**
- It's Easier Than You Think
- Joseph Goldstein
& Jack Kornfield**
- Seeking the Heart of Wisdom
- Tara Brach**
- Radical Acceptance
- Sharon Salzberg**
- Lovingkindness: The Revolutionary Art of Happiness
 - A Heart as Wide as the World
- Jack Kornfield**
- A Path With Heart
- Stephen Levine**
- A Gradual Awakening
 - A Year to Live -
How to Live This Year As If It Were Your Last
- Eckhart Tolle**
- The Power of Now
 - A New Earth
- Pema Chodron**
- When Things Fall Apart
 - Comfortable with Uncertainty and many others.
- Thich Nhat Hanh**
- The Miracle of Mindfulness
 - Being Peace

I suggest you Google Amazon books, key word 'Mindfulness' for more ...

BUDDHISM (Emphasis on Theravada) for WESTERNERS

Joseph Goldstein	• One Dharma - The Emerging Western Buddhism
Wes Nisker	• Buddha Nature
Surya Das	• Awakening the Buddha Within
Amy Schmidt	• Knee Deep in Grace - Life & Teachings of Dipa Ma
Nyanaponika Thera	• The Heart of Buddhist Meditation
Dalai Lama	• The Art of Happiness
Tsoknyi Rinpoche	• Fearless Simplicity (Dzogchen)

For Heather's Teaching schedule, please go to:

www.ssvipassana.org This is my local sangha (Salt Spring Vipassana Community) Web site.

Check out our retreat schedule.

We practice and hold Residential Retreats at Stowel Lake Farm, see

www.stowellakefarm.org

I am available for telephone conversations with yogi's who have sat a retreat with me, occasionally or regularly.

This is arranged via email, through the web page above (see 'contact SSV'), and is offered on a Dana basis.

I wish you well, in every way possible.

Heather (Martin).