

This is one in a series of resource white papers available at live-dreams.com/resources wherein I have organized information and experience that has been relevant in my personal experience and professional practice that I hope will be relevant for you. Health and Harmony, Wil

Resources for Coping and Flourishing

Purpose

The resources identified in the document are potentially helpful with getting along during those times when your life and/or the lives of those around you seems to be overloaded with stress, trauma, chaos, etc., etc.

Note if you are a parent, don't miss the short section on parenting at the end of this paper.

Introduction

Perhaps the most important goals during tough times is to keep hope alive and avoid isolation. When we develop a sense of hopelessness and continually reinforce those beliefs while shunning any connection with friends, family, community, and teachers that could help us develop fresh perspectives on the past, present, and future conditions, the outcome is predictably painful. While the stress and complexity of life seems to be ever increasing, the resources available to cope and thrive are also growing by leaps and bounds. The fact that you are accessing my website and this resource paper is proof that you are on the right tract to grow and flourish.

What is offered herein is but the tip of the iceberg, or really many icebergs. These resources represent a cross-section of what I have come across during my decades of living and searching, first as a right-brained engineer, scientist and entrepreneur, then during the transition years in school to become a Massage Therapist and Holistic Health Practitioner, and now in my ongoing immersion in the wonderment of the diverse efforts of our species to gain insight and evolve in body, mind and soul.

I have found that **audio books** read by the author have brought these practices alive for me and heartily recommend that you try them too when available.

Mindfulness

Mindfulness is the core practice from Eastern traditions that has proven to be widely helpful with coping with all of life's challenges many and constant. The following are some of the key resources I have experienced.

UCSD Center for Mindfulness - Especially if you are in Southern California, UCSD has an extensive offering of Mindfulness Programs: health.ucsd.edu/specialties/mindfulness

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Jon Kabat-Zinn was a pioneer in bringing meditation out of the Buddhist Traditions into the western medical clinical setting beginning in the 1960's with his creation of the 8 week Mindful Based Stress Reduction (MBSR) program. His book *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Delta, 1991) is the center piece of his work (see Parenting section below also). Here is his inspiration from [Zorba the Greek](#) for the title. He has other titles as well as audio guided meditations. His [biography](#) is available at the University of Massachusetts Medical School website. This is an link to a Youtube talk he gave at [UCSD: Coming to Our Senses](#). His son, [Will Kabat-Zinn](#), is evolving his own career and path in this field as well.

Kabat-Zinn collaborated with British psychologists who applied MBSR to Depression in *Mindful Way Through Depression* which offers insightful lessons drawn from both Eastern meditative traditions and cognitive therapy about how to triumph over depression. It is based on the original Kabat-Zinn MBSR program applied to depression. *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* by Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn (2008). The audio version is read by Williams with a delightful British accent and includes guided meditations by Kabat-Zinn.

Pema Chödrön, born Deirdre Blomfield-Brown in 1936 is an American, Tibetan Buddhist. Her [biography](#) is available on her [Foundation Website](#), where you can find the many books, CDs, etc. that she has produced during her long and active journey. Perhaps her most know book is *When Things Fall Apart, Heart Advice for Difficult Times* (Shambala Classics 2000).

[Eckhart Tolle](#): *The Power of Now* and *The New Earth* are his two main titles, but he is every still so prolific. If you ever read *The Power of Now*, when you come to the passage about the park bench, know that there were times in my life when I eyed the park bench longingly.

[Jac O'keefe](#) is a magical lady, with an Irish accent that is a joy to listen to. I have had the magical experience of being in one of her Satsangs and being one-on-one with her on stage. Her perception and honesty are intense and powerful. Her short book, *Born to Be Free, the freedom you look for is where you look from*, is great to listen to as an audio book.

[Michael Singer](#) teaches how to live with acceptance in the *The Untethered Soul* and tells the story of his own amazing journey in the *The Surrender Experiment*.

Tony Parsons - Sample [Satsang](#)

[Jack Kornfield](#) is major player in this field, though I have not personally tuned into him.

Anthony (Tony) De Mellow (1931-1987) was an Indian Jesuit priest, psychotherapist, spiritual teacher, writer and public speaker. *The Way of Love* is one of his books. The DeMello Spiritual Center [website](#) is a great resource that preserves his work and supports the ongoing application of his teachings.

Joe Dispenza, D.C., ([website](#)) is one of the scientists featured in the 2004 film *What the BLEEP Do We Know!?* His work is based on the fields of neuroscience and quantum physics. He has written *Evolve Your Brain: The Science of Changing Your Mind* (Health Communications, Inc.,

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2007), *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* (Hay House, 2012), both of which detail the neuroscience of change and epigenetics. and latest book is *You Are the Placebo: Making Your Mind Matter* (2014). I say him speak here in San Diego soon after *Breaking the Habit...* was published. He is a charged motivation speaker.

Tara Brach [Keynote](#)

Melli O'Brien of MrsMindfulness.com has gathered over 40 of the world's leading experts on meditation and mindfulness for a series of online interviews, practice sessions and presentations that took place for free during October 2015. As of May 2016, a number of the sessions with 2 of the worlds most respected teachers are still available for free along with a number of resources to guide you on your journey into mindful living at themindfulnesssummit.com.

Gratitude Practice and Right Living

Learning to embrace a feeling of gratitude for what is as a way to displace the negative feeling of being dissatisfied can be a transformational practice. Angeles Arrien, a cultural anthropologist, wrote *Living in Gratitude, Mastering the Art of Giving Thanks Every Day* (2011). Her book, *The Four Fold Way, Walking the path of the Warrior, Teacher, Healer and Visionary* (1993) was part of my massage school education. The embedded shamanic universal foundation was wonderfully aligned with the men's work I have experienced through the *Mankind Project: King, Warrior, Magician, Lover; Rediscovering the archetypes of the mature masculine* (1990) by Robert Moore and Douglas Gillette.

Interrelated with Gratitude is the practice of Affirmations. Perhaps the most well know in this is Louise Hay and her book *You can Heal Yourself*.

In this category are the books by Don Miguel Ruiz, beginning with *The Four Agreements* (1997): *Be Impeccable with Your Words; Don't Take Anything Personally; Don't Make Assumptions; Always Do Your Best*.

Meditation

Meditation is an ancient practice which made its way into the Western Psyche during the second half of the 20th Century as scholars and youth struggled to make sense of the stressful impact of war, materialism and technology presented major challenges to leading a happy healthy life. Mindfulness is a broad offshoot of meditation. There are many approaches to meditation.

Paramahansa Yogananda was one of the early teachers from India to bring meditation from India to the west in the early 20th century, greeting the Self-realization Fellowship of SRF for short. We are lucky to have the retreat hermitage that was built for him on the coast in Encinitas, very near by. This is where he wrote *Autobiography of a Yogi*. They have a wonderful gift shop and a free meditation garden that is wonderful to visit even if you are new to the idea of meditation: <http://www.encinitastemple.org/visiting/>.

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Transcendental Meditation (TM) - Mantra Based, and in contrast to the Buddhist approach, it is taught for a substantial fee: www.tm.org

Primordial Sound Meditation - Taught by Chopra, it is Mantra based. I learned this technique during my time as a Healing Arts Master performed Ayurvedic Bodywork at the Chopra Wellness Center. My impression is that it evolved from TM, as Deepak worked for the founder of TM in his early years: <https://chopra.com/articles/what-is-primordial-sound-meditation>

Vipassana - In April of 2018 I attended my first 10 day retreat... silent, no eye contact, sitting for 11 hours a day at the [Dhamma Vaddhana Southern California Center](http://www.dhamma.org) in 29 Palms, California. This branch of Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was rediscovered by Gotama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills. This is the main website to begin exploring: www.dhamma.org

Parenting

Jon Kabat-Zinn and his wife Myla are co-authors of *Everyday Blessings: The Inner Work of Mindful Parenting* (Hyperion, 1997). The byline of this book is “Children present us with endless opportunities to practice mindfulness”.

Gary Chapman is the author of the Five Love Languages, which was originally focused on adult relationships but he has gone on to address children and teenagers as well as men and military: www.5lovelanguages.com. These teachings are essential to understand and be prepared to interact with children and they go through the demanding stages along the way to adulthood.

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Expanding (or Blowing) Your Mind

Stephen Davis' [website](#) is a great place to start if you would like a very enjoyable and stimulating introduction to quantum physics and its ramifications for spirituality. His ebook free on his website, *Butterflies are Free to Fly: A New and Radical Approach to Spiritual Evolution* examines how quantum physics and recent scientific experiments are radically changing our understanding of life, our reality, and our spirituality – and giving us a new model for the way our universe works and the practical steps to take toward true joy and excitement and peace of mind.

Bob Hoffman - *No One is to Blame* (1979) - Intense approach to release the past:
hoffmaninstitute.org

Practices

Emotional Freedom Technique - Tapping - EFT

Qi Gong

Simple, easy place to start and free, just scroll down to the bottom of the page. <https://www.nqa.org/five-treasures>

Taoism

Alan Watts

Mantak Chia: <http://www.universal- tao.com/>

Taoist Sexual Secrets by Lee Holden and Rachel Carlton Abrams. Note that Lee Holden is a Qi Gong teacher: <http://www.leeholden.com>

Sleep and Mind States such as Concentration and Meditation

Binaural Audio is a technology that presents carefully engineered sound through ear phones such that there is a specific imperceptible difference between what the left and right ear experiences, but when processed in the brain, the difference is perceived as being the difference in frequency between the sounds. Each sound track is engineered to present difference frequencies that related to the brain wave frequencies associated with the purpose or goal that is motivating the listener... low frequencies for sleep and meditation and higher frequencies for meditation, but all below the audible range which at best with perfect hearing starts at 20 hertz.

Hemisync - Robert Monroe, the Monroe Institute: www.monroeinstitute.org

Holosync - Bill Harris: <https://www.centerpointe.com>

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