Meditation Resources

Specific Practices

http://www.cimc.info/
Cambridge Insight Meditation Center. Vipassana (insight meditation) is taught at the center. There are beginner classes, various workshops and drop-in sittings. Most sittings are 45 minutes in length. Most widely researched type of meditation in the West.

http://www.dharma.org/
Insight Meditation Society in Barre, MA. Offers retreats for experienced meditators in Vipassana practice.

http://www.cambridgezen.com
The Cambridge Zen Center is a not-for-profit Zen Buddhist organization founded according to the teachings of the late Zen Master Seung Sahn and the tradition of the international Kwan Um School of Zen. The center provides Zen training, education and support through formal practice and everyday life.

http://bostonzen.org/
The Greater Boston Zen Center, located in Cambridge, offers an extensive schedule of Zen Buddhist meditation practice and periodic Zen meditation retreats. The Center also offers meditation classes. The Greater Boston Zen Center is an affiliate of Boundless Way Zen.

http://www.boundlesswayzen.org
Boundless Way Temple/Worcester Zen Center. The Temple offers daily meditation practice, retreats, workshops and opportunities to study with Zen teachers. An affiliate of Boundless, teaching includes basic Zen practices such as breath awareness, mindfulness practices, inquiry into the moment, shikantaza (just sitting) and koan practice in the Sanbo Kyodan tradition.

http://www.tm.org/
Transcendental meditation website

http://nccam.nih.gov/health/meditation
National Institute of Health Center on Complementary and Alternative Medicine; research on meditation practice and health outcomes
Centering Exercise

Sit in a comfortable position in a quiet location

Deep breath in, feeling your belly expand

Breathe out, let your belly relax

Repeat 5 x

Pause for a moment....notice a sense of calm and quiet...become aware of this sensation

Breathe again 3x

Pause for a moment, again becoming aware of sensation. This is your place of “center”

Continue breathing, just noticing the breath as it comes in and goes out

Practice for 5 minutes, gradually increasing to 20 minutes as you practice daily.