

## Resources for Bethany Course on Buddhist Meditation and Christian Contemplative Practice

### LOCAL PLACES TO CONTINUE MEDITATING

- [Cambridge Insight Meditation Center](https://cambridgeinsight.org/): beginners group on Tuesday evenings; Wednesday evening drop in group (<https://cambridgeinsight.org/>)
- [Community Meditation](http://www.downunderyoga.com/boston-meditation) at Down Under Yoga (<http://www.downunderyoga.com/boston-meditation>)
- Retreat Center: [Insight Meditation Society](https://www.dharma.org/) (<https://www.dharma.org/>)

### BOOKS

#### Buddhism and Christianity:

- Without Buddha I Could Not Be Christian by Paul F. Knitter
- *Christian Insight Meditation: Following in the Footsteps of John of the Cross* by Mary Jo Meadow, Kevin Culligan, Daniel Chowning
- *Living Buddha, Living Christ*, Thich Nhat Hanh

#### Buddhist Insight Meditation:

- *Seeking the Heart of Wisdom* by Joseph Goldstein and Jack Kornfield
- *Mindfulness in Plain English* by Bhante Gunaratana
- *Insight Meditation* by Joseph Goldstein
- See more suggestions of suggested reading on Insight Meditation [here](#).

### WEBSITES

- [The Empty Bell](http://www.emptybell.org/): a sanctuary for the study and practice of Christian meditation and prayer (<http://www.emptybell.org/>)
- [Resource for Ecumenical Spirituality: Christian Insight Meditation](http://www.resecum.org/): website of Mary Jo Meadow (<http://www.resecum.org/>)
- [Greater Good Science Center](http://greatergood.berkeley.edu/) (Berkeley)-fantastic site on science and research on happiness, mindfulness, and other aspects of well-being (<http://greatergood.berkeley.edu/>)
- [Mindful.org](http://Mindful.org)
- [Kindspring.org](http://Kindspring.org): great 21 day online mindfulness challenge

Thank you for your attention and practice!

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