

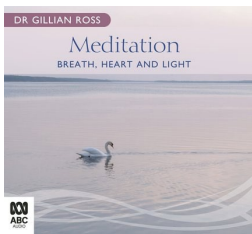


# SUBJECT GUIDE: MEDITATION

No matter your personal philosophy, meditation can be a natural state of peace that is with you and within you. It is not necessarily difficult to do, and should still your mind and create a sense of joy and relaxation in you.

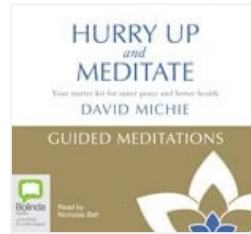
The information in this guide is general in nature and aims to provide you with information around meditation. If you have questions, please speak to your health professional.

## eAudiobooks on Borrowbox



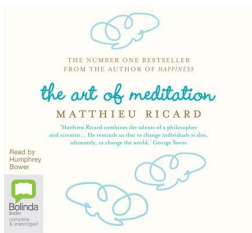
### **DR. GILLIAN ROSS - READ BY DR GILLIAN ROSS**

"Gillian's meditations are superb! They lead me into a deep stillness. I actually notice a smile on my face while listening and they ease me into a smoother and more light-hearted day." – (Rev.) Frances Curtis Barnhart



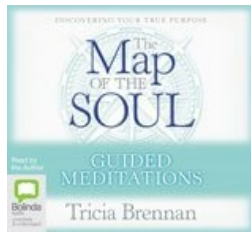
### **DAVID MICHIE - READ BY NICHOLAS BELL**

It has been scientifically proven to deliver highly effective stress relief, boost our immune systems and dramatically slow the ageing process.



### **MATTHIEU RICARD - HUMPHREY BOWER**

"Enlightening and impressively reasonable...A painless and jargon-free introduction to the psychology of Buddhism." The Sunday Times



### **TRICIA BRENNAN - READ BY TRICIA BRENNAN**

"*The Map of the Soul* speaks to those who long for greater meaning in their life, yet feel held back by a recurring set of issues or life themes." - Berkelouw Books



**CARMEN WARRINGTON AND DAVID JONES - READ  
BY DAVID JONES AND CARMEN WARRINGTON**

In this audiobook there is a physical relaxation exercise, and delightful creative meditations to relax your body and your mind.

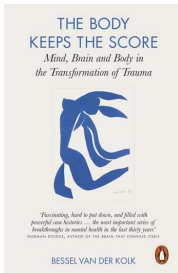
## eBooks on Borrowbox

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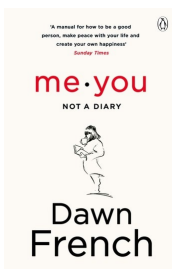
### RACHAEL KABLE - THE MINDFUL KIND

Discover effective and practical mindfulness and meditation strategies and learn to apply them in all life areas, including work, relationships and self-care.



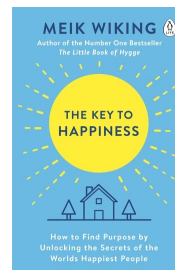
### BESSEL VAN DER KOLK - THE BODY KEEPS THE SCORE

Shed new light on the routes away from trauma - which lie in the regulation and syncing of body and mind, using sport, drama, yoga, mindfulness, meditation and other routes to equilibrium.



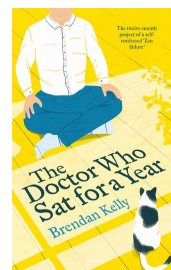
### DAWN FRENCH - ME YOU

*Me You* is a place for me and you to reflect on the patterns and changes of the year. It's your guide to reflecting on the year you've just had - or the one still to come.



### MEIK WIKING - THE KEY TO HAPPINESS

How to find purpose by unlocking the secrets of the world's happiest people.



### PROFESSOR BRENDAN KELLY - THE DOCTOR WHO SAT FOR A YEAR

The twelve-month project of a self-confessed 'Zen failure'.

## Magazines on Press Reader

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### GOOD HEALTH

For people with a healthy attitude to life! *Good Health* is informative, up-to-date, relevant to women's lives and entertaining.



## WELLBEING

A refreshingly intelligent reading experience, *WellBeing* offers inspiration for a way of life that is authentic and soulful.



## PREVENTION MAGAZINE AUSTRALIA

*Prevention Magazine Australia*, with inspiration and motivation, makes living a healthier lifestyle easier than you ever thought possible.

## Films on Kanopy

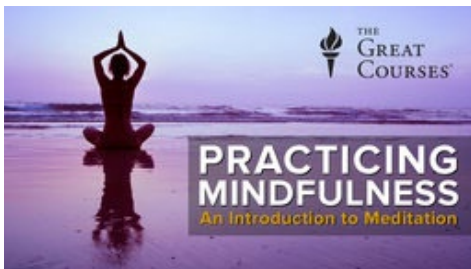
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### USING THE BODY TO SHAPE THE MIND

#### *The Great Courses*

Examine findings from recent studies showing that experienced meditators can quickly step out of the self-preoccupied thought stream, with significant positive results.



### THE GREAT COURSES

In recent decades, science has confirmed that meditation, when correctly practiced, offers lasting benefits for your physical, mental, and emotional wellbeing. 24 videos.



### PRACTICING MEDITATION - EPISODE 7 OF THE SCIENCE OF INTEGRATIVE MEDICINE

#### *The Great Courses*

These episodes will provide you with an insightful examination of meditation. In addition to reviewing the multitude of benefits that meditation can provide as a coping strategy.



### ESSENTIAL THEMES OF MINDFULNESS - EPISODE 2 OF MASTERS OF MINDFULNESS

#### *The Great Courses*

This session with Dr. Shapiro opens by engaging in a meditation exercise to gather intention and to centre yourself in the present moment.



### TUNE UP YOUR BRAIN - EPISODE 9 OF OUTSMART YOURSELF: BRAIN-BASED STRATEGIES TO A BETTER YOU WITH MEDITATION

We all have a conception of what meditation is - but what actually happens inside your brain?

### Web resources

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You may wish to try some of these apps for meditation. Please note that these are external resources and may have associated costs.

[Insight Timer](#)

[OAK](#)

[Ten Percent Happier – Meditation and Sleep](#)