

### **Sounds True: Resilience in Challenging Times**

[https://product.soundstrue.com/resilience-in-challenging-times/?utm\\_campaign=S200430-RICT-Pema%20%28XCK5uS%29&utm\\_medium=email&utm\\_source=Customer%20Service&\\_ke=eyJrbF9lbWFpbCI6ICJ0b21iYXNzYXJlYXJAZ21haWwY29tIiwgImtsX2NvbXBhbnlfaWQiOiAiSk1EZ2FxIn0%3D](https://product.soundstrue.com/resilience-in-challenging-times/?utm_campaign=S200430-RICT-Pema%20%28XCK5uS%29&utm_medium=email&utm_source=Customer%20Service&_ke=eyJrbF9lbWFpbCI6ICJ0b21iYXNzYXJlYXJAZ21haWwY29tIiwgImtsX2NvbXBhbnlfaWQiOiAiSk1EZ2FxIn0%3D)

### **Jack Kornfield**

<https://jackkornfield.com/pandemic-resources/>

Jack has many resources on his website.

Here are two free meditations

“A Steady Heart in the Time of Coronavirus,” and

“Compassion in the Time of Coronavirus.”

### **Kristin Neff and Chris Germer: self-compassion**

[https://product.soundstrue.com/power-of-self-compassion/free-video-series/?\\_ke=eyJrbF9lbWFpbCI6ICJuaGNvb2tpZUBnbWFpbC5jb20iLCAia2xfY29tcGFueV9pZCI6ICJKTURnYXEifQ%3D%3D](https://product.soundstrue.com/power-of-self-compassion/free-video-series/?_ke=eyJrbF9lbWFpbCI6ICJuaGNvb2tpZUBnbWFpbC5jb20iLCAia2xfY29tcGFueV9pZCI6ICJKTURnYXEifQ%3D%3D)

Go to the website to view free videos from their recent course on self-compassion.

### **Mediations by Bill and Susan Morgan**

**Daily from 10:30 - 11:15**

<https://www.buddhistinquiry.org/resources/daily-sit/>

Instructions are on the website.

### **Meditations on Headspace**

<https://www.headspace.com/covid-19>

To help support you through this time of crisis, we’re offering some meditations you can listen to anytime, including meditations, sleep, and movement exercises to help you out, however you’re feeling.

### **Meditations on Ten Percent Happier**

<https://www.tenpercent.com/coronavirussanityguide>

Free resources for the public.

If you are a healthcare worker and are not currently subscribed to Ten Percent Happier, we would like to support you by offering free access to the app which you can download on the website.

### **Tom Bassarear**

[tombassarear.com](http://tombassarear.com)

Tom has 8 guided meditations (from 7 to 31 minutes) and links to guided meditations from several other websites.