

From East Bay Meditation Center March 27, 2023

Some resources for people dealing with chronic pain

1. Books, free pdf downloads, YouTube videos by Shinzen Young. See <http://www.amazon.com/Break-Through-Pain-Step-Step/dp/B001CB6A0A> to get you started, and Google “Shinzen Young pain” to see other resources.
2. <https://www.healthjourneys.com/audio-library/pain-relief> Guided imagery. Go to healthjourneys.com and search for “Pain” resources
3. (now on Zoom) EBMC’s Sunday evening Every Body Every Mind Sangha: For people with disabilities, chronic pain, chronic illness, or limitations of any sort. 6 pm – 7:30 pm Pacific time. Participants may lie down and are encouraged to be as comfortable as possible. For more information and to receive the Zoom link: <https://ebem.eastbaymeditation.org/>
4. <http://www.darlenecohen.net/books.html> BOOK: Turning Suffering Inside Out: A Zen Approach to Living with Physical and Emotional Pain and other resources listed on this Webpage.
5. Tara Brach, The R.A.I.N. of Compassion, using mindfulness to care tenderly for ourselves. Go to <https://www.tarabrach.com/> and click on “Resources on RAIN” and do a search on Tara’s website for “chronic pain.”
6. [Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life](#) by Jon Kabat-Zinn