

“Mindfulness Practices: Healthy Approaches for Treating Bipolar Disorder and Sensory-Processing Sensitivity Performing Artists”

Kathline Colvin, Ph.D. – Healthy Artists-Pacifica Psychological Services

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Mindfulness Practices for Performing Artists

Recommended Books - Mindfulness Practices

Bays, Jan Chozen (2011). *How to Train a Wild Elephant and Other Adventures in Mindfulness*, Boston: Shambhala Publications

Brach, Tara (2013). *True Refuge: Finding Peace and Freedom in Your Own Awakened Heart*, New York: Bantam Books.

Czikszentmihalyi, M. (1998). *Finding Flow: The Psychology of Engagement with Everyday Life*, New York: Basic Books

Germer, C., Siegel, R., & Fulton, P. (Eds.). (2005). *Mindfulness and Psychotherapy*, New York: Guilford Press

Germer, Christopher K. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*, New York: Guilford Press

Gunaratana, Henepola (2011). *Mindfulness in Plain English*. Wisdom Publications

Hanh, Thich Nhat (1976). *The Miracle of Mindfulness*. Boston: Beacon Press

Kabat-Zinn, Jon (1990). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to face stress, pain, and illness*, New York: Dell

Kabat-Zinn, Jon (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. New York: Hyperion Press

Kabat-Zinn, Jon (2005). *Coming to our Senses: Healing Ourselves and the World through Mindfulness*. New York: Hyperion Press

Kabat-Zinn, Jon (2006). *Mindfulness for Beginners*. New York: Hyperion Press. Siegel, Daniel J. (2007). *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. W.W. Norton

Siegel, Daniel J. (2011). *Mindsight: The New Science of Personal Transformation*. New York: Bantam

Books Tolle, Eckhart. (1999). *The Power of Now*, Novato, CA: New World Library

Recommended Books for Performing Artists

Aron, Elaine N. (1998). *The Highly Sensitive Person: How to Thrive when the World Overwhelms You*, New York, NY: Broadway Books

Aron, Elaine N. (1999). *The Highly Sensitive Person's Workbook*, New York: Broadway Books

Cameron, Julia (1992). *The Artist's Way: A Spiritual Path to Higher Creativity. A Course in Discovering And Recovering Your Creative Self*, New York: G.P. Putnam & Sons

Cameron, Julia (2002). *Walking in This World: The Practical Art of Creativity. Further Steps Along The Artist's Way*. New York: Penguin Group

Chopra, Deepak (2004). *The Book of Secrets: Unlocking the Hidden Dimensions of Your Life*, New York, NY: Random House, Inc.

Cutler, David (2010). *The Savvy Musician: Building a Career, Earning a Living, and Making a Difference*, Pittsburgh, PA: Helius Books

Fleming, Renee, (2004). *The Inner Voice: The Making of a Singer*, New York: Penguin Books

Klickstein, Gerald (2009). *The Musician's Way: A Guide to Practice, Performance and Wellness*, New York: Oxford University Press

Maisel, Eric (2007). *Creativity for Life*, Novato, CA: New World Library

Maisel, Eric (2011). *Mastering Creative Anxiety: 24 Lessons for Writers, Painters, Musicians & Actors*, Novato, CA: New World Library

Nichols, Wallace (2014). *Blue Mind: The Surprising Science that Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*

Simonton, O. Carl (1992) *Getting Well Again*, The Best Selling Classic about the Simonton's Revolutionary Lifesaving Self-Awareness Techniques, New York: Bantam Books

Simonton, O. Carl (2002) *The Healing Journey*, New York: Authors Choice Press

Storr, Anthony (2005) *Solitude: A Return to the Self*, Paperback edition- New York: Free Press

Recommended Websites – Mindfulness Practices

<http://www.KathlineColvin.com> – Dr. Colvin's Blog offers Mindfulness Meditation lessons and thoughts for enhancing your meditation practice <http://www.TaraBrach.com> – Tara Brach is a leading western teacher of Buddhist meditation with an emphasis on vipassana (mindfulness or insight) meditation.

<http://www.chopra.com> - Deepak Chopra, M.D., and Chopra Center practitioners provide meaningful approaches to mind-body wellness via their website, with offerings on Meditation, Yoga & Wellness. <http://www.devapremalmiten.com> - Mantra Meditations are available by

<http://devapremalmiten.com>, Deva Premal & Miten – a lovely collection of Mantra meditations

<http://www.umassmed.edu/cfm> - Mindfulness-Based Stress Reduction (Jon Kabat-Zinn, PhD) webinars, programs and Resources at the Center for Mindfulness

<http://www.Shambhala.org> – is a resource for finding local programs to pursue a path of meditation

<http://www.marc.ucla.edu> - UCLA Mindful Awareness Research Center – classes, resources, free Guided Meditations and weekly podcasts on Mindfulness practices

<http://www.yogajournal.com> – the Yoga Journal offers yoga poses and sequences for your in-home practice along with step by step instruction, along with healthy lifestyle information

Recommended CD's - Mindfulness Meditation

Brach, Tara – Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart, <http://www.soundstrue.com>

Deva Premal & Mitten – Mantra Meditations: 21 Day Mantra Meditation Journey, Mantras for Life, Mantras for Precarious Times, A Deeper Light, Audio CD's or MP3, <http://www.devapremalmiten.com>

Goldstein, Elisha (2009). Mindful Solutions for Stress, Anxiety and Depression, Audio CD or MP3, <http://www.elishagoldstein.com>

Kabat-Zinn, J. Guided Mindfulness CD's, Series1 and 2, <http://www.mindfulnesscds.com>

Recommended Music for Meditation, Relaxation, Sleep and Yoga

Adagio Greatest Hits, A Collection of the best Adagios by famous composers

John August – Lifescapes: Music for Mind & Body Breathe: The Relaxing Piano, Various artists, amazon.com

Pure Stress Relief –Lifescapes Music (3 CD's: "Quiet piano", Relaxing Guitar" and "Pure Relaxation") Lifescapes: Relaxing Classical. Lifescapes Relaxation Collection

The Best of Classical- A Lifescapes Music Collection (3 CD's: "Morning", "Noon" and "Night")

The Best of Relaxation: A Lifescapes Music Collection (3 CD's: "Pure Relaxation", "Yoga", "Sleep") Lifescapes: Harmony. Lifescapes Relaxation Collection

Lifescapes - Meditations: Native American Flute The Zen Relaxation Collection - A Lifescapes Music Collection

Celtic Dream: Music for Sleep – A Lifescapes Music Collection

(The Lifescapes Music Collection is available at www.amazon.com and www.target.com)

Delta Sleep Solution by Dr. Jeffrey Thompson: Music for Sleep, Natural Music for Sleep, Dreamy Music for Sleep, Ambient Music for Sleep, Soothing Music for Sleep, Classical Music to Sleep, Sleepy Ocean & Rain (Delta Sleep System CD's available from www.soundstrue.com)

Mozart at Midnight – A Soothing Little Night Music, Various Artists, www.deccaclassics.com

Perchance to Dream – A Lullaby Album for Children & Adults; ...Such Stuff as Dreams – A Lullaby Album for Children & Adults, Carol Rosenberger, Piano, www.delosmusic.com

Recommended Apps for your SmartPhone – Mindfulness & Wellness Practices

The Mindfulness App – Guided and Silent Meditations

The Mindfulness Training App (more apps available from Sounds True), brings a selection of interactive audio, video and written instruction to support your meditation practice

YogaQuote – Daily inspirational quotes

Yoga Nidra – Deep Relaxation Practice – this app offers tools for inducing deep physical, mental and emotional relaxation

Sleep Genius with Revive Cycle Alarm – a scientifically designed sound program created to soothe your brain into longer and deeper sleep by training your brain into its natural sleep rhythms.

Sleep Stream 2 Pro – a sleep and relaxation tool with soothing sounds, guided meditations, brainwave programs and beautiful visualizations.

iSleep Easy-Meditations for Restful Sleep – offers a variety of guided meditations to help you fall asleep and sleep deeply; create playlists with choices for music and nature sounds

Day One – award winning journaling app that syncs to all your devices

Moving Art – a collection of inspirational videos from visionary filmmaker Louie Schwartzberg

Pandora Radio – create personalized stations that play the music you wish to hear

Spotify Music – stream any track, artist or album and play for free in shuffle mode Apps are available for iOS in the App Store <http://www.apple.com>, and Android Apps are available on Google Play <http://www.play.google.com/apps>