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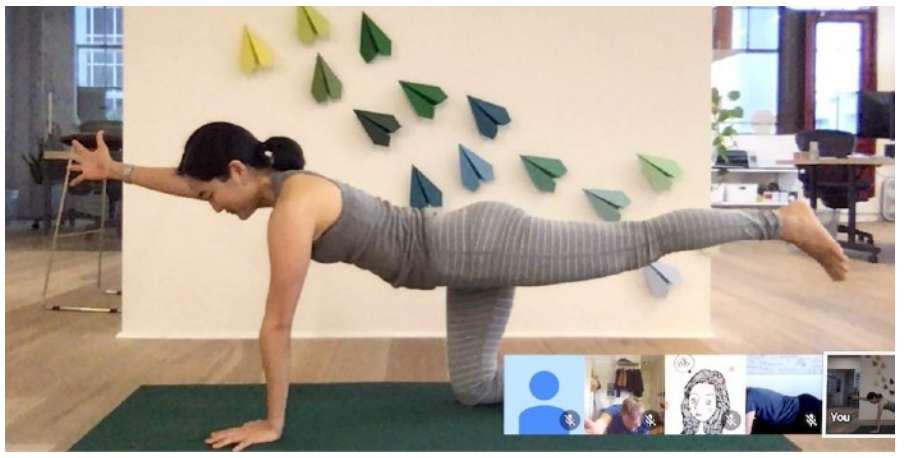
MINDFULNESS RESOURCES

PURIN'S FRIENDS WHO PRACTICE MINDFULNESS

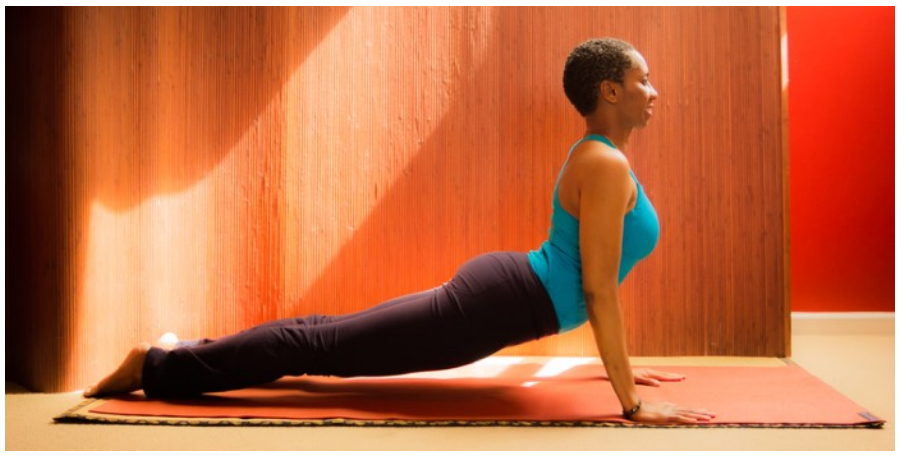
DAVID D. ROBERTSON
Mindfulness through Journaling and Writing Therapy:
Hope Is Foundation

IG: @d.r.hope / @hopeisfoundation / www.hopeis.org



MINJEONG KIM
Mindfulness through Yoga and Body Movements:
Good Morning Movements

IG: @formulapuff / www.formulapuff.com



SAEEDA HAFIZ
Mindfulness through Food and Yoga:
Yoga Teacher, Author, and Wellness Expert

IG: @saeedahafiz / www.saeedahafiz.com

KATIA VERRESEN
Mindfulness through Abundant Thinking:
Transformational Coaching for Inspired Leaders

IG: @katiastreasures / www.kvaleadership.com

ABBY STURGES
Mindfulness through Collaborative Thinking:
Designer Turned Facilitator and Coach

IG: @sturgesa / www.theradiantcollective.com

IMAN GIBSON
Mindfulness through Guided Meditation:
Re:Fresh on Spotify, Apple Music, Tidal + More

IG: @brocollette / www.brocollette.com

Also available at: http://bit.ly/present-perfect-resources

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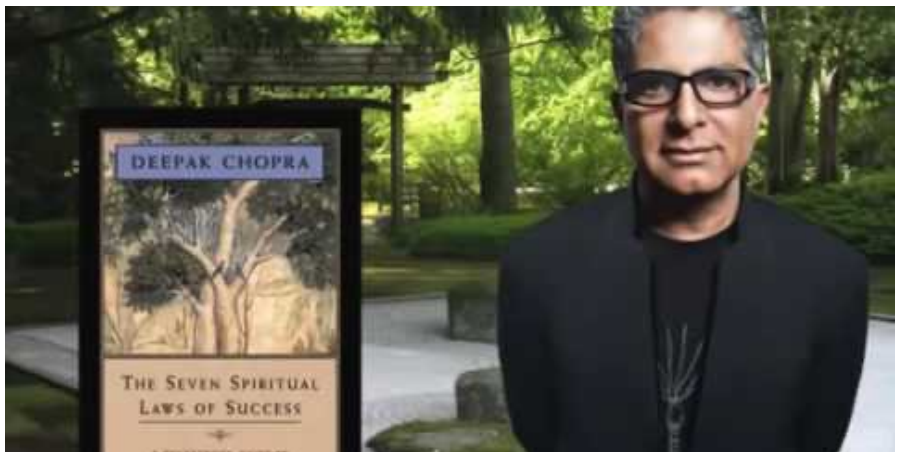
READINGS THAT CHANGED PURIN'S LIFE

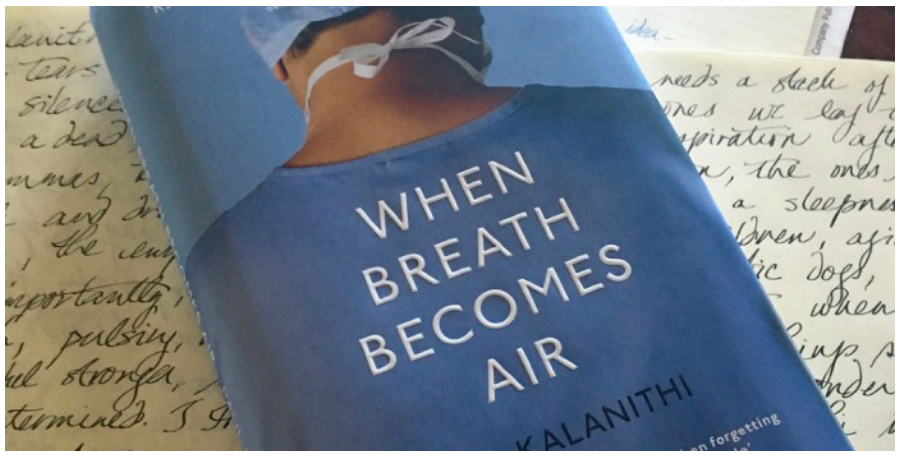


THE SEVEN SPIRITUAL LAWS OF SUCCESS
by Deepak Chopra

https://www.amazon.com/dp/1878424114/

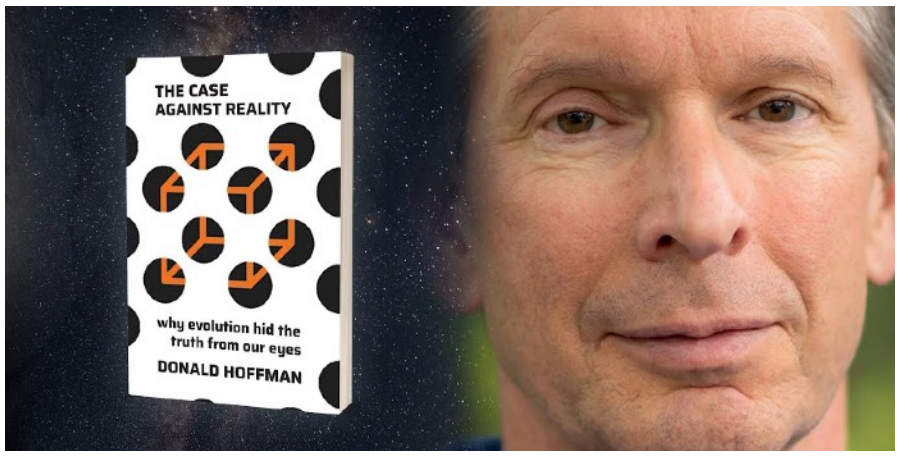
RELIGION FOR THE NON-RELIGIOUS
by Tim Urban

https://waitbutwhy.com/2014/10/religion-for-the-nonreligious.html



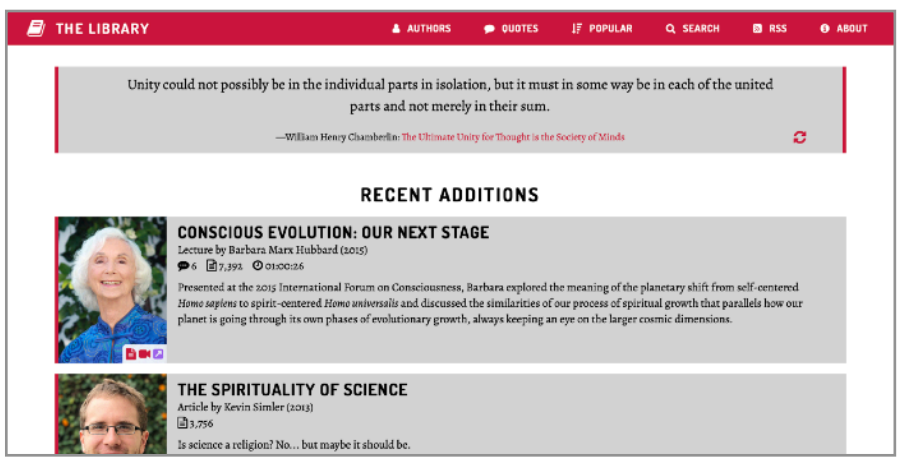
WHEN BREATH BECOMES AIR
by Paul Kalanithi

https://www.amazon.com/When-Breath-Becomes-Paul-Kalanithi/dp/081298840X



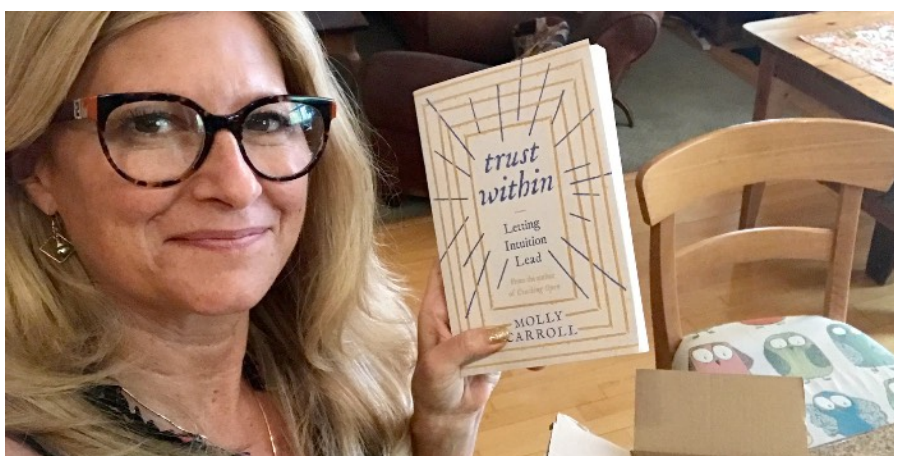
THE CASE AGAINST REALITY
by Donald Hoffman

https://www.amazon.com/Case-Against-Reality-Evolution-Truth/dp/0393254690



THE LIBRARY
235 Documents on Consciousness by 93 Authors

https://www.organism.earth/library



TRUST WITHIN: LETTING INTUITION LEAD
by Molly Carroll

https://www.amazon.com/Trust-Within-Letting-Intuition-Lead/dp/1503942074/

Also available at: http://bit.ly/present-perfect-resources

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PLACES WHERE PURIN FINDS HIS INNER PEACE

JAMES TURRELL'S SKYSPACE
at The de Young Museum, San Francisco

https://deyoung.famsf.org/about/site-specific-art-commissioned-de-young/james-turrell-three-gems-2005

HERO'S GROVE
at The Golden Gate Park, San Francisco

https://goldengatepark.com/heroes-grove.html

MOORE 9 CONDO
at Sea Ranch

https://www.searanchescape.com/?page_id=559

OLAFUR ELIASSON SEEING SPHERES
at The Chase Center, San Francisco

https://olafureliasson.net/archive/artwork/WEK110912/seeing-spheres

ANDY GOLDSWORTHY'S WOOD LINE
at The Presidio, San Francisco

https://www.presidio.gov/places/andy-goldsworthys-wood-line

MCWAY FALLS
at Julia Pfeiffer Burns State Park, Big Sur

https://www.parks.ca.gov/?page_id=578

Also available at: http://bit.ly/present-perfect-resources

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INSTITUTIONS & PLACES

DHARMA COLLEGE & MINDFUL CO-WORKING SPACE
in Downtown Berkeley

https://dharma-college.com

THE AWAKENED MIND
free meditation classes in San Francisco

https://www.sfawakenedmind.org/classes

ZEN CENTER
in Hayes Valley, San Francisco

https://www.sfzc.org

THE SCHOOL OF LIFE
online and all over the world

https://www.theschooloflife.com

ESALEN INSTITUTE
in Big Sur, CA

https://www.esalen.org

HARBIN HOT SPRINGS RETREAT CENTER
in Middletown, CA

https://harbin.org

Also available at: http://bit.ly/present-perfect-resources

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SPOTIFY AUDIO

SOUL OF HEALING AFFIRMATIONS
Deepak Chopra

https://open.spotify.com/album/76DNPhJm5d78YiD4U4KnN9?si=sgQJgffKQQ6ANrXRUPAvOw

MUSICAL MEDITATIONS ON THE SEVEN SPIRITUAL LAWS OF SUCCESS
Deepak Chopra

https://open.spotify.com/album/1EbGw26RZf5NzBugtDkW0m?si=pYqwG9n_TpSMujVjA39rQg

THE SECRETS OF HEALING: MEDITATIONS FOR TRANSFORMATION AND HIGHER CONSCIOUSNESS
Deepak Chopra

https://open.spotify.com/album/34bnhOzRjvtVqaCHuXiyUx?si=eikZSe2FSC-h04Xda-zHfQ

THE SECRETS OF LOVE: MEDITATIONS FOR ATTRACTING AND BEING IN LOVE
Deepak Chopra

https://open.spotify.com/album/6KqNvfN1rzxf2gSj72bgM5?si=_L7ov_GRTnal8lfcCwmpJQ

FLOW STATE
Above & Beyond

https://open.spotify.com/track/5240gfyMepnjFbID3Ak8C3?si=nCgAvyeSRnuWvtxpFdfm2A

GUIDED EXPLORATIONS
RZA

https://open.spotify.com/album/2XZkvTFqEDLC7CEM69gR47?si=PgZDMr7MQImM-cYeCGie9A

PODCASTS

DAILY BREATH
Deepak Chopra

https://open.spotify.com/show/1qEVTzZKFP5MtunTtygg2j?si=J1WzWJBRRbKI21q-BKpq9Q

INFINITE POTENTIAL
Deepak Chopra

https://open.spotify.com/show/6vmzEzFNe4z4FEbVs31cDj?si=qFteppijRriYKMgOzr8WOQ

MUDDY LAKE
A collection of lectures explaining the Dhamma from the perspective of Theravada Buddhism in Forest Tradition

https://open.spotify.com/show/0wZG7NXZdtsLUfh9k1Ru67?si=b8Q3Wt54TTOSIWDtDOjyLA

ON BEING
Krista Tippett

https://open.spotify.com/show/08F60fHBihIcqWZTr7Thzc?si=fHtrC-A_RI-5jkq316d7Gg

HAY HOUSE MEDITATION
Guided meditations designed to help you relax and rejuvenate

https://open.spotify.com/show/4LKLfwDg6bLZyTpOoLgs1D?si=QgheTiVITOmfe6g8XT1VuQ

Also available at: http://bit.ly/present-perfect-resources