

RESOURCES

DEVOTIONAL PRACTICES

ALTARS

How to Create a Dharma Culture at Home: Middle Way Education:

<https://middlewayeducation.org/resources/how-to-create-a-dharma-culture-at-home/>

Home Altars - Brooklyn Zen Center: <https://brooklynzen.org/home-altars/>

Bringing Zen Home: The Healing Heart of Japanese Women's Rituals by Paula Arai

GATHAS PRACTICES

Chanting from the Heart: Buddhist Ceremonies and Daily Practices by Thich Nhat Hanh

<https://www.mindfulnessbell.org/archive/2015/03/the-wonderful-world-of-gathas>

CULTIVATING GOOD FAMILY RELATIONS

COUNCIL PRACTICE

The Way of Council by Jack Zimmerman and Virginia Coyle

Calling the Circle: The First and Future Culture by Christina Baldwin

GRATITUDE PRACTICE

Naikan: Gratitude, Grace, and the Japanese Art of Self-Reflection by Gregg Krech

<https://sunshine-parenting.com/a-grateful-family-is-a-happy-family-5-practices/>

<https://tinybuddha.com/blog/12-powerful-gratitude-practices-that-bring-joy/>



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RESOURCES

LOVING-KINDNESS PRACTICE

<https://www.spreadkindness.org>

Seeding the Heart - http://www.buddhanet.net/metta_k2.htm

General - <https://kindness.org/about>

MEDITATION PRACTICE

GUIDED MEDITATION

Meditation for all Kids by Susan Kramer

GENERAL BOOKS

Loving Kindness by Sharon Salzberg

Peaceful Living by Mary MacKenzie (Puddledancer Bookstore)

Karma Kids by Greg Holden

Zen Momma: Walking the Crooked Path of Motherhood by Karen Maezen Miller

Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh

Happiness by Thich Nhat Hanh

The Intentional Family by William J. Doherty, Phd.

HELPFUL WEBSITES & APPS

Non-Violent Communication Bookstore:

https://puddledancer.bookstore.ipgbook.com/?ref=117&products_id=44&affiliate_banner_id=1

United Universalist Bookstore: (Family and Youth Selection) - <https://www.uuabookstore.org>

Yoga and Mindfulness - <https://cosmickids.com>

Helpful App - Headspace



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