

Meditation Systems Table (*table is representative and not exhaustive*)

	Centering Prayer/ Contemplation	Kabbalah/ Qabalah	Mindfulness Meditation	Ridhwan School Diamond Approach	Self-Realization Fellowship	Transcendental Meditation	Tibetan Buddhism	Zen Buddhism/ Ch'an
Traditional Background	Catholic/ Christian (Inclusive)	Jewish Mystical (Inclusive)	Vipassana/ Insight; MBSR Medical (Inclusive)	Sufi Islam/ Mystical/ Psychology (Inclusive)	Hindu Kriya Yoga (Inclusive)	Vedic Hindu (Inclusive)	Various Tibetan Lineages (Inclusive)	Numerous Chinese & Japanese Lineages (Inclusive)
Founder/ Main Figure/ Teachers	Thomas Merton; Thomas Keating; Cynthia Bourgeault; M. Basil Pennington	Yehuda Ashlag; David Cooper; Michael Laitman	Bhante Gunaratana; Sharon Salzberg; Jon Kabat-Zinn; Jack Kornfield; Thich Nhat Hanh	A. H. Almaas (Hameed Ali)	Paramahansa Yogananda; Sri Daya Mata	Maharishi Mahesh Yogi	HH 14 th Dalai Lama; Panchen Lama; Pema Chodron; Lama Zopa; Chogyam Trungpa; Tulku Thondup	Bodhidharma; Eisai; Dogan; Huang Po; Charlotte Joko Beck; Claude A. Thomas
Technique	Sacred Word repetition; prayer; lectio divina	Kabbalah	Breath/ Body awareness	Inquiry meditation	Hong-Sau; Aum; Kriya Yoga	Personalized Mantra repetition	Mantra; visualization; chanting; Tonglen	Zazen
Body/ Activity Focus	Contemplative walking	Self-directed	Mindful walking; Hatha Yoga; Body Scan	Breathing exercises	Energization exercises	Self-directed	Rlung-sgom walking; mudras	Zen martial arts; Zen arts (ceramics, archery, calligraphy)
Readings/ Books	* <u>New Seeds of Contemplation</u> (by Merton); * <u>Open Mind Open Heart</u> (by Keating)	* <u>A Beginner's Guide to Kabbalah</u> (CD); * <u>A Heart of Stillness</u> (by Cooper)	* <u>Mindfulness in Plain English</u> (by Gunaratana) * <u>Full Catastrophe Living</u> (by JKZ); * <u>A Path with Heart</u> (by Kornfield)	* <u>Essence</u> ; * <u>The Elixir of Enlightenment</u> ; * <u>The Diamond Heart Series I-IV</u> ; * <u>Inner Journey Home</u> (by Almaas)	* <u>Autobiography of a Yogi</u> ; * <u>Metaphysical Meditations</u> (by Yogananda)	* <u>Science of Being & Art of Living- Transcendental Meditation</u> (by Maharishi)	* <u>The World of Tibetan Buddhism</u> ; * <u>Path to Bliss</u> (by Gyatso) * <u>Start Where You Are</u> (by Chodron)	* <u>Zen Mind Beginner's Mind</u> (by Suzuki); * <u>The Three Pillars of Zen</u> (by Kapleau) * <u>Everyday Zen</u> (by Beck)
Coursework	Multiple retreats; Contemplative Outreach	Tree of Life; Ten Sefirot; Devekut; Teacher directed	Mindfulness-based stress reduction / cognitive therapy (MBSR, MBCT); etc	Diamond approach lessons; retreats	Correspondence lessons; retreats; guru relationship; interviews	7 step course work; interviews; personal mantra; retreats	Teacher-student relationship directed	Teacher-student relationship directed
Main Sites/ Headquarters	Gethsemani KY; Snowmass CO; Multiple/ Regional	Multiple	Insight Meditation Society MA; UMass for MBSR; Spirit Rock CA; Plum Village France; Multiple	Berkeley CA; Boulder CO; Multiple	Los Angeles CA; Multiple (See also Yogoda Satsanga Society of India, sister organization to SRF)	Fairfield, IA; Multiple; (Transcendental Meditation Independent UK)	Lhasa, Tibet; Dharamsala, India; Multiple	Shaolin Temple China (birthplace); Multiple Centers
Websites/ Contact Info	www.centeringprayer.com (Also see Christian Meditation, www.wccm.org)	www.kabbalah.info ; www.kabbalah.com ; 1-800-kabbalah	www.dharma.org ; www.umassmed.edu/cfm/mbsr ; www.eomega.org ; www.spiritrock.org ; www.plumvillage.org	www.ahalmaas.com ; www.ridhwan.org	www.srf-yogananda.org	www.tm.org ; www.maharishipeacepalace.org ; 1-888-learnTM; (www.tm-meditation.co.uk , independent, less \$)	www.tibet.com ; www.deerparkcenter.org ; www.dawnmountain.org ; www.drikungtmc.org	www.dharmanet.org ; www.tricycle.com
Comments	Contemplation dates back to St. Anthony and the "Desert Fathers," revived after Vatican II; in the tradition of Christian saints.	Ancient oral tradition of wisdom and mystery; tells of Light of Creation; Jewish renewal movement	Popularized in 1980's from 8 week course in medical/ research setting; many vipassana/ insight sanghas or groups	Founded in 1970's; called the "Work", draws from psychology; integrated spiritual approach to Self-liberation	Founded in 1920; popularized yoga-meditation in U.S.; teach direct path to Self-realization through ancient Kriya Yoga	Popularized in 1960's, expanded meditation in U.S. Large corpus of health research at Maharishi Vedic University	Model of non-violence loving compassion of enemies; ongoing dialogue with neuroscience researchers	Chinese/Japanese tradition arrived in U.S. after WWII; most Zen meditation research in Japanese

Other popular meditation styles, teachers, and spiritual philosophies include the following:

- Ram Dass, formerly a Harvard psychologist and researcher, learned Hindu meditation and chanting from his guru Maharaji. Books: Be Here Now and Still Here. Website: www.ramdasstapes.org
- Eckhart Tolle, formerly an Oxford research scholar, experienced a spiritual transformation and teaches contemporary spirituality. Book: The Power of Now. Website: www.eckharttolle.com
- Tom Brown Jr. was mentored by "Grandfather," an Apache Medicine Man and Scout. Book: The Vision. School: Nature and Wilderness Survival Schools. Website: www.trackersschool.com
- Ken Wilber, unified field theory of consciousness. Book: A Brief History of Everything. School: Integral Institute. Websites: www.kenwilber.com, www.integralinstitute.org, <http://wilber.shambhala.com>
- John Main, a Catholic monk, founder of **Christian Meditation** in-breath mental mantra "MA-RA" and out-breath "NA-THA" Sanskrit for "Come Lord Jesus." Book: Word into Silence. Website www.wccm.org