

Meditation Class 1 Homework
Sunday, May 12, 2013

1. Homework

- a. *Get the sleep you really need!*
- b. *Create a meditation space & time to include components that foster regularity: space, chair or cushion, timer*
- c. *Meditate for 10 minutes in the morning & evening*
- d. *Read the List of Ways to Practice Mindfulness & practice one daily*
- e. *Consider journaling*
- f. *Suggested reading*
 - i. *Factors of Concentration by Rick Hanson*
<http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/05/Factors-of-Concentration%E2%80%A8©-Rick-Hanson.pdf>
 - ii. *What is Meant by Mindfulness & Presence*
<http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/05/What-is-Meant-by-Mindfulness-Presence.pdf>
 - iii. *A List of Ways to Practice Mindfulness*
<http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/05/A-list-of-ways-to-practice-mindfulness.pdf>
 - iv. *“Why Meditate” – On the eve of the release of his new book, the French monk Matthieu Ricard spoke with Tricycle about science, meditation, and his title as “the happiest man in the world.”* <http://www.tricycle.com/meditation-buddhist-practices/calm-abiding-shamatha/why-meditate>
 - v. *“Bernie Glassman I: Not Knowing, Bearing Witness, Loving Action” – Centre of Gravity transcript of a talk given at Hart House Theatre in Toronto, Sept. 9, 2011* 340 attending
<http://www.centreofgravity.org/notes/2011/5/16/bernie-glassman-1-not-knowing-bearing-witness-loving-action.html>
 - vi. *Where Ever You Go, There You Are, Jon Kabat-Zinn (guidance on meditation for it’s own sake)*

vii. *Why Meditate: Working with Thoughts and Emotions, Matthieu Ricard (The author walks readers through the theories and practicalities of meditation, demonstrating its many benefits in our modern world. He shows readers how to achieve emotional balance, enhance mindfulness, expand altruistic love, and develop a sense of inner calm; while also reducing anxiety, vulnerability to pain, and tendency toward depression and anger.)*