

Meditation Class 2 Homework
Sunday, May 19, 2013

1. Homework

- a. *Meditate for 15 minutes in the morning & evening*
- b. *Practice meditation in action by active listening throughout the day.
Notice when you are awake and when you may drift off.*
- c. *Consider journaling*
- d. *Suggested reading*
 - i. *Blood, Bone, Space & Light by Reginald Ray (exposition on the
Four Foundations of Mindfulness)*
<http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/05/Blood-Bone-Space-Light.pdf>
 - ii. *Rejoicing with Things as They Are by Pema Chodron*
<http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/05/Rejoicing-in-Things-as-They-Are-from-Taking-the-Leap.pdf>
 - iii. *Taking the Leap: Freeing Ourselves from Old Habits & Fears
by Pema Chodron*
<http://catalog.kcls.org/eg/opac/record/725488?qtype=title;query=taking%20the%20leap;page=0;loc=1>