

Meditation Class 3 Homework
Sunday June 2, 2013

The following outline is a list of suggested homework. Please try to realize the benefit of mindfulness by practicing some or all of these steps every day.

1. Homework

- a. *Practice one formal sitting meditation & one walking meditation daily – establish a length of time you can practice consistently*
- b. *Consider adopting a simple mindfulness practice you can incorporate during the day. Pausing to give thanks, journaling. Select one or more that you can do consistently for a week then contemplate their value like a marker; acknowledging & giving thanks – perhaps share your experience with others*
- c. *Try giving someone your face during the day. Michael Stone was quoted as saying: “Some of us who are on the path of trying to be people know how hard it is to give someone your face. It easier to look away or give our social face. When someone else’s face really arrives for you, it’s impossible to do harm to them. . . . If you can approach without knowing, giving up fixed ideas about self and others, they you can open up to the field of experience.”*
 - i. *What does it mean to really give someone your face, your eyes, your ears, your attention?*
- d. *Suggested reading & listening*
 - i. *Review the Tree of Contemplative Practices & review the resources offered by the Center for Contemplative Mind in Society at:*
<http://www.contemplativemind.org/practices/tree.html>

- ii. *Listen to radio interview with Dr. Richard Davidson, Investigating Healthy Minds, at:*
<http://being.publicradio.org/programs/2011/healthy-minds/>
- iii. *Turning the Mind into an Ally by Sakyong Mipham The author explains that this process begins by examining what exactly our mind is and how it works. Once we learn to do this through meditative practice, our minds become soft and fertile, and compassion and wisdom, clarity and fearlessness, can take root and flourish.*
<https://catalog.kcls.org/eg/opac/record/223032?qtype=keyword;query=turning%20the%20mind%20into%20an%20ally>