

Meditation Class 5 Homework
Sunday June 16, 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. *As you move through your day, pause periodically & briefly to reawaken your senses, feeling bodily sensations & listening to sounds. Explore being versus doing until “. . . being is increasingly the ongoing space through which ripples of doing and having come and go.” (From Rick Hanson’s Mindful Presence)*
- b. *Practice one formal sitting meditation & one walking meditation daily – establish a length of time you can practice consistently*
- c. *Suggested reading, listening & watching*
 - i. *Mindful Presence, Class 6 of Dr. Rick Hanson’s Train your Brain Series: <http://www.rickhanson.net/wp-content/files/MindfulPresence.pdf>*
 - ii. *Listen to Tara Brach’s Dharma Talk: The Blessings of Embodied Presence at Dharma Seed’s On-Line Library at: <http://www.dharmaseed.org/teacher/175/talk/15272/>*
 - iii. *View Andy Goldsworthy’s River’s & Tides: <http://www.youtube.com/watch?v=YkHRZQU6bjI> & <http://topdocumentaryfilms.com/andy-goldsworthys-rivers-tides>*