

Meditation Class 6 Homework  
Sunday June 23, 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 RAIN in response to stressful situations, difficult emotions or even a sense of anxiety*
- b. *Practice one formal sitting meditation & one walking meditation daily – establish a length of time you can practice consistently*
- c. *Suggested reading & listening*
  - i. *Tara Brach's: A Guided Meditation with the Rain: <http://www.tarabrach.com/audio/2011-09-28-Meditation-With-the-Rain-TaraBrach.mp3>*
  - ii. *Dr. Rick Hanson's Paper on Emotions & Equanimity: Peace of Mind: Emotions, the Limbic System, and Equanimity <http://www.rickhanson.net/wp-content/files/Emotions&Equanimity.pdf>*
  - iii. *On Being's Radio Podcast Interview Opening to Our Lives: Jon Kabat-Zinn's Science of Mindfulness December 27, 2012 Jon Kabat-Zinn has learned, through science and experience, about mindfulness as a way of life. This is wisdom with immediate relevance to the ordinary and extreme stresses of our time — from economic peril, to parenting, to life in a digital age. <http://www.onbeing.org/program/opening-our-lives/138>*
  - iv. *Listen to Phillip Moffitt's Dharma Talk: Emotional Chaos to Clarity at Dharma Seed's On-Line Library at: <http://www.dharmaseed.org/teacher/139/talk/17424/>*