

Meditation Class 10 Homework
Sunday July 21, 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. *Practice inquiry throughout the day - cultivate “don’t know mind” by dropping expectations and living questions*
- c. *Suggested reading, listening & viewing*
 - i. *Read the New York Times article on “The Morality of Meditation: at http://www.nytimes.com/2013/07/07/opinion/sunday/the-morality-of-meditation.html?_r=0*
 - ii. *Read Tara Brach’s blog post: “The Three Qualities of Awareness” at: <http://blog.tarabrach.com/2013/03/the-three-qualities-of-awareness.html>*
 - iii. *Listen to : “The Power of Eckhart Tolle’s Now” on On Being with Krista Tippett at: <http://www.onbeing.org/program/power-eckhart-tolles-now/217>*
 - iv. *Watch TEDTalk by Dan Dennett: “The Illusion of Consciousness” at: http://www.ted.com/talks/dan_dennett_on_our_consciousness.html*