

Meditation Class 11 Homework
Sunday July 28, 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 “Being On Your Own Side” informally throughout the day*
<http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/07/Daily-Practice-Being-On-Your-Own-Side.pdf>
- c. *Suggested reading, listening & viewing*
 - i. *Read “Buddha's Brain : the Practical Neuroscience of Happiness, Love & Wisdom” by Rick Hanson with Richard Mendius. <http://catalog.kcls.org/eg/opac/record/735532?qtype=keyword;query=buddhas%20brain>*
 - ii. *Read Rick Hanson’s Just One Thing blog post: “Pay Attention” at: <http://www.rickhanson.net/just-one-thing/pay-attention>*