

Meditation Class 7 Homework  
Sunday June 30, 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. *Explore Tara Brach's Guided Reflection: My Top-Ten Hits at <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/06/Guided-Reflection-My-Top-Ten-Hits.pdf>*
- b. *Practice one formal sitting meditation & one walking meditation daily – establish a length of time you can practice consistently*
- c. *Suggested reading & listening*
  - i. *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>*
  - ii. *Listen to Tara Brach's Dharma Talks & Guided Meditations: Learning to Respond Not React at Dharma Seed's On-Line Library at: <http://www.dharmaseed.org/teacher/175/talk/14177/>*
  - iii. *Listen to Rodney Smith's Dharma Talk: The Obsessive Mind at Dharma Seed's On-line Library at: <http://www.dharmaseed.org/teacher/148/talk/1885/>*
  - iv. *Read Tara Brach's article: True Refuge: Finding Peace & Freedom in Your Own Awakened Heart <http://www.psychotherapy.net/article/Tara-Brach-Mindfulness>*
  - v. *Read Dr. Rick Hanson's blog post: Cling Less Love More at <http://www.rickhanson.net/just-one-thing/cling-less-love-more>*