

Meditation Class 8 Homework  
*Sunday July 7, 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 Daily Practice: Weaving Loving Kindness Into Daily Life at <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/07/Daily-Practice-Weaving-Loving-Kindness-Into-Daily-Life.pdf> [guided-Reflection-My-Top-Ten-Hits.pdf](http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/07/Daily-Practice-Weaving-Loving-Kindness-Into-Daily-Life.pdf)*
- b. *Practice one formal sitting meditation & one walking meditation daily – establish a length of time you can practice consistently*
- c. *Suggested reading, listening & viewing*
  - i. *Dr. Rick Hanson's Article: Empathy <http://www.wisebrain.org/articles/neurodharma/Empathy.pdf>*
  - ii. *View Brene Brown's TEDtalk on The Power of Vulnerability: [http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html](http://www.ted.com/talks/brene_brown_on_vulnerability.html)*
  - iii. *View Paul Zak's TEDtalk on Trust, Morality & Oxytocin: [http://www.ted.com/talks/paul\\_zak\\_trust\\_morality\\_and\\_oxytocin.htm](http://www.ted.com/talks/paul_zak_trust_morality_and_oxytocin.htm)*