

Meditation Class 9 Homework
Sunday July 14, 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. Listen/practice to/with Tara Brach’s Guided Meditation: Inner Space Gateway to Open Awareness at <http://tarabrach.com/audiodharma.html>*
 - ii. Read Swami Durgananda’s article: “Points of Entry” on finding the right concentration technique for your meditation practice at: <http://www.yogajournal.com/practice/564?print=1>*
 - iii. Read & watch a Global Oneness Project article & interview compilation: “What is Oneness” at <https://www.globalonenessproject.org/library/themes/what-oneness>*