

Meditation Class 12 Homework  
Sunday August 4, 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 “Befriend Your Own Body” informally throughout the day at <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/08/Daily-Practice-Befriend-Your-Own-Body.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 blog post “Be the Body” at <http://www.rickhanson.net/just-one-thing/be-the-body>*
  - iii. *Read Michael Zakaras’ article “What Our Brains Tell Us About Our Ability to Empathize” at: <http://startempathy.org/wired-for-empathy>*