

Meditation Class 13 Homework
Sunday August 11, 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. *Look for and affirm opportunities for gladness throughout the day.*
- 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. *Listen & practice Part 2 of Rick Hanson’s Taking in the Good Guided Meditation <http://www.rickhanson.net/podcasts/natural-contentment2-taking-in-the-good-meditation>*
 - iii. *Read Rick Hanson’s blog post “Do Positive Experiences Stick to Your Ribs?” at <http://www.rickhanson.net/just-one-thing/take-in-the-good>*