

Meditation Class 14 Homework
Sunday August 18, 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. *Take time out to extend yourself compassion 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 Rick Hanson’s Audio Program: “Meditations to Change Your Brain” at: <https://catalog.kcls.org/eg/opac/record/770811?qtype=author;query=Hanson%20Rick>*
 - iii. *Listen & practice Kristin Neff’s Guided Meditation: “Self Compassion” at: <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>*