

Meditation Class 15 Homework
Sunday September 1, 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 feel connected throughout the day.*
- c. *Look for and affirm refuges throughout the day.*
- d. *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: “Stressproof Your Brain” at: <https://catalog.kcls.org/eg/opac/record/770811?qtype=author;query=Hanson%20Rick>*
 - iii. *Read Rick Hanson’s Train Your Brain Article: “From Anxiety to Security” at: <http://www.rickhanson.net/wp-content/files/AnxietyArticle.pdf>*
 - iv. *View Rick Hanson’s Just One Thing Video: “Taking Refuge” at <http://www.youtube.com/watch?v=G7vmPA2uZN8>*