

Meditation Class 16 Homework
Sunday September 8, 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 occasions to experience and reaffirm your sense of strength.*
- 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 Train Your Brain Article: “The Power of Intentions” at: <http://www.wisebrain.org/articles/neurodharma/PowerofIntention.pdf>*
 - iii. *View Rick Hanson’s Just One Thing Video: “Find Strength” at <http://www.youtube.com/watch?v=TuMRjEj66I4>*