

Meditation Class 17 Homework
Sunday September 15, 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. *Set aside period of day - just a minute - to consciously release your preferences for or against anything . . . then extend the practice to more & more of your day. Your actions will be guided increasingly by values & virtues not by desires that are reactions to positive or negative feeling tones.*
- 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?qttype=keyword;query=buddhas%20brain>*
 - ii. *Read Rick Hanson’s Wise Brain Article: “Emotions & Equanimity” at: <http://www.wisebrain.org/articles/neurodharma/Emotions&Equanimity.pdf>*
 - iii. *View Rick Hanson’s Just One Thing Video: “Respond Don’t React” at <http://www.youtube.com/watch?v=bDcZTWV512E>*
 - iv. *Listen to Rick Hanson’s Guided Meditation: Equanimity in the Dharma & in Your Brain at: <http://www.dharmaseed.org/teacher/312/talk/9103/>*