

Meditation Class 18 Homework  
Sunday September 22, 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. *Pay attention to number of times a day you categorize a person as “not like me” especially in subtle ways: not my social background, style, etc. See what happens to your mind when you consciously release this distinction & focus on what you have in common . . . on what makes you both “us”.*
- 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: “Two Wolves” at: <http://www.wisebrain.org/articles/neurodharma/TwoWolves.pdf>*
  - iii. *Read Rick Hanson’s Just One Thing Article: “Feed the Wolf of Love” at <http://www.rickhanson.net/just-one-thing/feed-the-wolf-of-love>*
  - iv. *View Kelly McGonigal’s TED Talk: “How to Make Stress Your Friend”: [http://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend.html](http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend.html)*