

Meditation Class 19 Homework  
Sunday September 29, 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. *Warm up the neuro-circuitry of compassion with empathy. Bring conscious intention to being empathic. Take a few seconds to remind yourself to be empathic . . . it feels good. These little steps: 1) orient yourself to the situation, actively intend to extend empathy 2) allow yourself to feel what you are feeling in the moment 3) relax your body and your mind as you open up to the other person as much as feels right to you 4) keep paying attention to the other person taking in their actions, what you sense they're feeling & thinking. Empathy is a kind of mindfulness meditation focused on someone else's inner world.*
- c. *Every day try to have compassion for 5 kinds of people:*
  - i. *Someone you're grateful to (benefactor), A loved one or friend, A neutral person, Someone difficult, Yourself*
- 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. *Read Pages 15-32 from Rick Hanson's Wise Brain Bulletin: "Compassion & Assertion" at: <http://www.rickhanson.net/wisebrainbulletin/WBB6.5.pdf>*
  - iii. *Listen to Rick Hanson's Talk: [Buddhist Assertiveness Is Not an Oxymoron \(7/3/13\)](#)*

iv. *View the fantastic, 800-page multimedia e-book: “Compassion: Bridging Practice and Science,” edited by Tania and Matthias Bolz. Note that this text is generously being offered at no charge. This is outcome of a collaborative workshop How to Train Compassion in 2011, at the Max-Planck-Institute in Leipzig. The workshop brought together an amazingly diverse group of neuroscientists, mental health professionals, and Buddhist monks in an exchange between science, art, and contemplative practice: <http://www.compassion-training.org>*