

Meditation Class 20 Homework
Sunday October 6, 2013

1. Homework

- a. Practice one formal sitting meditation & information loving kindness meditation daily.
- b. If appropriate for your life circumstances read through & draw practice inspiration from *Boundless Meditation Practice for Grieving* from Joan Halifax Roshi, Upaya Zen Center at: <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/10/Boundless-Meditation-Practices-for-Grieving.pdf>
- c. Try Rick Hanson's *Ten Thousand Things Contemplation Exercise* at: <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/10/Ten-Thousand-Things-Exercise.pdf>
- 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 from Rick Hanson's *Wise Brain Article*: "Coping with Loss: Implications of Neuroscience & Contemplative Wisdom Parts 1 & 2" at:
 1. <http://www.wisebrain.org/articles/neurodharma/Grieving1.pdf>
 2. <http://www.wisebrain.org/articles/neurodharma/Grieving2.pdf>
 - iii. Read from Rick Hanson's *Just One Thing Article*: "21 Ways to Turn Ill Will to Good Will" at: <http://www.rickhanson.net/just-one-thing/21-ways-to-turn-ill-will-to-good-will>

iv. *Listen to Tara Brach's Guided Metta (Loving Kindness)
Meditation at: [http://www.tarabrach.com/audio/2012-04-28-
SatPM-Metta-Meditation-TaraBrach-hq.mp3](http://www.tarabrach.com/audio/2012-04-28-SatPM-Metta-Meditation-TaraBrach-hq.mp3)*