

Meditation Class 21 Homework
Sunday October 13, 2013

1. Homework

- a. *Practice one formal sitting meditation & information loving kindness meditation daily.*
- b. *Intend to be attentive. Make this intention the default setting of your life by developing habit of everyday mindfulness: really attend to others; do one thing a time; reflect on where your food comes from and how it got to you.*
- c. *Make an every day occurrence a “mindfulness bell”. Every time you wash your hands - take 3 conscious breaths for example.*
- 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 Just One Thing Article: “Be the Body” at: <http://www.rickhanson.net/just-one-thing/be-the-body>*
 - iii. *Listen to Tara Brach’s Guided Resting in Mindful Awareness Meditation at: <http://www.tarabrach.com/audio/2012-08-15-Meditation-Resting-in-Mindful-Awareness-TaraBrach.mp3>*