

Meditation Class 22 Homework  
*Sunday October 20, 2013*

1. Homework

- a. *Practice one formal sitting meditation & informal loving kindness meditation daily.*
- b. *Observe your experience in meditation consider: 1) your ability to apply & sustain attention, 2) your tendency to be distracted and 3) how often you seek stimulation. Adapt your meditation approach as a way of practicing compassion.*
- 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?qtype=keyword;query=buddhas%20brain>*
  - ii. *Listen to Insight Meditation Society Instructor Gil Fronsdal's Anapanasati: Guided Meditation on Joy: [http://www.audiodharma.org/talks/audio\\_player/1186.html](http://www.audiodharma.org/talks/audio_player/1186.html)*
  - iii. *Read from Rick Hanson's Just One Thing Article: “Enjoy Four Kinds of Peace” at: <http://www.rickhanson.net/just-one-thing/enjoy-four-kinds-of-peace>*
  - iv. *View Tara Brach's YouTube Presentation: “Committing to Joy - Part 1A” [http://www.youtube.com/watch?v=J5BZ\\_pXEi4w](http://www.youtube.com/watch?v=J5BZ_pXEi4w)*