

Meditation Class 23 Homework
Sunday October 27, 2013

1. Homework

- a. *Practice one formal sitting meditation & informal loving kindness or walking meditation daily.*
- b. *Try relaxing self-referencing for periods of time throughout the day. When is it easy? When is it more challenging?*
- 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 Tara Brach’s Guided Meditation on Being Presence: http://ec.libsyn.com/p/e/9/b/e9b29e39b0835a6e/2013-10-09-Meditation-Being-Presence-Tarabrach.mp3?d13a76d516d9dec20c3d276ce028ed5089ab1ce3dae902ea1d01c08531d4c8591989&c_id=6259234*
 - iii. *Read from Rick Hanson’s Just One Thing Article: “Cling Less Love More” at: <http://www.rickhanson.net/just-one-thing/cling-less-love-more>*
 - iv. *Read Toni Bernhard’s article: Self as an Ever Shifting Flow (excerpted from her new book: How to Wake Up: a Buddhist Inspired Guide to Navigating Joy & Sorrow) <http://www.wisebrain.org/wisebrainbulletin/WBB7.5.pdf>*