

November Introduction to Meditation Class 1 Homework
Sunday November 3, 2013

1. Homework

- a. *Reflect on your motivation: why are you doing this? Why is this important to you? Clarify your intention and establish a goal to help you make it real.*
- b. *Set up a home meditation space.*
- c. *Remember the best meditation practice is on that you will do! Practice 5 minutes of relaxed “body breathing” either sitting or lying down. Body breathing is simply rotating your awareness through your body as you are aware of breathing. You can start with your feet and scan up or start with your head and scan down.*
- d. *Once your body is relaxed and your mind is calm, practice 10 minutes of formal sitting meditation. In formal sitting review the 6 points of posture by sensing into: your seat, legs, spine, arms & hands, area around your eyes, area around your mouth. Then entrain your awareness to your breath without trying to change it. When your mind wanders simply notice mind wandering and come back to attending to your breath.*
- e. *Try checking in and journaling - make this fun! Infuse your practice with inspiration and loving kindness. Reflect on what supports your practice and/or what obstructs your intention to meditate. For inspiration check out the suggestions below - find the resources that you resonate with in a heartfelt way and then continue to draw upon them.*
- f. *Connect with a meditation buddy in class and/or join our group, Mind Yogis, on the InsightTimer activity site: <https://insighttimer.com/home>*
- g. *Suggested reading, listening & viewing*
 - i. *Read Deepak Chopra’s article “Why Meditate?” at <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/10/Why-Meditate.pdf>*

- ii. Read Yoga International author Rolf Solvik's article "Find the Perfect Meditation Pose" at <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/11/Find-the-Perfect-Meditation-Pose-Yoga-International.pdf>
- iii. Read Yoga International author Roger Cole article on supported Svastikasana (well being pose) "A Sitting Pose for Lotus Challenged Yogis" at <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/11/A-Sitting-Pose-for-Lotus-Challenged-Yogis-Yoga-International.pdf>
- iv. Review Mindfulness Arts author Stephanie Nash's Booklet "About Posture" for instruction on meditating while lying on your back at <http://www.shinzen.org/Retreat%20Reading/POSTURE-PEDIA.pdf>
- v. Read Yoga International author Sandra Anderson's article "How to Create a Meditation Space in Your Home" at <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/11/How-to-Create-a-Meditation-Space-in-Your-Home-Yoga-International.pdf>
- vi. Listen to any of Tara Brach's 10 minute guided meditations including: "Coming Home to Presence," "A Moment of Calm," & "Gateway to Presence" at <http://www.tarabrach.com/audioarchives-guided-meditations.html>
- vii. For more guided meditations and talks you can peruse the audio library at Dharma Seed <http://www.dharmaseed.org>

h. Recommended Books:

- i. *Wherever You Go, There You Are: Mindfulness Meditation in Every Day Life* by Jon Kabat Zinn (available at King County Library)
- ii. *The Miracle of Mindfulness: An Introduction to the Practice of Mindfulness* by Thich Nhat Hanh (available at KCL)
- iii. *Why Meditate?* by Matthieu Ricard