

November Introduction to Meditation Class 2 Homework
Sunday November 10, 2013

1. Homework

- a. *Reflect on what you may believe about your ability to learn. How may your underlying beliefs be either supporting or undermining your meditation practice?*
- b. *Reflect on your neurological profile. You can use Dr. Rick Hanson's scale to reveal the different tendencies you have in applying & sustaining attention. He also offers suggestions on how you might boost your capacities by adapting your practice. If you have time you can scan the attached summary: Neurological Diversity: What's Your Personal Profile? adapted from Dr. Hanson's book, The Buddha's Brain. <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/11/Neurological-Diversity-Whats-Your-Personal-Profile.pdf>*
- c. *Continue to 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. Use concentration enhancement tools as needed - if you choose one try to stay with it as opposed to going from technique to technique.*
- e. *Consider other ways to extend the benefits of your formal practice through forms of mindfulness. Establish an informal "mindfulness bell." Can you find a signal associated with something you do everyday that will remind you to pause and take 3 conscious breaths*

with mindfulness. Some people use washing their hands, or when they first place their hands on the wheel of a car.

- f. *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.*
- g. *Connect with a meditation buddy in class and/or join our group, Mind Yogis, on the InsightTimer activity site: <https://insighttimer.com/home>*
- h. *Suggested reading, listening & viewing*
 - i. *Listen or read the transcript of Sounds True interview with Dr. Rick Hanson “Self Directed Brain Change Part I” at: <http://www.soundstrue.com/weeklywisdom/?source=podcast&p=8521&category=LATE&version=full&loc=weeklywisdom>*
 - ii. *Read the Atlantic Monthly interview with Dr. Rick Hanson “How to Build a Happier Brain” at: <http://www.theatlantic.com/health/archive/2013/10/how-to-build-a-happier-brain/280752/>*
 - iii. *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>*
 - iv. *For more guided meditations and talks you can peruse the audio library at Dharma Seed <http://www.dharmaseed.org>*
- i. *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