

Meditation Class 31 Homework
Sunday December 22, 2013

Homework

- a. *Give yourself a daily allowance of 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.*
- b. *Once your body is relaxed and your mind is calm, take some time to think about the most important benefits you’d like to realize from practice - your heart felt aspirations. Then let go of your questioning & begin stilling your mind.*
- c. *Practice 10-15 minutes of formal sitting meditation. Be guided by the three essential qualities: Relaxation, Stillness & Vigilance. In formal sitting spend 10 minutes to review the 6 points of posture and following your breath. When your mind wanders simply notice mind wandering and come back to attending to your breath. Intentionally settle your body, mind & speech. When you’re ready simply broaden the field of awareness to include tactile sensations, feeling tone (positive, negative, neutral), mental formations (thoughts, emotions) and all phenomena (including external objects). Use concentration enhancement tools as needed - recruit your introspection - the capacity you have to monitor the quality of your attention.*
- d. *As you conclude your practice bring to mind your most meaningful aspirations & envision their actualization with the yearning: May these wishes be filled by the value of this practice, with great benefit for all.*
- e. *Continue exploring & incorporated informal moments of mindfulness throughout your day. Be particularly attentive to body signals. Use them as an opportunity to pause, breathe, feel and allow.*

- f. *Try checking in and journaling - make this fun! Consider how your practice is benefiting you and your relationship to others.*
- 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 to the rich inventory of talks & guided meditations presented by B. Alan Wallace. You can start with the fundamentals & learn mindfulness skills by following the thread of his teaching at: <http://podcasts.sbinstitute.com/fall2012/page/10/>*
 - ii. *Listen & read the On Being interview with Gordon Hempton on "The Last Quiet Places: Silence and the Presence of Everything: <http://www.onbeing.org/program/last-quiet-places/4557>*
 - iii. *For more guided meditations and talks you can peruse the audio library at Dharma Seed <http://www.dharmaseed.org>*