

Meditation Class 32 Homework

Sunday December 29, 2013

Homework

a. *Consider this inspiration from Alan Wallace: Pursuit of Wisdom*

There are two types of ignorance that prevent us from seeing the world clearly. 1) failing to ascertain some aspect of reality. We weren't paying attention . . . so we didn't get it. Simple innocent ignorance. Can be rectified with attending and learning.

2) more pernicious, delusion, catapults us into suffering. In active delusion, we project our own prejudices assumptions beliefs on reality. Then forgetting we've done so, we fuse our projections, with actual appearances. We hear things that were never said, see things that never happened, remember actions never taken, etc. Psychologists call it transference or projection - a marvelously creative mind painting its own reality.

Mindfulness entails a careful exam and dissection of what is being presented by reality from what is being projected by us. Attending closely to this distinction is an act of radical empiricism.

The central theme in applying the four close applications of mindfulness is attending to manifest contents of experience in order to distinguish what is really being presented from what is merely projected. We can perceive, acknowledge & embrace the causal efficacy of all manner of phenomena by seeing regular patterns.

b. *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.*

c. *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.*

Meditation Class 32 Homework

Sunday December 29, 2013

- d. *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). See if you can attend to the nature of thoughts and emotions that arise without getting carried away by them.*
- e. *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.*
- f. *Reflect on the nature of thoughts and emotions that you became aware of in practice. Are there certain themes that reoccur? Are they about the past or the future? Do they contain elements of projection, that is are you embellishing them with evaluations, judgments, etc.? Notice your response to life situations and consider whether you are seeing clearly or cloaking what you see in something you manufacture.*
- g. *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.*
- h. *Try checking in and journaling - make this fun! Consider how your practice is benefiting you and your relationship to others.*
- i. *Connect with a meditation buddy in class and/or join our group, Mind Yogis, on the InsightTimer activity site: <https://insighttimer.com/home>*
- j. *Suggested reading, listening & viewing*

Meditation Class 32 Homework

Sunday December 29, 2013

- 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 physicist and contemplative Arthur Zajonc "Holding Life Consciously: "Silence and the Presence of Everything":<http://www.onbeing.org/program/arthur-zajonc-on-holding-life-consciously/109>*
- iii. For more guided meditations and talks you can peruse the audio library at Dharma Seed <http://www.dharmaseed.org>*