

CRG Event Planning Off-Site Intro to Meditation
Stopping for the Light! Homework Suggestions

- a. *Review today's class outline to refresh your memory on the instructions given for Mindfulness of the Body, Concentration Tune-Up practices; Ways to Bring Mindfulness to Life. You can find the outline at:*
- b. *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. Once your body is relaxed and your mind is calm Practice 10 minutes of formal sitting meditation.*
- c. *Try any incorporating any of the Bringing Mindfulness to Life! practices into your day: 1) Mindfulness of the Body 2) Refilling the Well 3) Entering the Threshold 4) Self Compassion or HEAL*
- d. *Look for support at <http://dharmaworks.net/DharmaTouch/>*
- e. *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. *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>*
- f. *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. *Hardwiring Happiness: The New Brain Science of Contentment, Calm & Confidence* by Rick Hanson (available at KCL)