

## Sunday Introduction to Meditation Class 28 Homework

*Sunday December 1, 2013*

### 1. Homework

- a. *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.*
- b. *Once your body is relaxed and your mind is calm, 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. Try to stay focused on the tactile field of your body. Use concentration enhancement tools as needed - if you choose you can focus on 1) your experience of body settling; 2) speech quieting; breathing naturalizing.*
- c. *Try adding 5 minutes to your formal sitting practice to extend healing or wholesome qualities to the beings in your circle and beyond. You can make a formal aspiration that the benefits of your practice strengthen the highest aspirations of all beings.*
- d. *Continue exploring informal mindfulness practices like the “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.*
- e. *Try checking in and journaling - make this fun! As you become increasingly sensitive to your body - what are you noticing? See if you can deepen your awareness of your experience of the body as you go through your day. Are you holding your breath or shallow breathing? Are you willing to pause & stretch & give yourself the nourishment your body needs?*

- 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. *For smart phone users who want 25 short guided short practices for self-directed brain change : Buddha's Brain iPhone App at <http://www.rickhanson.net/multimedia/buddhas-brain-iphone-app>*
  - ii. *Listen to Michael Stone's talk on how our culture needs to stop - including commentary on calming & insight practices & the rawness of life! at: <http://www.centreofgravity.org/podcast/2013/12/1/the-glare-behind-you.html>*
  - iii. *For smart phone users who relate to Michael's voice, check out his meditation timer which includes various guided meditations: <https://itunes.apple.com/us/app/meditation-app-michael-stone/id663829232?mt=8>*