

Meditation Class 29 Homework
Sunday December 8, 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. 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.*
- 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. *Try adding informal “mini-sessions” to give yourself time to cultivate wholesome mind states: to really take in the good experiences you have throughout the day of the things you are grateful for.*
- f. *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. You can also use a signal in your own body*

- I call this the “Yellow Light” something that is triggering a call for caution - stress, fatigue, etc.

- g. 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?*
- h. Connect with a meditation buddy in class and/or join our group, Mind Yogis, on the InsightTimer activity site: <https://insighttimer.com/home>*
- i. Suggested reading, listening & viewing*
 - i. Listen to Gary Yang’s Guided Meditation on Gratitude at Dharma Seed: http://dharmaseed.org/talks/?search=guided+meditation+gratitude&sort=-rec_date&page_items=50*
 - ii. Read: “Good at the Beginning, Middle & End” at: <http://www.contemplative.nl/index.php?mi=10&ww=62>*
 - iii. For more guided meditations and talks you can peruse the audio library at Dharma Seed <http://www.dharmaseed.org>*