

Meditation Class 30 Homework
Sunday December 15, 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 - 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 & 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.*
- g. *Try checking in and journaling - make this fun! Consider how your practice is benefiting you and your relationship to others.*
- 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 On Being show: Mindfulness, Suffering & Engaged Buddhism with Thich Nhat Hanh: <http://www.onbeing.org/program/thich-nhat-hanh-on-mindfulness-suffering-and-engaged-buddhism/74>*
 - ii. *Read “ Meditation and Mindfulness for us All, Six Questions for Sharon Salzberg” at: <http://www.onbeing.org/blog/meditation-and-mindfulness-all-us-six-questions-sharon-salzberg/2701>*
 - iii. *For more guided meditations and talks you can peruse the audio library at Dharma Seed <http://www.dharmaseed.org>*