

Introduction to Meditation Class 54 Homework

Homework

- a. *Explore silence.*
- b. *Look for spontaneous ways to incorporate brief periods of mindfulness through out your day. You can try using practices that are centered on breathing, movement, affirmations, nature. Whatever you choose - only be mindful of the single activity which you've chosen. Notice any agitation, impatience or judgment - try to stay with those feelings and just create some space around them - free of judgment.*
- c. *When doing a formal sitting meditation, 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.*
- d. *Practice 10-15 minutes of formal sitting meditation. Be guided by the themes we used in class: Intentionally settle your body, speech and mind while focusing on the tactile sensation throughout the body. Once you've established this foundation of calm, narrow your attention to the sensations of breathing in your belly. Attend to the entire length of the in-breath, the entire length of the out-breath. Arouse your attention with the inhalation. Release thoughts with the exhalation. When your mind wanders simply notice, relax, come back to sensations in the belly and attend to the each in breath; each out breath. Incorporate of period of exploring the tactile, feeling, mental and phenomenological fields of awareness as described above.*
- 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. *Suggested reading, listening & viewing*

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- i. Listen to “Last Quiet Places,” the amazing interview with Gordon Hempton. Gordon is founder and vice president of The One Square Inch of Silence Foundation based in Joyce, Washington. He's the author of *One Square Inch of Silence: One Man's Quest to Preserve Quiet.Imagination*, At: <http://www.onbeing.org/program/last-quiet-places/4557>
- ii. Listen to the “dharma talk” podcast offered by Gil Fronsdal “How Are You.” Gil is the primary teacher at the Insight Meditation Center in Redwood City California. At: <http://zencast.org/zencast-461-how-are-you-by-gil-fronsdal>
- iii. Check out the 6 Class Introduction to Meditation series of podcasts offered by Gill Fronsdal At: <http://amberstar.libsyn.com/webpage/category/Introduction%20to%20Meditation>