

Introduction to Meditation Class 58 Homework

1. Homework

- a. *Get the sleep you really need!*
- b. *Create a meditation space & time to include components that foster regularity: space, chair or cushion, timer*
- c. *Meditate for 10-15 minutes in the morning & evening. Start by scanning the body's six points of posture and then focus your awareness on breathing. Calm your mind by focusing on the out-breath. Arouse your awareness by focusing on the in-breath. Sustain your concentration by counting the breaths if needed.*
- d. *Read the List of Ways to Practice Mindfulness & practice one daily*
- e. *Consider journaling*
- f. *Suggested reading*
 - i. *What is Meant by Mindfulness & Presence* <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/05/What-is-Meant-by-Mindfulness-Presence.pdf>
 - ii. *A List of Ways to Practice Mindfulness* <http://dharmaworks.net/DharmaTouch/wp-content/uploads/2013/05/A-list-of-ways-to-practice-mindfulness.pdf>
 - iii. *"Why Meditate" – On the eve of the release of his new book, the French monk Matthieu Ricard spoke with Tricycle about science, meditation, and his title as "the happiest man in the world."* <http://www.tricycle.com/meditation-buddhist-practices/calm-abiding-shamatha/why-meditate>
 - iv. *"Bernie Glassman I: Not Knowing, Bearing Witness, Loving Action" – Centre of Gravity transcript of a talk given at Hart House Theatre in Toronto, Sept. 9, 2011* 340 attending <http://www.centreofgravity.org/notes/2011/5/16/bernie-glassman-1-not-knowing-bearing-witness-loving-action.html>