

## DB 02: How to Meditate -- Homework

What follows are opportunities to enhance your experience. As stated in the first class this will be no more than an intellectual exercise if you do not come to every class, listen to what's being said using your own experiences as a guide, and doing the practices on a daily basis. It is only through practice that you'll be able to see for yourself that this path/practice of mindful awareness is worth pursuing.

Class I Homework, March 4, 2019

1. Practice meditation a minimum of 10, preferable 15, minutes a day. Before you start, it is beneficial to set your motivation to practice so that you can tame your mind and with such a transformed mind, be better able to benefit others. Practice mindfulness of the breath choosing a place such as the tip of the nose to focus on with each breath. When distracted (and you will be many times, I suspect), simply/gently/kindly bring your attention back to the experience of breathing. Take it easy...be simple and easy.
2. Call your "buddy" at least once this week to check in and discuss your practice.
3. Do the readings assigned in class: pp. 1-32 in *Mindfulness in Plain English* and pp. 3-26 in *How to Meditate*.
4. Bring questions to class. During the week notice how much dukkha/suffering you experience by following your monkey mind. Also practice bringing your mind back to your breath when you become aware of these distractions. Give yourself a pat on the back each time you rescue yourself from the tyranny of our "addiction to deliciousness".
5. Have FUN!

Class II Homework, March 11, 2019

1. Meditate at least 10 minutes per day with the following basic structure:
  - a. Recall one's motivation for learning to meditate and commit oneself to today's practice wholeheartedly. Think about the benefits of calm, awake mind – both for oneself and for others.
  - b. Check your posture. Scan the body for tension and release it wherever possible.
  - c. Focus attention on the breath at the tip of the nose or abdomen. While breathing softly (internally) note "breath" (as breathing in) and "breath" (out), and when distracted note "not breath" then back to "breath", etc.
  - d. Dedicate one's efforts to the realization of the motivation one started with, to the benefit of oneself and others.
2. Read pp. 131-150 in *Mindfulness in Plain English* and pp. 37-45 in *How to Meditate*.
3. Stop at least 3 times each day, roll your shoulders and watch three full breaths.
4. Remember to bring a notebook to the next class.

**Hope is not a strategy 😊**

esp for meditation