

Homework After Class #6

1. Alternate formal practices: Sitting (Lynn's recording) every other day, and using the yogas or body scan recordings on alternating days. I have placed all recordings in one place so you can select the ones suited to your practice. Once class is over you can go to the Past Participants page and access the guided meditation recordings. Use password: stay mindful
2. Be sure you understand "skillfulness" as an intention. What does it mean to you to be skillful? When we think in terms of skillfulness, there is always room to develop new skills or to hone old skills to better serve our lives. Begin experimenting with alternatives using awareness skills (pause and breathe before saying or doing; intentionally softening the body; blending or joining with a person representing stress; suspending judgment; focus on mindful listening; replacing fear with curiosity). Remember that learning to respond is a creative gesture, that ultimately can't be decided for you by anyone else...bring your experiences to class; share your experience and benefit from hearing the experiences of others.
3. Plan on attending the upcoming All Day Silent Retreat (details are in a separate handout included in your weekly assignment on the website. Sustaining formal practice over the course of a day is a unique learning experience, and important in anchoring the skills you have been learning . If you cannot attend, plan on attending a future Silent Retreat. All day practice often produces new insight and perspective.

Homework Notes: