

Berkeley Law  
Spring 2026

Mindfulness for the Legal Mind  
Assignment 1

<p><b>Week 1</b> <b>Jan 14</b></p>	<p>Introduction to Mindfulness for the Legal Mind</p>	<p><u>Read</u>: Judi Cohen, Mindfulness for the Legal Mind, pgs. 1-11, 20, 22, 23, posted in bCourses (~30 mins)</p> <p><u>Watch</u>: Mindfulness is a Superpower, <a href="https://www.youtube.com/watch?v=w6T02g5hnT4">https://www.youtube.com/watch?v=w6T02g5hnT4</a> (~3 mins)</p> <p><u>Listen</u>: Rashid Hughes, What It Means To Be Free, <a href="https://soundcloud.com/rashid-hughes/talk-what-it-means-to-be-free?fbclid=IwAR215fwfgxIXssrkfaK4W0Y6CFahhtjdGpNzRwRkihV_hfzrN70sUssrAJU">https://soundcloud.com/rashid-hughes/talk-what-it-means-to-be-free?fbclid=IwAR215fwfgxIXssrkfaK4W0Y6CFahhtjdGpNzRwRkihV_hfzrN70sUssrAJU</a> (~10 mins)</p> <p><u>Download</u>: the app Insight Timer (free version, ~5 mins)</p> <p><u>Journal</u>: This class welcomes beginners, long-time practitioners, and everyone in between. For your first journal post, please share your understanding of mindfulness and a little about your practice, or let me know if you're a complete beginner. (~20 mins)</p>	<p>Understand the origins of mindfulness, secular mindfulness, how mindfulness characterizes the human experience, and why these support effectiveness and wellbeing in the law.</p> <p>Practices:</p> <ul style="list-style-type: none"><li>• Focused awareness</li><li>• S.T.O.P.</li><li>• Tadasana</li></ul>
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