Philip Warton Relaxation Practice Journal 1

Day 1:

Today I did “Conducive Space” and “Sending Breaths to the Body”. For my space I put a yoga mat on the floor. It is special to me because it has a leopard print. What’s cooler than a leopard? I also acquired, for lack of a better term, a greeny ball. It is largely identical to a pinky except in hue. For the breathing, I was struggling to get the breath to my shoulder area. I found the heart/shoulder blade area more doable. It was difficult to focus because I had visitors in my conducive space. I will ensure that this does not occur during my next practice.

Day 2:

Today I looked at the three different postures and thought about peaceful memories. I am a pretty high strung, stressed out person, and I do not fear falling asleep, and it is for these reasons that I choose the supine posture. Laying down is quite comfortable and since comfort is imperative, I must assume this posture for relaxation. While I was lying thinking about moments of peace, I thought of driving in the nighttime. Driving back from a school dance, or a party, or something very energetic, but suddenly you’re alone, in the dark solitude of night, vibing out to some tunes. This moment is a moment of thought, and moment of clarity, and one of peace.

Day 3:

Today we did “Rocking the Body Part 1” and “Body Scan”. Supine position, my favorite! I felt like I was doing the pelvis rocking incorrectly, because my weight is on my lower back, it’s hard to rotate that area without it being awkward… Nonetheless it was a pretty calm experience! I found that the idea of ‘noticing’ different parts of my body was a more readily understandable to my mind than sending breath to a given area.

Day 4:

Today was “Rocking the Body Chapter 2” and “Soles of the Feet”. Today was a bit more of a workout, quarantine’s really got me out of shape! I used to do these cat and cow poses as a warmup for parkour school, but with the added dimensionality of coordinating the motion with breath does allow for a greater stretch of the back. For the feet practice, this one was not exactly smooth sailing. My parents keep the house at a *chilly* 64 farenheit. So my feet (despite being in socks) were distractingly cold. I didn’t know how to maintain a stable support while softening the feet either.

Hey folks,

1: I’m Phil from Beaverton, and my major is math.

2: I’m taking relaxation because although I have tried formal meditation in the past I would like to do so habitually, and my hope is that this class will help me do that. I hope to learn more about the formal relaxation practices, but I also hope to learn more about myself and my own mindfulness. The thing about the practice of meditation that is most interesting for my daily life is that it is so simple (on paper) to exert daily mindfulness, and is shown to be very productive, yet so many of us fail to execute on such a goal! As far as the big picture goes, I really gotta calm down. I’ve noticed I’ve been quite irritable lately, probably all the stress. We’re going to eliminate stress now and chill out.

3: For my conducive space I got a leopard print yoga mat, and soft red blanket, and a green ball that is very similar in specification to a pinky ball. I got it set up in my living room, because there is lovely natural light, and I like having mirrors around so that I can observe myself (physically and mentally).

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