Philip Warton Relaxation Practice Journal 5

Day 1: Today was restorative posture deep breathing and mindfulness of sounds. The deep diaphragmatic breath was quite pleasant, and the posture was relaxing as well. While observing the heart and chest during breath it was fascinating to feel how the expansion moves things around but is still very comfortable. In day to day life this may be too much setup for me to do it regularly. The ‘mindfulness of sounds’ practice I think is one of the more natural practices, as this is what I do on my own when practicing mindfulness. Noticing the sound of my own breath is also a good way to work on focusing my attention.

Day 2: Today, belly bolster breathing and focused breath at the nostrils. I still am not the biggest fan of ‘on-the-belly’ postures, as I feel compressed in this position. However, the expansion of the back ribs during breath is quite sensational. While doing the focused breath on the nostrils, my mind wandered a fair bit, because I was thinking about my midterm tomorrow. But It was good practice to keep refocusing my attention to the breath.

Day 3: Ujjayi Breathing and Walking Meditation. The ujjayi breathing was a good time to practice the breath focus techniques, but I did find myself slouching occasionally, which may have detracted from my overall experience. The walking meditation was definitely a novel experience for me. I typically do not focus so closely on the soles of my feet but it was quite interesting to just feel that weight and support in motion and think about it.

Day 4: Mindful eating meditation. Did this practice in the morning with a bag of salted almonds and my cup of tea prepared in case the sodium caused me to be thirsty.