Day 1: Labeling Emotions. When I had my hand on my heart, I noticed that my heart beat faster on the in breath, and more slowly on the outbreath. The emotion I that I noticed was dissatisfaction. It may have been due to the desire to go out and do things but the inability to do so as a result of the pandemic.

Day 2: Loving Kindness for Beginners. In thinking of good company and imagining their presence, one can think thoughts of kindness towards them. But, I was also reminded that the experience of being in good company is currently not possible, which made me feel a little bit sad and a little bit lonely. The specific words that Dr. Germer were using felt kind of corny (may you be peaceful), but perhaps I was not being open-minded enough today.

Day 3: Finding Loving Kindness Phrases. The first phrase I came up with was “May I feel freedom”. This is because something that I value and wish for myself is to make choices that I deeply believe, and to feel that I am acting according only to my own true morals and desires. The second phrase I concocted was “Don’t be so hard on yourself.” As it is something that I would say to someone who is being hard on themselves.

Day 4: Compassion for Self and Others. I’m not sure I totally understand how to direct good will. When he said the words “May I be happy and free from suffering” it didn’t necessarily cause me to directly feel those things. I could process these phrases and ideas logically but I wasn’t feeling emotional enough to feel them in any deep kind of way, more just understanding the words.