

Adam Stammer

November #2

16<sup>th</sup> – music; did music through my record player instead of headphones and my phone. It was interesting to say the least. I'm used to isolation of my earbuds, so I didn't really like the open nature of using speakers, but the static from the vinyl was a pleasant addition.

17<sup>th</sup> – sitting; pretty standard. Productive but nothing special.

18<sup>th</sup> – kneeling; pulled out my meditation bench again. I still can't decide if this thing is worth it but I think I'll try to use it more often to see if it makes a difference.

19<sup>th</sup> – music; Why do we have school today? I've been asking myself that over and over and still can't come up with an answer. I just want to go home.

20<sup>th</sup> – music; I did this one on the car ride home. I didn't like the music at all and I didn't recognize it so it was pretty tough. All of the sounds were unpredictable and kind of surprised me.

21<sup>st</sup> – sitting; very short. I had a lot to do and was pretty distracted the whole time.

22<sup>nd</sup> – music; I spent a whole half hour today. After a whole day of dealing with distant relatives asking me how I've grown so much even though I've been this tall since the 6<sup>th</sup> grade, I really needed it.

23<sup>rd</sup> – I forgot to meditate this day. With black Friday shopping, a friendsgiving, and more time with relatives made for a long and busy day. It totally escaped my mind.

24<sup>th</sup> – kneeling; my knees still hurt when I use this thing, but it's like a stretching kind of pain so I think it'll go away.

25<sup>th</sup> – music; I was stuck in a cold vehicle for a while so I decided to meditate to the radio and try to forget the cold. It wasn't working, so I focused on the cold. Ironically it made me feel less cold which was pretty cool. I might try using this trick again in the future.

26<sup>th</sup> – music; I found a playlist meant specifically for meditation and I found it really distracting. There wasn't enough noise to focus on that, but there wasn't enough music to focus on that either. I don't want to discount this entirely based on one bad experience, but for now I'll stick to what works.

27<sup>th</sup> – kneeling; I've added stretching to my daily routine and the bench was more comfortable than usual. I tried focusing on the feeling in my knees and it was interesting. Still not my preferred way to meditate, but it sure worked.

28<sup>th</sup> – kneeling; I tried a rather odd position this time. Sitting on the bench I leaned back and held myself up with my arms behind myself. Probably not the safest of positions, but it combined some exercise and stretching with my meditation which was pretty cool. I'll probably try more of this in the future.

29<sup>th</sup> – music; I have so much homework it's not even funny. It's times like these that meditation is all the more important, but so much harder.

## Jack Kornfield – Thanksgiving Writing

This writing talked a lot about abundance within the context of Buddhism. It was framed under the context of thanksgiving and how one can give thanks for abundance without going against any buddhist teachings, and using this in meditation to reevaluate what makes people happy and what things they have, especially beyond physical possessions.

I found this writing to be very well timed, and embodied the meaning of thanksgiving quite well. I liked the idea of being thankful for what you have on your own, and not exclusively with others. I've always found thanksgiving to be a very often superficial holiday. Why only be thankful for what you have on one day of the year? I know there's more to it than that, but so often that's what it becomes. Meditation I've always felt to be a more personal thing, even when done in groups. Thank makes thankfulness within it the more personal thing that I've always felt it should be. Certainly made me think about what thanksgiving really means to me.