

Mediation Practice Log/Review  
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September

7<sup>th</sup> – 10 min Time went by very slowly but it felt very productive. My thoughts wandered a lot but I quickly brought them back each time. Focus was consistently brought back to the time, one of the hardest things to push from my mind.

8<sup>th</sup> – 10 min Tried counting the traditional way again. It seems even worse than I remember it. Time went by very slowly and my mind wandered very far many times. I will continue my conceptual counting methods in the future.

9<sup>th</sup> – 10 min Another more difficult session but this time for the positive. I'm rather excited for something tonight and that made it hard to focus. My mind was wondering toward that topic in a positive way that was in many ways even harder to pull away from.

10<sup>th</sup> - 10 min Today was a good session. I very quickly reached a point of focus and maintained it for a very long time. Maybe not the most productive of sessions but it was very relaxing and had a strong short term return.

11<sup>th</sup> – 5 min Very busy, had to cut the time. Felt like a waste of time. I didn't reach any degree of focus because I was worried about the time.

12<sup>th</sup> – 5 min Same as yesterday but to a slightly lesser degree. Time is a point of stress and makes it very hard to focus.

13<sup>th</sup> – 5 min sitting in chair. Today's meditation was rather difficult. My mind kept wondering to things that were not fun to think about but maintained my attention. I didn't feel like I was actually making progress, just simply wasting time.

14<sup>th</sup> – 10 min I've moved my meditation time to the evening in hopes that I can fit 10 minutes in again as 5 was not enough. It was another difficult session but not as bad as the last few days. Once I found my focus it felt much more progressive.

15<sup>th</sup> – 10 min Meditated in the middle of homework in hopes that the break would help and it certainly did. It wasn't the easiest to start working again but focusing was much easier post meditation. I may use this trick in the future.

16<sup>th</sup> – 10 min Tried a standing meditation today but it was just uncomfortable. My legs and back began to hurt quite quickly and for a little while I had my knees locked. Probably won't try it again.

17<sup>th</sup> – 10 min Did a lying down meditation, which I haven't done in a while. I found my mind wandering pretty close to sleep instead of other thoughts. Probably not the most productive method for me.

18<sup>th</sup> – 10 min standard meditation today. Went pretty well, nothing of note.

19<sup>th</sup> – 10 min Music mediation. I forgot how much I like these. Focusing on the sounds of your favorite music is a great exercise. It's much harder to notice when your focus has wandered but that much more satisfying when you pull yourself back.

20<sup>th</sup> – 10 min Almost did another music mediation but decided to avoid overdoing those. Sitting mediation was easier than usual. Test tomorrow was completely pushed from my mind which I found slightly unexpected.

I've experimented quite a bit the past two weeks with different methods of mediation. I tried quite a few things I've done in the past that may or may not have worked but in either case didn't carry over into life here in Winona. I think I'll make music meditations a common thing, maybe twice a week, just because they seem to be the most rewarding and fun for me. I think I'll stick with my meditation bench when possible. My chair does work fine but the bench seems to leave me the most comfortable, especially afterwards. I'm pretty excited to see how different kinds of music effect mediation. This week I just played some chill alternative music but I've been listening to more classical music of late and I'll probably try that in meditation pretty soon. I imagine it will be slightly harder just because classical music gets my imagination moving much faster than anything else seems to. Maybe that will make it more productive meditation, I'm not sure. I've also considered attempting some various mediation aids like teas, incense, certain positions, etc. but I'm not sure how many of them I'll actually try, as most of them are aimed more at longer meditations and I'm not about to consume any drugs before class. I'm kind of torn though because as much as I want to keep experimenting I really enjoyed the security of the routine I found in meditation in the past and I'm eager to find that routine again. I think experimenting is still the right call though. Maybe I'll find a better routine than I had before.