

Adam Stammer

November #1

2nd – sitting; I don't want to go to school tomorrow, and that's all I could think about today.

3rd – sitting; today was tough. It was pretty hard to focus, but I'd say it was productive.

4th – music; just went back to my normal music today, I think it was a good choice. Hard to beat the basics.

5th – music; almost fell asleep today. That doesn't usually happen. Maybe I need more sleep.

6th – sitting; almost fell asleep again. I thought it was just the music but maybe not. I got plenty of sleep last night so I don't know. Maybe it's the weather.

7th – laying down; I think this is a good practice to avoid falling asleep meditation. Today was productive, but music definitely would've put me to sleep.

8th – sitting; I focused on staying awake again, and I think it really helped. Maybe I just have to work out some muscles I've been taking for granted.

9th – music; continued to focus on staying awake. It makes it a little harder to stay focused though. Doesn't feel near as much like I'm meditating so much as preparing to meditate.

10th – music; experimenting some more with different genres but now I'm thinking more about shifting from one genre to another. Use one type of song to get into the meditation, and another to keep it going. It didn't really feel any different than a regular music meditation, but that might be because I don't normally stick it to one genre.

11th – music; this time it was better. I calmer song to get it going and a noisier song to keep it gone. Maybe it was just a good day, I'm not sure.

12th – sitting; today was a little harder. I lost my focus quite a bit and it took quite a while to get it back. Hopefully tomorrow is better.

13th – music; nope. Pretty much lost my focus right away and didn't get it back until my alarm went off.

14th – music; better today, but still not necessarily good. My mind was all over the place.

15th – music; pretty good compared to how it's been. I lost focus a lot, but I got it back pretty quickly each time. Nothing special, but productive nonetheless.

The Wise Heart – Jack Kornfield

An excerpt from this book talks about how our own beliefs and perspectives can become a problem for us. How many of our frustrations in life often come from how tightly we hang on to our beliefs. We can use meditation to attempt to open up our minds to the perspectives of others to help us understand those points of views and relieve some of our frustration regarding those.

I didn't get a chance to read this until this assignment was do, so I haven't actually gotten the chance to try this an more in practice but it is something that I've thought about before. I would imagine it would be pretty tough to do this though, because it inherently requires you to sit and focus on ideas that already make you frustrated and upset. I suppose that's a big part of what makes it so useful of a meditation, especially over time though. The next time I find myself extremely frustrated I think I'll give the try though, especially if it's a topic that talking out doesn't help with.