

Adam Stammer  
September 21 – October 4

21<sup>st</sup> – I went back to using my bench today. My knees don't really like it but my back does. It may be a bit before I'm used to it again though.

22<sup>nd</sup> - Still hard to focus on much other than the bench. It gives me something to think about at least, but it feels rather odd.

23<sup>rd</sup> – It was long day today but it made my mind blank very easily. Harder to focus but it was nice to just sit there for a while and not have to think too hard.

24<sup>th</sup> – Very hard to focus. It's my birthday today and I'm about to go to a party so I was pretty excited.

25<sup>th</sup> – Conceptual counting is proving more and more successful.

26<sup>th</sup> – Attempted insight meditation again. It takes a lot more emotional energy than I wish it did. Can't really do it for very long before the experience becomes negative.

27<sup>th</sup> – Tried a walking meditation at home. I'm not very fond of it in class but thought that it might be different on my own. If anything it was even worse because of how little space I have. I'm more a cyclist when it comes to moving meditation.

28<sup>th</sup> - Tried to apply my cycling meditation to inline skating today. It was different; not bad, not good. I couldn't really focus on anything other than my skating or I'd risk falling over so in that sense I had something to focus on, but it really watered down the skate session.

29<sup>th</sup> - Didn't meditate today. Hosted a party and totally forgot.

30<sup>th</sup> – Fell asleep mid meditation. Haven't done that in a long time. Have another party today so what meditation did happen was pretty tough.

1<sup>st</sup> – To save myself time and effort I'm going to try doing music meditations for a few days in a row. Hope I don't get tired of my music.

2<sup>nd</sup> – Made a new playlist of music specifically for meditation. I'm picking songs that I like, but don't like too much. Something that will keep my attention, but not distract me.

3<sup>rd</sup> – Found that music also makes for a good timer. Alarms are a bad way to end a meditation but time is pretty valuable. Queue up the right songs to time it right.

4<sup>th</sup> – Tried using my headphones instead of my earbuds today. I expected it to be more different than it was since my earbuds are far more isolating. Only difference was my ears getting warm which was a lot more distracting than it sounds.

*The Buddha is Still Teaching - Meditations* Jack Kornfield  
Insight Meditations

I've never really liked insight meditation. I haven't tried it too much but every time I did I found it to be a negative experience because it consistently left me feeling much worse emotionally than before starting. I viewed as steeping in self judgments. After reading this section it seems that I wasn't doing what Kornfield considers insight meditation. His methods involve being mindful of where and how your mind wanders at the moment, and what I was doing focused on analyzing your feelings and reactions in past situations. I haven't gotten the chance to give his method a try yet but combining it with my own conceptual counting technique I'm hopeful that it will go well. I don't think it will be as productive as the "insight meditation" I tried, but if it's something I can actually handle well enough to keep doing it will be more successful overall.