

Adam Stammer
Meditation Log
October

- 6th – 10 min; music meditation riding a car (passenger, not driver). Music was classical and seemed to work well. I'll probably try more classical music in the future.
- 7th – 5 min; music meditation. Stuck with instrumental music for today. Good session; nothing of note.
- 8th – 10 min; focused on a hard candy. By the end of the session the roof of my mouth was raw and the flavor was harder to perceive. I found the latter point rather odd.
- 9th – 10min; had a test but tried really hard to push that from my mind. Very good session, relaxed myself quite a bit.
- 10th – 10 min; music meditation – classical; found myself “dancing” when I lost focus. Seems silly that I don't do that as often with other kinds of music.
- 11th – 10 min; pulled out the meditation bench again today (was locked out of my closet). My back and knees are very thankful.
- 12th – 10 min; tried another guided meditation today but didn't really like it. I stuck with it on the principal of giving it a shot but kind of wish I would've switched to independent work halfway through.
- 13th – 10 min; More classical music in the car; focused on the heat of the seat. Good session, if a little bumpy.
- 14th – 10 min; back home. haven't been here in almost two months. Found the scent of my room to be far more distracting that I expected. It smells familiar yet foreign at the same time. Near the end I focused on the smell, rather than ignore it, and it was much easier.
- 15th – 10 min; Had some black tea before starting; caffeine made it easy to lose focus, and hard to sit still. Tried a walking meditation but I've never felt those were very productive.
- 16th – 10 min; music meditation. Classic rock. Easy to focus when I know the music, hard when it's something new. I'll try to mix it up more in the future to see if it increases progress.
- 17th – I don't think I meditated this day. I don't remember if I did. Really busy day.
- 18th – 5 min; music meditation. Lot of homework made it hard to focus, but all the more worth trying.

Meditation on Grief – Jack Kornfield

I haven't experienced grief in any substantial quantity in quite some time, and never in large amounts. The most I've ever lost is my favorite teacher whom I hadn't seen in year prior anyway. Next would be only childhood pets that I cared little for. I know that I will be faced with it again and it will likely be much stronger that I've ever had to deal with. That's why I chose to read this.

Prior to finding this I never thought about using meditation as a tool to work through grief, largely because of how little my experience with grief is, but the more I read the more and more sense it made. I read something else quite recently that emphasized how one should allow themselves to feel their bad feelings and not try to bury them because burying them just makes them come back stronger. This matches perfectly with meditation too and this reading really resonated with the same message. The only way to move past grief is to let yourself feel all of the feelings it brings. Let yourself be angry, and sad, and whatever else you feel because it's okay to feel that way, and like bad weather it'll pass. I don't really think you can prepare that much for any occasion that brings about grief but I do believe that after this reading I honestly feel better equipped to handle it.