

Adam Stammer
Meditation Log
October #2

19th – 5 min; music meditation, went by slow and was rather difficult

20th – 5 min; sitting, didn't feel very productive. I was kind of glad it was over but that's probably part of why it was so unproductive. I've always had some trouble keeping self judgement out of it, but I'm still working on it

21st - 5 min; much better today. I felt really good for no good reason, and meditating just made it even better

22nd – 5 min; nothing interesting today

23rd – 5 min; standing, I don't really like standing meditation but I figured it would be a good idea to give it another try. I don't regret it, but I still don't really find it that productive

24th – 5 min; walking, I've only tried walking meditation on my own once before this, and I don't think I'll do it again. I don't even like walking.

25th – 5 min; music, I'm going to try some more genres of music and see what difference it makes.

Today was pretty standard

26th – 5 min; music, heavy rock. I found this a little too distracting. At one point I was able to look past the music and just hear sound which worked well, but it was tough

27th – 10 min; music, rock ballads, these are some of my more common choices so it was no surprise it today was uninteresting but productive

28th – 5 min; music, edm, I figured this would just be a bad idea, but it was really easy to look past the music and just hear sound. I'll definitely try this again

29th – 5 min; music, exciting classical, this was just plain distracting. I couldn't focus on the sound or the music. It was fun to listen to, but not in a meditational sense

30th – 5 min; sitting, figured I'd take a break from the music, it was kind of odd without it, but not bad

31st – 5 min; sitting, really hard to focus today, but pretty good at getting back. I'd say it was quite productive

1st – 5 min; sitting, nothing to note today, pretty standard sit