

Meditation Protocol H4

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25.12.2023 - 24.01.2024

	H1	H2	H3	H4	Total
Time Spent on Meditations (minutes)	556	519	743	891	2709
Number of Meditation Days	25	28	29	31	113
Points Applied For	36	36	42	40	154
Category I	21	24	25	28	98
Category II	1	3	1	1	6
Category III	1	0	0	0	1
Category IV	2	1	3	2	8
Category V	0	0	0	0	0
Category VI	0	0	0	0	0

Total Points Applied For: 154 points

Total Time Spent on Meditations: 45 hours 9 minutes

Total Number of Meditation Days: 113 days

Questions:

- 20 minutes often feel long to me while doing a short meditation. Should I therefore rather do shorter meditations?
- I wanted to do a daily meditation in the morning right after waking up, but never had the will power to wake up earlier to make time. Do you have any tips regarding this? Or should I not bother when I find time for the meditation?

Index: H4: 1 - 32; H3: 33 - 62; H2: 63 - 91; H1: 92 - 117

Self-study:

- Question:
Am I happy (before the meditation)? What makes me happy or unhappy?
- Summary of results:
I often felt stressed about the amount of work I had to do for university. I had fewer bad headaches in comparison to the earlier days (e.g. in H1). I still remember feeling extra happy on the day I helped a boy with his programming preparations for an exam he had, even though I could not learn for an exam I myself had. This seems interesting to me.

Signature: _____, January 21, 2024

Day 113: 24. 01. 2024

Points: 5, **Category:** IV

Total Duration: 120 minutes

IV Attended Meeting with prior morning meditation

Name: a meditation and various short ones in class

Time: 08:00 - 10:00

Duration: 120 minutes

Group: in class

Self-study

Happiness: -

This day is in the future.

★ ★ ★

Day 112: 23. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: ????

Time: ??:?? - ??:??

Duration: 20 minutes

Group: alone or with buddy

Self-study

Happiness: -

This day is in the future.

★ ★ ★

Day 111: 22. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: ????

Time: 22:36 - 22:56

Duration: 20 minutes

Group: alone or with buddy

Self-study

Happiness: -

This day is in the future.

★ ★ ★

Day 110: 21. 01. 2024

Points: 2, **Category:** II

Total Duration: 60 minutes

I Short Meditation

Name: Zazen

Time: 11:27 - 12:27

Duration: 60 minutes

Group: alone

Self-study

Happiness: relaxed

While my buddy is working on his H4 protocol I did this meditation. For the first part I did 45 minutes of watching outside of the window. Then I did 15 minutes of walking as described in tuwel.

★ ★ ★

Day 109: 20. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 23:58 - 00:18

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: happy

We just finished watching a movie and are now heading for bed. It is nice having less to do for a change and being able to spend two hours watching a movie.

Day 108: 19. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:57 - 23:17

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: happy, as I was able to spend some time on myself today

I was crafty and made a lamp shade from some wool and wire we had at home. I also spent the morning and late evening working on my seminar project. The stretching in my lower back from this meditation was especially nice today.

Day 107: 18. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Watch the Gap

Time: 21:44 - 22:04

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: tired, as I did not sleep well last night

My buddy has caught some stomach bug and has spend the last days on the sofa. I want to relax as well, but have still much to do until February.

Day 106: 17. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Gently Sway

Time: 22:36 - 22:56

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: moderate

I am not very aware yet. I only notice now how unhappy I was in the last weeks because of the many exams.

Day 105: 16. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 11:30 - 11:50

Duration: 20 minutes

Group: alone

Self-study

Happiness: happy, the exam is finally over

On my way back home from the exam. The train is empty.

★ ★ ★

Day 104: 15. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Watch the Gap

Time: 21:52 - 22:12

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: very happy about results of last exam

I took my time with this meditation. Thinking stops in the gaps, resumes sometimes in between. I imagined a glow and nice scent for a short part of this meditation. Tomorrow is my last exam of partial differential equations.

★ ★ ★

Day 103: 14. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 22:34 - 22:54

Duration: 20 minutes

Group: alone

Self-study

Happiness: happy

I spent the entire day teaching linked lists to someone. I could see him getting better, which improved my mood. My original plan for today was to learn for a math lecture. Now I have to do two days worth tomorrow.

★ ★ ★

Day 102: 13. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Gently Sway

Time: 23:17 - 23:37

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: neutral

I am almost bored today after the eventful last few days.

★ ★ ★

Day 101: 12. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 18:00 - 18:20

Duration: 20 minutes

Group: alone

Self-study

Happiness: -

I forgot to write anything down as I did not have the book with me.

★ ★ ★

Day 100: 11. 01. 2024

Points: 1, **Category:** I

Total Duration: 47 minutes

I Short Meditation

Name: Observe Breath

Time: 17:14 - 17:41

Duration: 27 minutes

Group: alone

Self-study

Happiness: tense from the exam, finished both exams :-)

Normally I would be very stressed about two exams in the same day, but after the first I suddenly felt better while walking from one to the other place of the exams. Now I am happy that this lies behind me.

I Short Meditation

Name: Observe Breath

Time: 10:19 - 10:39

Duration: 20 minutes

Group: alone

Self-study

Happiness: nervous, I have an exam today

I have some time until I have to leave for an exam, which I am spending drinking tea and meditating. My palms are sweaty already. I am still nervous afterwards.

Day 99: 10. 01. 2024

Points: 5, **Category:** IV

Total Duration: 120 minutes

IV Attended Meeting with prior morning meditation

Name: Nataraj and various in class

Time: 08:00 - 10:00

Duration: 120 minutes

Group: in class

Self-study

Happiness: stressed

Lying down in the middle stage of this meditation felt good It felt better than in the last few short meditations I did.

Day 98: 09. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 16:00 - 16:20

Duration: 20 minutes

Group: alone

Self-study

Happiness: sooo much headache :-(

I have such a bad headache, that I decided to relax by meditating. I did not have this book with me (I keep my meditation notes in a small book), so I forgot to remember the exact time. I felt a bit better afterwards.

Day 97: 08. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 21:52 - 22:12

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: todays meeting went well, I managed to do some of the exercises, so all in all good

There is a TV running in the room next door, that I could hear. I focused on my breath in my belly and tried not to get distracted.

★ ★ ★

Day 96: 07. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: From the Head to the Heart

Time: 17:41 - 18:01

Duration: 20 minutes

Group: alone

Self-study

Happiness: so much still to learn and do :-O

My head feels overused and I wanted a break from learning, so I looked through the short meditations list to look for one I can do. This one seemed fitting given my current state. I started with walking, but then soon changed to sitting.

★ ★ ★

Day 95: 06. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Prayer Meditation

Time: 18:56 - 19:16

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: progress at learning, therefore happy

We baked some bread and the recipe said to bake for 20 minutes (with lid closed). We used this time to do this meditation.

Day 94: 05. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Gently Sway

Time: 21:26 - 21:46

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: slightly stressed for upcoming tests

As we went to bed so late in the last days we decided to go earlier today. I tried to push away my thoughts, but as I was tired and this is difficult I only managed to do this shortly.

Day 93: 04. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 23:05 - 23:25

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: a tiny bit sick

I am conflicted between trying not to think about anything and contemplating some of the impossible problems posed in the reading materials for Zen.

Day 92: 03. 01. 2024

Points: 1, **Category:** I

Total Duration: 40 minutes

I Short Meditation

Name: Gently Sway

Time: 22:42 - 23:02

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: tired

I did some of the preparations for the next lecture today. As part of this I read the "puzzles" and thought about them during this meditation.

I Short Meditation

Name: Prayer Meditation

Time: 18:26 - 18:46

Duration: 20 minutes

Group: alone

Self-study

Happiness: neutral, nothing to do (that I want to do)

Managed to do my meditation earlier today. I spent the first part doing what the instructions say, but finished about 5 minutes earlier, so I just sat and observed my breath for the rest.

Day 91: 02. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Prayer Meditation

Time: 21:54 - 22:14

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: relaxed, only slightly stressed when thinking about the next weeks

I feel not as motivated to meditate as I did a week ago (and before then). My theory is that as I am less stressed (because of the holiday) I also do not "need" to meditate as much in order to feel better.

★ ★ ★

Day 90: 01. 01. 2024

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 22:02 - 22:22

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: a bit restless, but happy

My legs are tired from walking and standing (we went to a museum). First meditation of this year!

Day 89: 31. 12. 2023

Points: 1, **Category:** I

Total Duration: 25 minutes

I Short Meditation

Name: Observe Breath

Time: 20:59 - 21:24

Duration: 25 minutes

Group: with buddy

Self-study

Happiness: relaxed on holiday

We are having a relaxed evening at our hotel. There are already a few fireworks outside.

★ ★ ★

Day 88: 30. 12. 2023

Points: 1, **Category:** I

Total Duration: 21 minutes

I Short Meditation

Name: Om

Time: 23:13 - 23:34

Duration: 21 minutes

Group: with buddy

Self-study

Happiness: had a great day

My buddy and I are on holiday together. We are having a great time!

★ ★ ★

Day 87: 29. 12. 2023

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 23:21 - 23:41

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: my laptop broke today

I would like to meditate earlier tomorrow. This was quite late.

★ ★ ★

Day 86: 28. 12. 2023

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 22:40 - 23:00

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: fun day, still have so much to learn

We are in a crowded space, but I always enjoy the quiet buzz of people.

★ ★ ★

Day 85: 27. 12. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Watch the gap

Time: 23:17 - 23:29

Duration: 12 minutes

Group: alone

Self-study

Happiness: -

My thoughts do not stop, but I constantly have something to think about (watching the gap, counting, ...). I did not yet know my new self study question, but answered the old one: Attention: inhale, exhale, gaps.

★ ★ ★

Day 84: 26. 12. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Observe Breath

Time: 23:59 - 00:11

Duration: 12 minutes

Group: with buddy

Self-study

Happiness: -

My buddy and I are on our way to Hamburg for this winter holiday. The train ride today was very long and tiring. I almost fell asleep during this meditation. I did not yet know my new self study question, but answered the old one: Attention: not falling asleep.

★ ★ ★

Day 83: 25. 12. 2023

Points: 1, **Category:** I

Total Duration: 14 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:11 - 22:25

Duration: 14 minutes

Group: with buddy

Self-study

Happiness: -

I handed in my H3 protocol earlier today. The bell went off before I did the seventh repetition, so I continued until finished. I had trouble breathing through the nose when bowing down, so I inhaled through the mouth. I did not yet know my new self study question, but answered the old one: Attention: breath, counting.

Meditation Protocol H3

Ida Hönigmann
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26.11.2023 - 25.12.2023

	H1	H2	H3	Total
Time Spent on Meditations	556 minutes	519 minutes	743 minutes	1818 minutes
Number of Meditation Days	25 days	28 days	29 days	82 days
Points Applied For	36 points	36 points	42 points	114 points
Category I	21	24	25	80
Category II	1	3	1	5
Category III	1	0	0	1
Category IV	2	1	3	6
Category V	0	0	0	0
Category VI	0	0	0	0

Total Points Applied For: 114 points

Total Time Spent on Meditations: 30 hours 18 minutes

Total Number of Meditation Days: 82 days

Self-study:

- Question:
Where was my attention during the meditation?
- Summary of results:
I am mostly concerned with my body and mind. Only if I am feeling particularly down or happy on a given day I will focus on my emotions during the meditation.

Index: H3 is pages 1 to 30

H2 is pages 31 to 59

H1 is pages 60 to 83

Signature: _____, December 26, 2023

Day 82: 24. 12. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Watch the gap

Time: 23:40 - 23:52

Duration: 12 minutes

Group: with buddy

Self-study

Attention: being total, breath

I am enthusiastic about trying new techniques. I like this one.

★ ★ ★

Day 81: 23. 12. 2023

Points: 1, **Category:** I

Total Duration: 25 minutes

I Short Meditation

Name: Observe Breath

Time: 23:15 - 23:28

Duration: 13 minutes

Group: alone

Self-study

Attention: relaxing the mind

I did this meditation after the first one did not have much effect on me. This one made me calmer.

I Short Meditation

Name: Prayer Meditation

Time: 23:02 - 23:14

Duration: 12 minutes

Group: alone

Self-study

Attention: thoughts

Doing this meditation felt weird today for some reason.

Day 80: 22. 12. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Prayer Meditation

Time: 23:23 - 23:35

Duration: 12 minutes

Group: with buddy

Self-study

Attention: relaxing, difference between upright and facing down

In the last lecture it was cleared up, that the movement is to be repeated seven times. I thought six times was recommended before, but as I always lost count anyway it is not that important. Obviously we did seven times not (if I counted correctly).

★ ★ ★

Day 79: 21. 12. 2023

Points: 1, **Category:** I

Total Duration: 14 minutes

I Short Meditation

Name: Observe Breath

Time: 22:22 - 22:36

Duration: 14 minutes

Group: alone

Self-study

Attention: breath, thoughts

I am listening to the wind outside, it is very calming.

★ ★ ★

Day 78: 20. 12. 2023

Points: 5, **Category:** IV

Total Duration: 120 minutes

IV Attended Meeting with prior morning meditation

Name: Vipassana and various

Time: 08:00 - 10:00

Duration: 120 minutes

Group: at home joining the meeting with big blue button

Incidents: my phone went off

Self-study

Attention: thoughts, feet

I forgot to turn off my phone, so the notification startled me a bit. I was able to continue with the meditation regardless. Thank you for the possibility of attending the meeting and meditation from home.

★ ★ ★

Day 77: 19. 12. 2023

Points: 1, Category: I

Total Duration: 12 minutes

I Short Meditation

Name: Observe Breath

Time: 22:56 - 23:09

Duration: 12 minutes

Group: alone

Self-study

Attention: movement in belly

My nose is still closed from being ill, but I was able to breath through it for this meditation.

Day 76: 18. 12. 2023

Points: 1, **Category:** I

Total Duration: 14 minutes

I Short Meditation

Name: When joy arises

Time: 22:09 - 22:23

Duration: 14 minutes

Group: alone

Self-study

Attention: where I can feel the joy

The emotions feel like connected to my belly. At first I thought about things that make me joyous and then moved to the feeling of joyousness. Especially with news being grim and me being ill this meditation seemed right.

★ ★ ★

Day 75: 17. 12. 2023

Points: 1, **Category:** I

Total Duration: 15 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:56 - 23:09

Duration: 15 minutes

Group: alone

Self-study

Attention: happiness, energy

I am happier than usual. Lets hope it stays this way. It takes time until I get into the meditation.

★ ★ ★

Day 74: 16. 12. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Observe Breath

Time: 23:35 - 23:47

Duration: 12 minutes

Group: with buddy

Self-study

Attention: thoughts

I breathed through my mouth as my nose is closed. Had many thoughts.

★ ★ ★

Day 73: 15. 12. 2023

Points: 1, **Category:** I

Total Duration: 13 minutes

I Short Meditation

Name: Observe Breath

Time: 22:56 - 23:09

Duration: 13 minutes

Group: with buddy

Self-study

Attention: belly movement, rhythm of breathing

I tried to concentrate on my belly, but drifted off for a while before realizing and returning my attention.

★ ★ ★

Day 72: 14. 12. 2023

Points: 1, **Category:** I

Total Duration: 13 minutes

I Short Meditation

Name: Observe Breath

Time: 22:29 - 22:42

Duration: 13 minutes

Group: alone

Self-study

Attention: expanding of belly, thoughts

I am starting to feel ill. Quite probably covid. :-(

Day 71: 13. 12. 2023

Points: 5, **Category:** IV

Total Duration: 120 minutes

IV Attended Meeting with prior morning meditation

Name: Dynamic Meditation and Vipassana

Time: 08:10 - 09:10 and 09:35 - 10:35

Duration: 120 minutes

Group: at home with big blue button

Self-study

Attention: not giving in and feet while walking

I am glad we did this at home as I haven't sweat so much in quite some time, and this way I was able to shower in between meditations.

★ ★ ★

Day 70: 12. 12. 2023

Points: 1, Category: I

Total Duration: 16 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:10 - 22:26

Duration: 16 minutes

Group: alone

Self-study

Attention: no thought state

Sometimes my mind tricks me: Instead of having no thoughts it thinks of a time where I had no thoughts. It tries to make me feel good, but does not achieve the goal. I am excited for both meditations tomorrow. During Vipassana it felt good to observe instead of trying not to think.

Day 69: 11. 12. 2023

Points: 1, **Category:** I

Total Duration: 14 minutes

I Short Meditation

Name: Observe Breath

Time: 22:48 - 23:02

Duration: 14 minutes

Group: alone

Self-study

Attention: movement of belly

I got a new watch that can track my pulse. During meditation my heart beats slightly slower than before.

Day 68: 10. 12. 2023

Points: 1, **Category:** I

Total Duration: 14 minutes

I Short Meditation

Name: Prayer Meditation

Time: 21:02 - 21:16

Duration: 14 minutes

Group: with buddy

Self-study

Attention: energy

Today was not very good (again), but this meditation made me feel better. Once again I thought of things that make me happy before the meditation, to get in the right mood. This helps.

★ ★ ★

Day 67: 09. 12. 2023

Points: 1, Category: I

Total Duration: 12 minutes

I Short Meditation

Name: Observe Breath

Time: 23:13 - 23:25

Duration: 12 minutes

Group: alone

Self-study

Attention: being happy

The entire day I felt bad. I did not sleep well last night and was not able to finish any of the math exercises I tried to do the entire day. Frustrating!

★ ★ ★

Day 66: 08. 12. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Observe Breath

Time: 17:03 - 17:15

Duration: 12 minutes

Group: alone

Self-study

Attention: belly, nose

Before going to bed 12 minutes seem shorter than they do now.

★ ★ ★

Day 65: 07. 12. 2023

Points: 2, Category: II

Total Duration: 60 minutes

II Meditation

Name: Vipassana

Time: 18:33 - 19:33

Duration: 60 minutes

Group: alone

Self-study

Attention: letting loose, felling of carpet under my feet

Yesterday I went on a long walk through the snow covered park instead of doing a long meditation, so I did one today. I like trying new ones. Sitting in the first phase was difficult.

★ ★ ★

Day 64: 06. 12. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Gently Sway

Time: 21:30 - 21:42

Duration: 12 minutes

Group: with buddy

Self-study

Attention: emotions

This evening I have felt sad and angry. It was hard getting more positive before the meditation, but my buddy helped to cheer me up. Thank you!

★ ★ ★

Day 63: 05. 12. 2023

Points: 1, Category: I

Total Duration: 12 minutes

I Short Meditation

Name: Prayer Meditation

Time: 21:48 - 22:00

Duration: 12 minutes

Group: with buddy

Self-study

Attention: feeling, not thinking

I tried to bring my attention to feel energy moving through you, but noticed that rather than feeling I was imagining what the energy would feel like and where it might be. I could then feel something in my arms and belly (warmth?).

Day 62: 04. 12. 2023

Points: 1, **Category:** I

Total Duration: 13 minutes

I Short Meditation

Name: Gently Sway

Time: 22:15 - 22:28

Duration: 13 minutes

Group: alone

Self-study

Attention: no thoughts

When I have thoughts sometimes I go "meta", meaning I notice and think about having thoughts. Now I go meta-meta and notice (and think about) having thoughts about having thoughts.

★ ★ ★

Day 61: 03. 12. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Observe Breath

Time: 22:45 - 22:57

Duration: 12 minutes

Group: alone

Self-study

Attention: smoothness of belly motion

When paying attention to my belly, the movement at first felt robot like (sudden expansion, contraction). I observed further and it got less robotic after a while.

★ ★ ★

Day 60: 02. 12. 2023

Points: 1, **Category:** I

Total Duration: 16 minutes

I Short Meditation

Name: Om

Time: 23:10 - 23:26

Duration: 16 minutes

Group: with buddy

Self-study

Attention: humming, silence afterwards

This felt longer than I anticipated. For the nadabrahma meditation in class time appeared to be flying by when in the Om stage.

★ ★ ★

Day 59: 01. 12. 2023

Points: 1, **Category:** I

Total Duration: 13 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:45 - 22:58

Duration: 13 minutes

Group: with buddy

Self-study

Attention: lower back, belly, counting

Today was very stressful. From the test I had today I can still feel my legs being tense from the adrenaline. The sensation comes from my lower back, which is why we decided on this technique. As I did not know how many repetitions I did the last few times I counted today.

★ ★ ★

Day 58: 30. 11. 2023

Points: 1, **Category:** I

Total Duration: 13 minutes

I Short Meditation

Name: Prayer Meditation

Time: 21:21 - 21:34

Duration: 13 minutes

Group: alone

Self-study

Attention: energy in belly, positive thoughts

My usual spot with soft light. Today it was quiet. As I mostly felt energy in my arms last time, I payed attention to my belly this time. Additionally I tried to only have positive thoughts during the meditation (e.g. jokes).

★ ★ ★

Day 57: 29. 11. 2023

Points: 5, **Category:** IV

Total Duration: 120 minutes

IV Attended Meeting with prior morning meditation

Name: Nadabrahma

Time: 08:00 - 10:00

Duration: 120 minutes

Group: morning meditation and various in class

Self-study

Attention: sound, humming, no thoughts

It is interesting doing this again. There were differences, for example I felt more confident this time.

Day 56: 28. 11. 2023

Points: 1, **Category:** I

Total Duration: 8 minutes

I Short Meditation

Name: Gently Sway

Time: 21:30 - 21:38

Duration: 8 minutes

Group: alone

Self-study

Attention: shoulder and upper back

Obviously when swaying I can not lean back onto the chair. Thoughts about my bad posture started.

★ ★ ★

Day 55: 27. 11. 2023

Points: 1, **Category:** I

Total Duration: 8 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:38 - 22:46

Duration: 8 minutes

Group: alone

Self-study

Attention: lower back

Hopefully I will fall asleep soon. I feel tired and my back hurts.

Day 54: 26. 11. 2023

Points: 1, **Category:** I

Total Duration: 6 minutes

I Short Meditation

Name: Gently Sway

Time: 21:48 - 21:54

Duration: 6 minutes

Group: with buddy

Self-study

Attention: -

When I started meditating in the beginning of this semester it took longer to get into the groove. Now this is almost instantaneous. Note: I did my last self study question and scored my relaxation at 9 out of 10.

★ ★ ★

Meditation Protocol H2

Ida Hönigmann
12002348

29.10.2023 - 25.11.2023

	H1	H2	Total
Time Spent on Meditations	556 minutes	519 minutes	1075 minutes
Number of Meditation Days	25 days	28 days	53 days
Points Applied For	36 points	35 points	71 points
Category I	21	24	45
Category II	1	3	4
Category III	1	0	1
Category IV	2	1	3
Category V	0	0	0
Category VI	0	0	0

Total Points Applied For: 71

Total Time Spent on Meditations: 17 hours and 55 minutes

Total Number of Meditation Days: 53 days

Self-study:

- Summary of results:
In general I feel more relaxed after the meditation. I feel like there might be a difference between different meditation techniques, but overall the biggest influence is my mood and stress level beforehand.
- Question: How relaxed am I after the meditation?
- Scale: 0-10 (0 = Not relaxed at all, 10 = Extremely relaxed)

Signature: _____, November 27, 2023

Day 53: 25. 11. 2023

Points: 1, **Category:** I

Total Duration: 9 minutes

I Short Meditation

Name: Gently Sway

Time: 22:20 - 22:29

Duration: 9 minutes

Group: with buddy

Self-study

Relaxation: 10/10

At first I tried to stop every thought, but as the same thoughts appeared again I followed them and they went on, but then stopped as this topic was finished. Nothing more was to be added and I enjoyed the thought less state for some time.

★ ★ ★

Day 52: 24. 11. 2023

Points: 1, Category: I

Total Duration: 10 minutes

I Short Meditation

Name: Observe Breath

Time: 23:16 - 23:26

Duration: 10 minutes

Group: with buddy

Self-study

Relaxation: 10/10

When breathing in my belly tenses. I only notice as I un-tense when breathing out.
I put my attention on this feeling, but was not able not to tense.

★ ★ ★

Day 51: 23. 11. 2023

Points: 1, Category: I

Total Duration: 10 minutes

I Short Meditation

Name: Prayer Meditation

Time: 21:53 - 22:03

Duration: 10 minutes

Group: alone

Self-study

Relaxation: 9/10

In between breathing my mind stops. The stretching does me good. I tend to fall asleep sooner if I do this beforehand.

★ ★ ★

Day 50: 22. 11. 2023

Points: 2, Category: II

Total Duration: 60 minutes

II Meditation

Name: Mandala Meditation

Time: 08:03 - 09:03

Duration: 60 minutes

Group: alone

Self-study

Relaxation: 9/10

I looked through the different meditations and settled on this one. This is the first time I have done a (long) meditation twice.

★ ★ ★

Day 49: 21. 11. 2023

Points: 1, **Category:** I

Total Duration: 7 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:02 - 22:09

Duration: 7 minutes

Group: alone

Self-study

Relaxation: 9/10

It was easier to get into the flow this time. Tomorrow I want to do a long meditation again.

★ ★ ★

Day 48: 20. 11. 2023

Points: 1, **Category:** I

Total Duration: 8 minutes

I Short Meditation

Name: Prayer Meditation

Time: 21:59 - 22:07

Duration: 8 minutes

Group: alone

Self-study

Relaxation: 8/10

My mind is all over the place, but I still feel relaxed and good. I did not achieve a no thought state. Maybe tomorrow.

★ ★ ★

Day 47: 19. 11. 2023

Points: 1, **Category:** I

Total Duration: 6 minutes

I Short Meditation

Name: Gently Sway

Time: 21:45 - 21:51

Duration: 6 minutes

Group: alone

Self-study

Relaxation: 4/10

I am not feeling well today.

★ ★ ★

Day 46: 18. 11. 2023

Points: 1, **Category:** I

Total Duration: 6 minutes

I Short Meditation

Name: Observe Breath

Time: 23:13 - 23:19

Duration: 6 minutes

Group: with buddy

Self-study

Relaxation: 7/10

It is difficult not to think about anything if you have a earworm.

★ ★ ★

Day 45: 17. 11. 2023

Points: 1, **Category:** I

Total Duration: 6 minutes

I Short Meditation

Name: Observe Breath

Time: 17:23 - 17:29

Duration: 6 minutes

Group: alone

Self-study

Relaxation: 8/10

Still focusing on the cold feeling and trying not to get distracted.

Day 44: 16. 11. 2023

Points: 1, **Category:** I

Total Duration: 14 minutes

I Short Meditation

Name: Observe Breath

Time: 21:46 - 22:00

Duration: 14 minutes

Group: with buddy

Self-study

Relaxation: 8/10

I had a bad headache today. For this meditation I focused on feeling more than on how many thoughts I had.

★ ★ ★

Day 43: 15. 11. 2023

Points: 2, **Category:** II

Total Duration: 60 minutes

II Meditation

Name: No Dimension

Time: 16:34 - 17:34

Duration: 60 minutes

Group: alone

Incidents: nausea

Self-study

Relaxation: 5/10

I very much enjoy the first stage (even if I made some mistakes in the direction here and there), but once again I got nauseous at the whirling after about 10 minutes.

★ ★ ★

Day 42: 14. 11. 2023

Points: 1, **Category:** I

Total Duration: 6 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:14 - 22:20

Duration: 6 minutes

Group: with buddy

Self-study

Relaxation: 6/10

Besides the headache I feel good after having done this meditation. My mind must have been less full than normal as I could notice it "filling up" afterwards.

★ ★ ★

Day 41: 13. 11. 2023

Points: 1, **Category:** I

Total Duration: 13 minutes

I Short Meditation

Name: Prayer Meditation

Time: 22:19 - 22:32

Duration: 13 minutes

Group: alone

Self-study

Relaxation: 9/10

I enjoy the feeling in my lower back after doing this technique. The feeling of energy is mostly in my hands and arms.

★ ★ ★

Day 40: 12. 11. 2023

Points: 1, **Category:** I

Total Duration: 6 minutes

I Short Meditation

Name: Observe Breath

Time: 21:34 - 21:40

Duration: 6 minutes

Group: with buddy

Self-study

Relaxation: 5/10

Had trouble concentrating on my breath. I enjoy other methods more.

★ ★ ★

Day 39: 11. 11. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Gently Sway

Time: 21:21 - 21:33

Duration: 12 minutes

Group: with buddy

Self-study

Relaxation: 10/10

No thoughts when breathing in, just the feeling of the cold air. Thoughts return in between. Breathing slows, intervals become longer.

★ ★ ★

Day 38: 10. 11. 2023

Points: 1, **Category:** I

Total Duration: 6 minutes

I Short Meditation

Name: Observe Breath

Time: 22:31 - 22:37

Duration: 6 minutes

Group: with buddy

Self-study

Relaxation: 8/10

I aimed for a no thought state. Following the cold feeling in my nose as I breath in.
I did not achieve this state, but I will continue to try!

Day 37: 09. 11. 2023

Points: 1, **Category:** I

Total Duration: 10 minutes

I Short Meditation

Name: Observe Breath

Time: 21:05 - 21:15

Duration: 10 minutes

Group: with buddy

Self-study

Relaxation: 7/10

When doing this meditation the thoughts I have are more systematic and are less like a flood and more like a trickle of water.

★ ★ ★

Day 36: 08. 11. 2023

Points: 5, **Category:** IV

Total Duration: 120 minutes

IV Attended Meeting with prior morning meditation

Name: Kundalini and various

Time: 08:00 - 10:00

Duration: 120 minutes

Group: in class

Self-study

Relaxation: 8/10

Shaking felt natural. I opted for standing in the third phase and lying down for the fourth stage.

★ ★ ★

Day 35: 07. 11. 2023

Points: 1, **Category:** I

Total Duration: 10 minutes

I Short Meditation

Name: Observe Breath

Time: 10:53 - 11:03

Duration: 10 minutes

Group: alone

Self-study

Relaxation: 5/10

I was nervous because I had a meeting and now, afterwards, tried to recollect myself with this meditation. Still feel restless.

★ ★ ★

Day 34: 06. 11. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Prayer Meditation

Time: 21:09 - 21:21

Duration: 12 minutes

Group: with buddy

Self-study

Relaxation: 10/10

I just got feedback for my H1 submission. I feel thankful for the advise. As advised I will go to bed after finishing this short text. Today it was quiet as we meditated.

★ ★ ★

Day 33: 05. 11. 2023

Points: 1, **Category:** I

Total Duration: 8 minutes

I Short Meditation

Name: Observe Breath

Time: 21:08 - 21:16

Duration: 8 minutes

Group: with buddy

Incidents: started laughing, therefore stopped

Self-study

Relaxation: 8/10

The TV in the next room was so funny to me, so I started laughing. It is hard trying to ignore the sounds. There is no quiet room.

Day 32: 04. 11. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Prayer Meditation

Time: 21:37 - 21:49

Duration: 12 minutes

Group: with buddy

Self-study

Relaxation: 9/10

I wanted to try out a new short meditation. I lost count on how many repetitions I did, but I would guess 6-7. It was very nice.

★ ★ ★

Day 31: 03. 11. 2023

Points: 1, **Category:** I

Total Duration: 16 minutes

I Short Meditation

Name: Observe Breath

Time: 22:51 - 23:01

Duration: 10 minutes

Group: with buddy

Self-study

Relaxation: 8/10

It is so late already! Observe breath as breathing through the nose felt like the right thing to do. This marks one month of meditating!

I Short Meditation

Name: Gently Sway

Time: 07:53 - 07:59

Duration: 6 minutes

Group: alone

Self-study

Relaxation: 9/10

After waking up. Now I will go eat breakfast! The corn I planted in my flower box (Blumenkiste) is swaying with me. It is raining outside.

Day 30: 02. 11. 2023

Points: 1, **Category:** I

Total Duration: 7 minutes

I Short Meditation

Name: Gently Sway

Time: 06:51 - 06:58

Duration: 7 minutes

Group: alone

Self-study

Relaxation: 8/10

Woke up earlier to do a short meditation before breakfast.

★ ★ ★

Day 29: 01. 11. 2023

Points: 2, Category: II

Total Duration: 60 minutes

II Meditation

Name: Whirling

Time: 12:04 - 13:04

Duration: 60 minutes

Group: with buddy

Incidents: nausea

Self-study

Relaxation: 2/10

We both decided not to do this meditation again, as we both are very nauseous now. I first tried anti-clockwise for about 10 minutes, but when I became tired and slowed down the nausea started. Whirling in the opposite direction did not help.

Day 28: 31. 10. 2023

Points: 1, **Category:** I

Total Duration: 6 minutes

I Short Meditation

Name: Observe Breath

Time: 23:54 - 00:00

Duration: 6 minutes

Group: with buddy

Self-study

Relaxation: 7/10

We were traveling home from dinner together and noticed that it was almost midnight. This is my first meditation on a train. I took more effort to be total, as I feared I would be distracted by the movement and the other people talking.

★ ★ ★

Day 27: 30. 10. 2023

Points: 1, Category: I

Total Duration: 12 minutes

I Short Meditation

Name: Gently Sway

Time: 22:04 - 22:09

Duration: 5 minutes

Group: with buddy

Self-study

Relaxation: 9/10

I found a new self study question: How relaxed do I feel after this meditation?

I Short Meditation

Name: Gently Sway

Time: 06:40 - 06:47

Duration: 7 minutes

Group: alone

Self-study

Relaxation: -/10

Woke up earlier to do this meditation before breakfast today. Another week of very little university started today.

Note: I did not yet have the new self-study question.

Day 26: 29. 10. 2023

Points: 1, Category: I

Total Duration: 7 minutes

I Short Meditation

Name: Observe Breath

Time: 20:53 - 21:00

Duration: 7 minutes

Group: with buddy

Self-study

Relaxation: -/10

I miss the lecture and morning meditation. My buddy is starting to get a cold. I want to come up with a new self-study question until tomorrow.

Note: I did not yet have the new self-study question.

Meditation Protocol H1

Ida Hönigmann
12002348

04.10.2023 - 28.10.2023

Total Points Applied For: 35

Total Time Spent on Meditations: 9 hours and 16 minutes

Total Number of Meditation Days: 25

- Category I: 21
- Category II: 1
- Category III: 1
- Category IV: 2
- Category V: 0
- Category VI: 0

Questions:

- What is a good way to keep track of time during the short meditations? Should I set a timer or do the meditation for as long as I don't get distracted?

Self-study:

- Summary of results:
It seems that there is no connection between the intensity of my headache and whether I did a meditation. During meditating, I feel more aware that I have a headache and afterwards I feel like the headache is less important.
- Question: How bad is my headache before and after meditation?
- Scale: 0-10 (0 = No headache, 10 = Extremely bad)

Signature: _____, November 26, 2023

Day 25: 28. 10. 2023

Points: 1, Category: I

Total Duration: 12 minutes

I Short Meditation

Name: Observe Breath

Time: 21:56 - 22:08

Duration: 12 minutes

Group: with buddy

Self-study

Headache before meditation: 3.5/10

Headache after meditation: 4.5/10

Drifted of into Wait for a Thought, but then was able to return back to my breathing.

Day 24: 27. 10. 2023

Points: 1, Category: I

Total Duration: 10 minutes

I Short Meditation

Name: Observe Breath

Time: 22:16 - 22:26

Duration: 10 minutes

Group: with buddy

Self-study

Headache before meditation: 1.5/10

Headache after meditation: 1/10

We sat down in front of the fireplace today. My nose was half closed, which made the breathing shallower.

Day 23: 26. 10. 2023

Points: 1, Category: I

Total Duration: 13 minutes

I Short Meditation

Name: Feel Existence

Time: 19:47 - 20:00

Duration: 13 minutes

Group: with buddy

Self-study

Headache before meditation: 0/10

Headache after meditation: 0/10

Felt good in the beginning but than lost that feeling.

Day 22: 25. 10. 2023

Points: 2, **Category:** II

Total Duration: 60 minutes

II Meditation

Name: Mandala Meditation

Time: 09:47 - 10:47

Duration: 60 minutes

Group: alone

Incidents: the recording stoped once at the start

Self-study

Headache before meditation: 0/10

Headache after meditation: 2/10

As there is no morning meditation and lecture today, I did my first long meditation alone today. I feel sweaty from running. The eye movement was strange in the beginning, but then got better and better.

Day 21: 24. 10. 2023

Points: 1, Category: I

Total Duration: 15 minutes

I Short Meditation

Name: Gently Sway

Time: 21:28 - 21:43

Duration: 15 minutes

Group: with buddy

Self-study

Headache before meditation: 5/10

Headache after meditation: 3,5/10

It is raining outside. We opened the window before the meditation. 15 minutes felt shorter than usual. It takes time to get into the meditation, anyhow. With swaying, I notice that I have to do it consciously for the first 5 minutes before I get into the flow.

★ ★ ★

Day 20: 23. 10. 2023

Points: 1, Category: I

Total Duration: 10 minutes

I Short Meditation

Name: Observe Breath

Time: 17:48 - 17:58

Duration: 10 minutes

Group: alone

Self-study

Headache before meditation: 0/10

Headache after meditation: 0/10

I feel better after having done this meditation. Started working on the H1 handin today.

Day 19: 22. 10. 2023

Points: 1, **Category:** I

Total Duration: 3 minutes

I Short Meditation

Name: Look Lovingly on Some Object

Time: 21:36 - 21:39

Duration: 3 minutes

Group: alone

Self-study

Headache before meditation: 1/10

Headache after meditation: 1/10

I woke up in the morning with a headache. I did physical work today. I noticed the figure I used for this meditation in class and therefore decided to do this meditation.

Day 18: 21. 10. 2023

Points: 1, **Category:** I

Total Duration: 10 minutes

I Short Meditation

Name: Observe Breath

Time: 23:08 - 23:18

Duration: 10 minutes

Group: with buddy

Self-study

Headache before meditation: 0/10

Headache after meditation: 0/10

There is a party going on outside the window. It was very relaxing nonetheless.

Day 17: 20. 10. 2023

Points: 1, **Category:** I

Total Duration: 9 minutes

I Short Meditation

Name: Observe Breath

Time: 22:50 - 22:55

Duration: 5 minutes

Group: with buddy

Self-study

Headache before meditation: 0/10

Headache after meditation: 0/10

Before going to sleep. I am tired.

I Short Meditation

Name: Observe Breath

Time: 07:06 - 07:10

Duration: 4 minutes

Group: alone

Self-study

Headache before meditation: 0/10

Headache after meditation: 0/10

Woke up at 07:00, did some stretching and then this meditation.

Day 16: 19. 10. 2023

Points: 1, **Category:** I

Total Duration: 9 minutes

I Short Meditation

Name: Observe Breath

Time: 21:21 - 21:30

Duration: 9 minutes

Group: alone

Self-study

Headache before meditation: 0/10

Headache after meditation: 0/10

I briefly felt like I had my mind in control (not the other way around) but then lost this feeling after some time again. Felt good!

Day 15: 18. 10. 2023

Points: 5, **Category:** IV

Total Duration: 120 minutes

IV Attended Meeting with prior morning meditation

Name: Gibberish and various is class

Time: 08:00 - 10:00

Duration: 120 minutes

Group: morning meditation in class

Self-study

Headache before meditation: 2/10

Headache after meditation: 1/10

I opted for the lay on stomach option. I felt cold afterwards, but the dancing warmed me up again.

Day 14: 17. 10. 2023

Points: 1, **Category:** I

Total Duration: 8 minutes

I Short Meditation

Name: Observe Breath

Time: 21:08 - 21:13

Duration: 5 minutes

Group: with buddy

Self-study

Headache before meditation: 7/10

Headache after meditation: 6/10

Going to sleep to wake up early tomorrow.

I Short Meditation

Name: Wait for a thought

Time: 07:13 - 07:16

Duration: 3 minutes

Group: alone

Self-study

Headache before meditation: 1/10

Headache after meditation: 2/10

I woke up early. I wanted to try a meditation shortly after waking up, as it was recommended in the lecture.

Day 13: 16. 10. 2023

Points: 1, **Category:** I

Total Duration: 12 minutes

I Short Meditation

Name: Observe Breath

Time: 21:50 - 22:02

Duration: 12 minutes

Group: with buddy

Incidents: 1 min before end TV started in next room

Self-study

Headache before meditation: 1,5/10

Headache after meditation: 1/10

We both enjoy this meditation technique.

★ ★ ★

Day 12: 15. 10. 2023

Points: 1, **Category:** I

Total Duration: 10 minutes

I Short Meditation

Name: Observe Breath

Time: 19:52 - 20:02

Duration: 10 minutes

Group: with buddy

Self-study

Headache before meditation: 2/10

Headache after meditation: 2/10

My back started to hurt from sitting upright. We switched to a more pleasant timer sound. Definitely an upgrade!

Day 11: 14. 10. 2023

Points: 1, **Category:** I

Total Duration: 3 minutes

I Short Meditation

Name: Gently Sway

Time: 23:29 - 23:32

Duration: 3 minutes

Group: with buddy

Self-study

Headache before meditation: 3/10

Headache after meditation: 3/10

I am feeling frustrated. I had difficulties starting to meditate as I constantly felt disturbed.

Day 10: 13. 10. 2023

Points: 1, **Category:** I

Total Duration: 5 minutes

I Short Meditation

Name: Feel existence flowing in you

Time: 18:54 - 18:59

Duration: 5 minutes

Group: alone

Self-study

Headache before meditation: 0/10

Headache after meditation: 0/10

I suddenly remembered that I had not yet meditated today, so I sat down and decided on this meditation, as I am slightly tired but want to stay up longer.

Day 9: 12. 10. 2023

Points: 1, Category: I

Total Duration: 7 minutes

I Short Meditation

Name: Observe Breath

Time: 20:42 - 20:49

Duration: 7 minutes

Group: alone

Self-study

Headache before meditation: 0/10

Headache after meditation: 1/10

Before going to bed. Maybe the headache does not get worse, but I am more attentive to how I feel after meditating.

Day 8: 11. 10. 2023

Points: 5, **Category:** IV

Total Duration: 120 minutes

IV Attended Meeting with prior morning meditation

Name: Nadabrahma and various in class

Time: 08:00 - 10:00

Duration: 120 minutes

Group: morning meditation before class

Self-study

Headache before meditation: 2/10

Headache after meditation: 3/10

First long meditation!

★ ★ ★

Day 7: 10. 10. 2023

Points: 1, **Category:** I

Total Duration: 10 minutes

I Short Meditation

Name: Gently Sway

Time: 21:30 - 21:40

Duration: 10 minutes

Group: with buddy

Self-study

Headache before meditation: 3/10

Headache after meditation: 2/10

Before going to bed. Today was a long day. Excited for the morning meditation tomorrow!

Day 6: 9. 10. 2023

Points: 1, **Category:** I

Total Duration: 15 minutes

I Short Meditation

Name: Gently Sway

Time: 21:58 - 22:08

Duration: 10 minutes

Group: with buddy

Incidents: loud TV in next room

Self-study

Headache before meditation: 2/10

Headache after meditation: 3/10

The TV was very distracting. :-(

I Short Meditation

Name: Feel Existence

Time: 15:48 - 15:53

Duration: 5 minutes

Group: alone

Self-study

Headache before meditation: 2/10

Headache after meditation: 2/10

I have been working since the morning and have started to lose concentration. Therefore, decided to do a short meditation and test out a new one.

Day 5: 8. 10. 2023

Points: 1, **Category:** I

Total Duration: 9 minutes

I Short Meditation

Name: Observe Breath

Time: 20:24 - 20:33

Duration: 9 minutes

Group: alone

Self-study

Headache before meditation: 1/10

Headache after meditation: 1/10

I did not have a timer, so I aimed for 5 minutes and looked at a clock before and after.

Day 4: 7. 10. 2023

Points: 1, **Category:** I

Total Duration: 5 minutes

I Short Meditation

Name: Touch your Eyes Lightly

Time: 21:55 - 22:00

Duration: 5 minutes

Group: with buddy

Self-study

Headache before meditation: 2/10

Headache after meditation: 2/10

I would not recommend this meditation after an arm workout. My buddy had doubts about this meditation, so we only did 5 minutes.

Day 3: 6. 10. 2023

Points: 1, **Category:** I

Total Duration: 10 minutes

I Short Meditation

Name: Observe Breath

Time: 22:15 - 22:25

Duration: 10 minutes

Group: with buddy

Self-study

Headache before meditation: 1/10

Headache after meditation: 1/10

First meditation with my buddy! The clock in this room is quite loud. Next time, we will move to a different room.

Day 2: 5. 10. 2023

Points: 1, **Category:** I

Total Duration: 8 minutes

I Short Meditation

Name: Lovingly Tell your Body to Relax

Time: 19:07 - 19:09

Duration: 3 minutes

Group: alone

Self-study

Headache before meditation: -/10

Headache after meditation: 1/10

The day was more stressful than anticipated. To relax, I took a shower and afterwards did this meditation. Now the headache is better.

Note: I did not yet keep track of my headache before meditation.

I Short Meditation

Name: Gently Sway

Time: 08:58 - 09:03

Duration: 5 minutes

Group: alone

Self-study

Headache before meditation: -/10

Headache after meditation: 1,5/10

Between reviewing for a math class and going to university. Headache started during reviewing.

Note: I did not yet keep track of my headache before meditation.

Day 1: 4. 10. 2023

Points: 2, **Category:** III

Total Duration: 63 minutes

III Attended Meeting

Name: various

Time: 09:00 - 10:00

Duration: 60 minutes

Group: in class

I Short Meditation

Name: Wait for a Thought

Time: 21:11 - 21:14

Duration: 3 minutes

Group: alone

Incidents: people started talking in the room next to me

Self-study

Headache before meditation: -/10

Headache after meditation: -/10

Meditating felt different than the one in class (more thoughts, shorter intervals between thoughts).

Note: I did not yet keep track of my self-study question.