

Meditation Protocol H1

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04.10.2023 - TODO

Total Points Applied For:

4 (H0) + 28 (from this protocol) = 32 (total) TODO update

Total Time Spent on Meditations: 7 hours and 16 minutes

Total Number of Meditation Days: 19

- Category I: 16 TODO update this
- Category II: 0
- Category III: 1
- Category IV: 2
- Category V: 0
- Category VI: 0

Questions:

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

Self-study:

- Summary of results: TODO
- Question: How bad is my headache before and after meditation?
- Scale: 0-10 (0 = No headache, 10 = Extremely bad)

Signature: _____, October 23, 2023

Day 19: 22. 10. 2023

Points: 1, **Category:** I

Total Duration: 3 minutes

I Short Meditation

Name: Lovingly look at an object

Time: 21:36 - 21:39

Duration: 3 minutes

Group: alone

Incidents: none

Self-study

Headache before meditation: 1

Headache after meditation: 1

Woke up in the morning with a headache. Did physical work today. 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

Incidents: none

Self-study

Headache before meditation: 0

Headache after meditation: 0

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

Incidents: none

Self-study

Headache before meditation: 0

Headache after meditation: 0

Before going to sleep. I am tired.

I Short Meditation

Name: Observe Breath

Time: 07:06 - 07:10

Duration: 4 minutes

Group: alone

Incidents: none

Self-study

Headache before meditation: 0

Headache after meditation: 0

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

Incidents: none

Self-study

Headache before meditation: 0

Headache after meditation: 0

Shortly felt like I had my mind in control (not the other way round) but lost it 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, connecet with earth, various

Time: 08:00 - 10:00

Duration: 120 minutes

Group: morning meditation in class

Incidents: none

Self-study

Headache before meditation: 2

Headache after meditation: 1

Opted for the lay on stomach option. 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

Incidents: none

Self-study

Headache before meditation: 7

Headache after meditation: 6

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

Incidents: none

Self-study

Headache before meditation: 1

Headache after meditation: 2

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: 1min before end TV started in next room

Self-study

Headache before meditation: 1,5

Headache after meditation: 1

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

Incidents: none

Self-study

Headache before meditation: 2

Headache after meditation: 2

My back started to hurt from sitting upright. We switched to a more pleasant timer sound. Definently 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

Incidents: none

Self-study

Headache before meditation: 3

Headache after meditation: 3

Feeling frustrated, had difficulties starting to meditate as someone constantly was disturbing me.

★ ★ ★

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

Incidents: none

Self-study

Headache before meditation: 0

Headache after meditation: 0

Suddenly remembered that I did not yet meditate 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

Incidents: none

Self-study

Headache before meditation: 0

Headache after meditation: 1

Before going to bed. Maybe the headache does not get worse but I am more attentive toward 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

Incidents: none

Self-study

Headache before meditation: 2

Headache after meditation: 3

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

Incidents: none

Self-study

Headache before meditation: 3

Headache after meditation: 2

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

Headache after meditation: 3

The TV was very distracting. :-(

I Short Meditation

Name: Feel existence flowing in you

Time: 15:48 - 15:53

Duration: 5 minutes

Group: alone

Incidents: none

Self-study

Headache before meditation: 2

Headache after meditation: 2

Have been working since the morning and started to loose 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

Incidents: none

Self-study

Headache before meditation: 1

Headache after meditation: 1

Did not have a timer so I aimed for 5 min and look at a analog 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

Incidents: none

Self-study

Headache before meditation: 2

Headache after meditation: 2

Would not recommend this meditation after arm workout. My buddy had doubts about this meditation so we only did 5 min.

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

Incidents: none

Self-study

Headache before meditation: 1

Headache after meditation: 1

First meditation with my buddy! Clocks in this room are 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

Incidents: none

Self-study

Headache before meditation: -

Headache after meditation: 1

Day was more stressfull 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

Incidents: none

Self-study

Headache before meditation: -

Headache after meditation: 1,5

Between reviewing for a math class and going to uni. 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

Incidents: none

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: -

Headache after meditation: -

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

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