

Meditation Protocol H1

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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.