

# 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.

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## 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.

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## 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.

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## **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.

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## **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.

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## **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.

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## 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.

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## 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.

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## **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.

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## 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.

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## **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!

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## **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.

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