

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 II	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.