

Meditation Protocol H3

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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	35	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.

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H2 is pages 31 to 59

H1 is pages 60 to 83

Signature: _____, December 25, 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: 22:56 - 23:09

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.

★ ★ ★