

# Meditation Protocol H3

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12002348

26.11.2023 - 25.12.2023

	H1	H2	H3	Total
<b>Time Spent on Meditations</b>	556 minutes	519 minutes	743 minutes	1818 minutes
<b>Number of Meditation Days</b>	25 days	28 days	29 days	82 days
<b>Points Applied For</b>	36 points	36 points	42 points	114 points
Category I	21	24	25	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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Signature: \_\_\_\_\_, December 26, 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.

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## **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: 23:35 - 23:47

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.

★ ★ ★

# Meditation Protocol H2

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29.10.2023 - 25.11.2023

	H1	H2	Total
<b>Time Spent on Meditations</b>	556 minutes	519 minutes	1075 minutes
<b>Number of Meditation Days</b>	25 days	28 days	53 days
<b>Points Applied For</b>	36 points	35 points	71 points
Category I	21	24	45
Category II	1	3	4
Category III	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.

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# 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.