

Meditation Protocol H4

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26.12.2023 - 24.01.2024

	H1	H2	H3	H4	Total
Time Spent on Meditations (minutes)	556	519	743	846	2664
Number of Meditation Days	25	28	29	31	113
Points Applied For	36	36	42	39	153
Category I	21	24	25	29	99
Category II	1	3	1	0	5
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: 153 points

Total Time Spent on Meditations: 44 hours 24 minutes

Total Number of Meditation Days: 113 days

Self-study:

- Question:
Am I happy (before the meditation)? What makes me happy or unhappy?
- Summary of results:
TODO

Index: H4 is pages 1 to 32

H3 is pages 33 to 52

H2 is pages 53 to 91

H1 is pages 92 to 115

Signature: _____, January 18, 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: TODO

Time: 22:36 - 22:56

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: TODO

TODO

Day 110: 21. 01. 2024

Points: 1, Category: I

Total Duration: 20 minutes

I Short Meditation

Name: TODO

Time: 22:36 - 22:56

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: TODO

TODO

Day 109: 20. 01. 2024

Points: 1, Category: I

Total Duration: 20 minutes

I Short Meditation

Name: TODO

Time: 22:36 - 22:56

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: TODO

TODO

Day 108: 19. 01. 2024

Points: 1, Category: I

Total Duration: 20 minutes

I Short Meditation

Name: TODO

Time: 22:36 - 22:56

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: TODO

TODO

Day 107: 18. 01. 2024

Points: 1, Category: I

Total Duration: 20 minutes

I Short Meditation

Name: TODO

Time: 22:36 - 22:56

Duration: 20 minutes

Group: with buddy

Self-study

Happiness: TODO

TODO

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.

★ ★ ★

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.

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.

★ ★ ★

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: today's 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.

★ ★ ★

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.

★ ★ ★

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.

★ ★ ★

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.

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!

★ ★ ★

Day 89: 31. 12. 2023

Points: 1, **Category:** I

Total Duration: 20 minutes

I Short Meditation

Name: Observe Breath

Time: 20:59 - 21:14

Duration: 20 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: 23:11 - 23:31

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: 23:11 - 23:31

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: -

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.
