






Name: Tang JiaxuanUniversity No.: 3036086567

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Sep 27</b>  <b>Time</b> <b>14:00</b> <b>Duration</b> <b>15 mins</b>	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <div><div><input type="checkbox"/></div><div><input type="checkbox"/></div><div><input type="checkbox"/></div><div><input checked="" type="checkbox"/></div><div><input type="checkbox"/></div></div> <div><div>↑</div><div>↑</div><div>↑</div><div>↑</div><div>↑</div></div> <p>all of the time   most of the time   some of the time   a little bit of the time   none of the time</p>	<p>At the beginning I could focus on my forehead and notice my breathing. But whenever I paid attention, it felt like I was controlling it instead of letting it be natural. Soon my focus drifted away and my thoughts started wandering here and there.</p>
<b>Date</b> <b>Sep 28</b>  <b>Time</b> <b>18:00</b> <b>Duration</b> <b>12 mins</b>	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <div><div><input type="checkbox"/></div><div><input type="checkbox"/></div><div><input type="checkbox"/></div><div><input checked="" type="checkbox"/></div><div><input type="checkbox"/></div></div> <div><div>↑</div><div>↑</div><div>↑</div><div>↑</div><div>↑</div></div> <p>all of the time   most of the time   some of the time   a little bit of the time   none of the time</p>	<p>Today I felt calmer starting out, but the quiet didn't last. The moment I realized I was breathing smoothly, my mind jumped in and tried to 'do' the breathing. That broke the rhythm and I got distracted again, though I noticed it faster than yesterday</p>

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Sep 29</b>  <b>Time</b> <b>9:00</b>  <b>Duration</b> <b>20 mins</b>	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> </div> <div> </div> <div> all of the time most of the time some of the time a little bit of the time none of the time </div>	<p>I could sit a bit longer before losing focus. My breathing felt light and steady, but I still kept checking if I was doing it right. The self-checking made me restless. After a while, I gave up trying too hard and just let my mind drift naturally.</p>
<b>Date</b> <b>Sep 30</b>  <b>Time</b> <b>10:00</b>  <b>Duration</b> <b>15mins</b>	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <div> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> <div> </div> <div> all of the time most of the time some of the time a little bit of the time none of the time </div>	<p>My forehead felt warm and clear at first, almost comforting. Breathing was soft, and I had a few moments where wasn't interfering. But then random memories popped up, pulling me away. I was thinking about my final year project and even came up with some better ideas on it. I kept coming back, though, and that felt like small progress</p>

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 1</b>  <b>Time</b> <b>20:00</b>  <b>Duration</b> <b>10 mins</b>	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> </div> <div> </div> <div> all of the time most of the time some of the time a little bit of the time none of the time </div>	<p>Today I was more tired, so my mind wandered even quicker. I tried to stay with the breathing, but it felt shallow. Still, there were short pauses where everything felt quiet, almost like a gap between thoughts. Even if brief, those moments felt good</p>
<b>Date</b> <b>Oct 2</b>  <b>Time</b>   <b>Duration</b>	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <div> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> <div> </div> <div> all of the time most of the time some of the time a little bit of the time none of the time </div>	<p>This time I could relax more easily. My forehead felt open, and I didn't fight my breathing so much. Thoughts still came and went, but I wasn't pulled as strongly by them. It wasn't perfectly steady, but I felt a little more at ease than before</p>

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 3</b>  <b>Time</b> <b>19:00</b> <b>Duration</b> <b>15mins</b>	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <div> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> <div>      </div> <div> all of the time    most of the time    some of the time    a little bit of the time    none of the time </div>	<p>My focus kept swinging back and forth. Sometimes it felt effortless, like breathing was happening on its own.</p> <p>Other times I was chasing after my thoughts. It was frustrating, but I reminded myself the practice is just noticing not controlling. I found that the difficulties increased when I really tried to focus. It's rather easier when I just let it go and try to do nothing.</p>