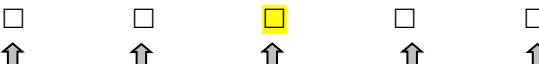
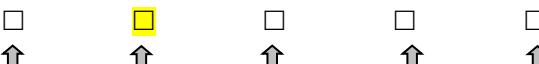
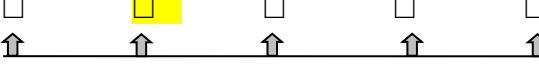
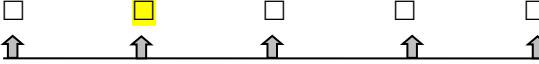


Spiritual Formation: Self-reported Meditation LogName: Tang JiaxuanUniversity No.: 3036086567

	Description of my Breathing Meditation					Description of my Meditation Experience
Date	I can maintain my attention on the glabella while aware of the in and out breaths.					
Oct 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>					
Time	all of the time most of the time some of the time a little bit of the time none of the time					
3:00 AM						
Duration	I know when I breath with chest and when breath with diaphragm					
20 MINS	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>					
	all of the time most of the time some of the time a little bit of the time none of the time					
Date	I can maintain my attention on the glabella while aware of the in and out breaths.					
Oct 5	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>					
Time	all of the time most of the time some of the time a little bit of the time none of the time					
3:00 AM						
Duration	I know when I breath with chest and when breath with diaphragm					
20 MINS	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>					
	all of the time most of the time some of the time a little bit of the time none of the time					

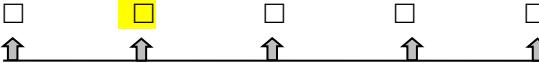
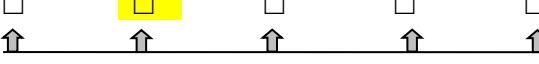
Spiritual Formation: Self-reported Meditation Log

	Description of my Breathing Meditation	Description of my Meditation Experience
Date Oct 6	I can maintain my attention on the glabella while aware of the in and out breaths. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	As I felt great about the practice of diaphragm breath yesterday, I insist my practice today. Today, I found I am calmer than before, and I believe my stress is even decreased. In the meditation, everything is quite similar with past days, but I can feel I can breathe with diaphragm more naturally. It's no longer a big challenge for me to put my mind in my fore or glabella and that I watch my breath in and out. But today I learned a quite tricky algorithm question type so I just can't stop me to think about it. So after a while my mind flew away from the fore but I still realized the breath with diaphragm. In fact, I think I did diaphragm breath while thinking about some algorithm questions, which is a quite special experience for me. Even so, I find I can breathe with diaphragm most of the time and I can indeed distinguish breath with chest/ diaphragm.
Time 5:00 AM	all of the time most of the time some of the time a little bit of the time none of the time	
Duration 15MINS	I know when I breath with chest and when breath with diaphragm <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	
	all of the time most of the time some of the time a little bit of the time none of the time	
Date Oct 7	I can maintain my attention on the glabella while aware of the in and out breaths. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	Throughout my today's meditation, I get more confidence to say I can aware my breaths while maintain my attention on the glabella. In this 20 minute, I almost didn't think other things except from my breathing and my glabella. I could feel that my heartbeat becomes slower, and my breath rates are regularly. Although I would say the procedure was quite boring because I just did nothing. But then, I realized that it's better to do meditation other than scrolling short videos on my phone. It brought calm and decreased my stress, make me less anger.
Time 11:00 AM	all of the time most of the time some of the time a little bit of the time none of the time	
Duration 20 MINS	I know when I breath with chest and when breath with diaphragm <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	
	all of the time most of the time some of the time a little bit of the time none of the time	

Spiritual Formation: Self-reported Meditation Log

	Description of my Breathing Meditation	Description of my Meditation Experience
Date Oct 8	I can maintain my attention on the glabella while aware of the in and out breaths. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ↑ ↑ ↑ ↑ ↑	As approaching the end of this week, I feel satisfactory about the progress. During meditation, I could 'watch' my breaths in and out throughout my diaphragm while focusing on the glabella. Time goes faster than I expect and it's a great relaxation from great workload from the study.
Time 15:00	all of most of some of a little bit of none of the time the time the time the time the time	
Duration 20MINS	I know when I breath with chest and when breath with diaphragm <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ↑ ↑ ↑ ↑ ↑	
	all of most of some of a little bit of none of the time the time the time the time the time	
Date Oct 9	I can maintain my attention on the glabella while aware of the in and out breaths. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ↑ ↑ ↑ ↑ ↑	I feel more comfortable with the meditation content. It has become an important part of my day, and I've almost get used to it. As I did in this week, I just sit with crossed legs. I gradually dive my mind to the glabella and put my whole concentration to it. I wished to ignore the external world and all worries and anxieties from daily life but just focusing on my breath. I watched my breath slow and through the diaphragm and it gave me great peace.
Time 15:00	all of most of some of a little bit of none of the time the time the time the time the time	
Duration 20MINS	I know when I breath with chest and when breath with diaphragm <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ↑ ↑ ↑ ↑ ↑	
	all of most of some of a little bit of none of the time the time the time the time the time	

Spiritual Formation: Self-reported Meditation Log

	Description of my Breathing Meditation	Description of my Meditation Experience
Date	I can experiment and learn from my meditative experience.	
Oct 10	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	As the end of this week's practice, I feel I indeed learned peace and great breathing method from the meditative experience. Compared to before, I become calmer in daily life and my attention is more centered. I could feel the satisfactory feeling after achieved certain goals during meditations.
Time		
14:00	all of most of some of a little bit of none of the time the time the time the time the time	
Duration		
20MINS	My meditative object is becoming more stable and clear. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  all of most of some of a little bit of none of the time the time the time the time the time	

