

Week _____

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 11	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ↑ ↑ ↑ ↑ ↑	This is the start of the Reading week and also the continuation of breathing meditation. My concentration stayed quite good as I had the same practice last week. I would say I was able to breath with diaphragm some of the time because I didn't focus on my breath for the entire time. Overall, the experience was good and I was able to be more productive after the meditation.
Time	all of the time most of the time some of the time a little bit of the time none of the time	
16:20		
Duration	I know when I breath with chest and when breath with diaphragm	
15 mins	<input type="checkbox"/> <input type="checkbox"/> <input checked="" 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	I can maintain my attention on the glabella while aware of the in and out breaths.	
Oct 12	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input 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	
17:30		
Duration	I know when I breath with chest and when breath with diaphragm	
15 mins	<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	

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	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 13	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> ↑ ↑ ↑ ↑ ↑					<p>It was quite an unusual day because I was on a trip and not in my home. I was quite excited and energetic throughout the day so it was quite difficult to calm down and do the meditation as usual. It was a quite strange feeling to do it in an unfamiliar place so my attention was not able to concentrate throughout the entire time. But I still attempted to put my attention on glabella and overall the breath is quite satisfactorily.</p>
Time	all of the time most of the time some of the time a little bit of the time none of the time					
22:10						
Duration	I know when I breath with chest and when breath with diaphragm					
15 mins	<input type="checkbox"/> <input type="checkbox"/> <input checked="" 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	I can maintain my attention on the glabella while aware of the in and out breaths.					
Oct 14	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ↑ ↑ ↑ ↑ ↑					<p>Although I was still outside my home, I was able to perform a more satisfactorily meditation because my energy was completely exhausted today due to hiking. For more than two third of the time, I was able to focus on glabella and notice my breath. The muscle soreness also caused some difficulties for attention.</p>
Time	all of the time most of the time some of the time a little bit of the time none of the time					
19:55						
Duration	I know when I breath with chest and when breath with diaphragm					
15 mins	<input type="checkbox"/> <input type="checkbox"/> <input checked="" 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					

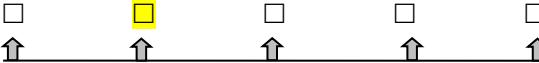
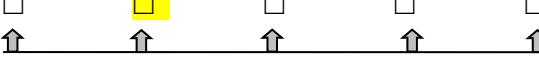
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Spiritual Formation: Self-reported Meditation Log

	Description of my Breathing Meditation	Description of my Meditation Experience
Date Oct 15	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"/> ↑ ↑ ↑ ↑ ↑	Today I moved from 1000m altitude to 4000m altitude, and the high-altitude circumstance brought significant challenge to my breath. During the meditation, I found that my body was more naturally to breath with diaphragm. Besides, I felt a bit of unwell, and my concentration was tougher.
Time 13:00	all of the time most of the time some of the time a little bit of the time none of the time	
Duration 10 mins	I know when I breath with chest and when breath with diaphragm <input type="checkbox"/> <input type="checkbox"/> <input checked="" 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 16	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"/> ↑ ↑ ↑ ↑ ↑	Today I was able to be more focused on glabella and breath for most of the time. I could feel that it's become easier, and the experience was good and helpful for my mood.
Time 15:48	all of the time most of the time some of the time a little bit of the time none of the time	
Duration 15 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	

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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 17	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	The practice experience of these two weeks was generally satisfactorily. It has helped for my ADHD, which always cause my attention distracted. It also helped my mood calm and makes me look forward to have more meditations. The objective during meditation was clearer and I could easier to achieve satisfactorily goal.
Time		
20:30	all of most of some of a little bit of none of the time the time the time the time the time	
Duration		
15 mins	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	

