

Week \_\_3\_\_

## Spiritual Formation: Self-reported Meditation Log

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	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 4</b>  <b>Time</b> <b>3:00 AM</b>  <b>Duration</b> <b>20 MINS</b>	<p>I can maintain my attention on the glabella while aware of the in and out breaths.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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 style="display: flex; justify-content: space-around; align-items: center;"> <div>↑</div> <div>↑</div> <div>↑</div> <div>↑</div> <div>↑</div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div>all of the time</div> <div>most of the time</div> <div>some of the time</div> <div>a little bit of the time</div> <div>none of the time</div> </div> <p>I know when I breath with chest and when breath with diaphragm</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div><input type="checkbox"/></div> <div><input checked="" type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div>↑</div> <div>↑</div> <div>↑</div> <div>↑</div> <div>↑</div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div>all of the time</div> <div>most of the time</div> <div>some of the time</div> <div>a little bit of the time</div> <div>none of the time</div> </div>	<p>Today is the first day for me to distinguish breath with chest and breath with diaphragm. Before I begin the meditation, I searched about the difference of two types of breathing, so in this meditation I can distinguish them better. After I begin meditating, I put my attention to the fore and try to calm down first. I begin to feel my diaphragm and slow down the pace of breath. I knew that I was breath using diaphragm, but I need to control my breath to achieve it. I tried to make it more natural so that I don't need to control it. I found that focusing on my fore or glabella indeed helped me to achieve that. But it is still a challenge for me to do it seamlessly. On the other hand, I can indeed aware the in and out of my breath with my diaphragm. It's great for me to see that I have less distraction from outside and I can almost concentrate on my fore most of the time.</p>
<b>Date</b> <b>Oct 5</b>  <b>Time</b> <b>3:00 AM</b>  <b>Duration</b> <b>20 MINS</b>	<p>I can maintain my attention on the glabella while aware of the in and out breaths.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input checked="" type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div>↑</div> <div>↑</div> <div>↑</div> <div>↑</div> <div>↑</div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div>all of the time</div> <div>most of the time</div> <div>some of the time</div> <div>a little bit of the time</div> <div>none of the time</div> </div> <p>I know when I breath with chest and when breath with diaphragm</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div><input type="checkbox"/></div> <div><input checked="" type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div><input type="checkbox"/></div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div>↑</div> <div>↑</div> <div>↑</div> <div>↑</div> <div>↑</div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div>all of the time</div> <div>most of the time</div> <div>some of the time</div> <div>a little bit of the time</div> <div>none of the time</div> </div>	<p>Today I planned to be calmer about my breath. Even outside the meditation time, I also tried to practice my breath with the diaphragm. This practice outside my meditation indeed helped my meditation. As the same procedure as yesterday, I just sit with my legs crossed and start to calm down and focus on the glabella. My mind was almost focused on my glabella and seldom distraction even happened. As I practiced diaphragm breath throughout the day, I feel it much more easier to do it in my meditation. I love the feeling of “think nothing” but just do the meditation.</p>



**Spiritual Formation: Self-reported Meditation Log**

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 6</b>  <b>Time</b> <b>5:00 AM</b>  <b>Duration</b> <b>15MINS</b>	<p>I can maintain my attention on the glabella while aware of the in and out breaths.</p> <div> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> </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 know when I breath with chest and when breath with diaphragm</p> <div> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> </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>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.</p>
<b>Date</b> <b>Oct 7</b>  <b>Time</b> <b>11:00 AM</b>  <b>Duration</b> <b>20 MINS</b>	<p>I can maintain my attention on the glabella while aware of the in and out breaths.</p> <div> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> </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 know when I breath with chest and when breath with diaphragm</p> <div> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> <input type="uparrow"/> </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>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.</p>

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<b>Date</b> <b>Oct 8</b>  <b>Time</b> <b>15:00</b>  <b>Duration</b> <b>20MINS</b>	<p>I can maintain my attention on the glabella while aware of the in and out breaths.</p> <p> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   </p> <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>I know when I breath with chest and when breath with diaphragm</p> <p> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   </p> <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>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.</p>
<b>Date</b> <b>Oct 9</b>  <b>Time</b> <b>15:00</b>  <b>Duration</b> <b>20MINS</b>	<p>I can maintain my attention on the glabella while aware of the in and out breaths.</p> <p> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   </p> <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>I know when I breath with chest and when breath with diaphragm</p> <p> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   </p> <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>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.</p>

### Spiritual Formation: Self-reported Meditation Log

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 10</b>  <b>Time</b> <b>14:00</b> <b>Duration</b> <b>20MINS</b>	<p>I can experiment and learn from my meditative experience.</p> <div> <input type="checkbox"/> <input checked="" type="checkbox"/> <input 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 meditative object is becoming more stable and clear.</p> <div> <input type="checkbox"/> <input checked="" type="checkbox"/> <input 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>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.</p>

