

Name: Tang JiaxuanUniversity No.: 3036086567

	Description of my Breathing Meditation	Description of my Meditation Experience
Date Sep 27	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <p><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 type="checkbox"/> <input type="checkbox"/></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>
Time 14:00	<p>all of most of some of a little bit of none of the time the time the time the time the time</p>	
Duration 15 mins		
Date Sep 28	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <p><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 type="checkbox"/> <input type="checkbox"/></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>
Time 18:00	<p>all of most of some of a little bit of none of the time the time the time the time the time</p>	
Duration 12 mins		

	Description of my Breathing Meditation	Description of my Meditation Experience
Date Sep 29 Time 9:00 Duration 20 mins	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <p><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 type="checkbox"/> <input type="checkbox"/></p> <p>all of most of some of a little bit of none of the time the time the time the time the time</p>	<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>
Date Sep 30 Time 10:00 Duration 15mins	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <p><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 type="checkbox"/> <input type="checkbox"/></p> <p>all of most of some of a little bit of none of the time the time the time the time the time</p>	<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
Date Oct 1 Time 20:00 Duration 10 mins	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <p><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 type="checkbox"/> <input type="checkbox"/></p> <p>all of most of some of a little bit of none of the time the time the time the time the time</p>	<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>
Date Oct 2 Time Duration	<p>I can balance my attention on my forehead while being aware of my autonomic and effortless breathing.</p> <p><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 type="checkbox"/> <input type="checkbox"/></p> <p>all of most of some of a little bit of none of the time the time the time the time the time</p>	<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
Date Oct 3	I can balance my attention on my forehead while being aware of my autonomic and effortless breathing. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ↑ ↑ ↑ ↑ ↑	My focus kept swinging back and forth. Sometimes it felt effortless, like breathing was happening on its own. 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.
Time 19:00	all of most of some of a little bit of none of the time the time the time the time the time	
Duration 15mins		