

Week \_\_\_\_\_

## Spiritual Formation: Self-reported Meditation Log

Name: Tang Jiaxuan

University No.: 3036086567

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 11</b>  <b>Time</b> <b>16:20</b>  <b>Duration</b> <b>15 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 style="border: 2px solid yellow; width: 15px; height: 15px;"></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; font-size: small;"> <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 type="checkbox"/></div> <div style="border: 2px solid yellow; width: 15px; height: 15px;"></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; font-size: small;"> <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>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.</p>
<b>Date</b> <b>Oct 12</b>  <b>Time</b> <b>17:30</b>  <b>Duration</b> <b>15 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 style="border: 2px solid yellow; width: 15px; height: 15px;"></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; font-size: small;"> <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 style="border: 2px solid yellow; width: 15px; height: 15px;"></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; font-size: small;"> <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>It was generally quite a familiar experience. I can concentrate on my glabella smoothly and I was able to do it quite fast. Most of the time, I was not interrupted and literally was thinking nothing. My breath was natural most of the time and I knew I breath with diaphragm. It was again a good experience, the screentime of my phone was reduced and I was able to better concentrate on meaningful works.</p>

Week \_\_\_\_

## Spiritual Formation: Self-reported Meditation Log

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 13</b>  <b>Time</b> <b>22:10</b>  <b>Duration</b> <b>15 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; font-size: small;"> <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 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; font-size: small;"> <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>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>
<b>Date</b> <b>Oct 14</b>  <b>Time</b> <b>19:55</b>  <b>Duration</b> <b>15 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; font-size: small;"> <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 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; font-size: small;"> <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>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>

Week \_\_\_\_

## Spiritual Formation: Self-reported Meditation Log

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 15</b>  <b>Time</b> <b>13:00</b>  <b>Duration</b> <b>10 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;"> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>all of the time</span> <span>most of the time</span> <span>some of the time</span> <span>a little bit of the time</span> <span>none of the time</span> </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;"> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>all of the time</span> <span>most of the time</span> <span>some of the time</span> <span>a little bit of the time</span> <span>none of the time</span> </div>	<p>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.</p>
<b>Date</b> <b>Oct 16</b>  <b>Time</b> <b>15:48</b>  <b>Duration</b> <b>15 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;"> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>all of the time</span> <span>most of the time</span> <span>some of the time</span> <span>a little bit of the time</span> <span>none of the time</span> </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;"> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>all of the time</span> <span>most of the time</span> <span>some of the time</span> <span>a little bit of the time</span> <span>none of the time</span> </div>	<p>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.</p>

Week \_\_\_\_\_

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

	Description of my Breathing Meditation	Description of my Meditation Experience
<b>Date</b> <b>Oct 17</b>  <b>Time</b> <b>20:30</b>  <b>Duration</b> <b>15 mins</b>	<p>I can experiment and learn from my meditative experience.</p> <div><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><div>↑</div><div>↑</div><div>↑</div><div>↑</div><div>↑</div></div> <div><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>My meditative object is becoming more stable and clear.</p> <div><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><div>↑</div><div>↑</div><div>↑</div><div>↑</div><div>↑</div></div> <div><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>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.</p>

