

Week 3 Journals

November 20, 2022

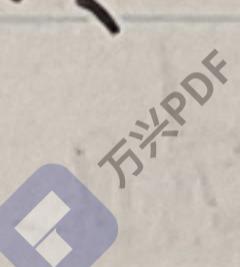
January

Walking

After the class, I have a walk with my room-mate. I don't like to have a walk without a goal, so this time we went to Renfrew to bought a fan for his computer. The walking time in total is 40 minutes, while we plus we take sky train for 20 minutes. We didn't have a talk in our trip, I told him I have this homework to do. During the walk, I think about what issues his broken computer might faced and how could we do. What else, I think how to cook for dinner. I also did a quick reviewed the two journals I have. Actually I forgot this walking journal, but start writing this after checking Moodle.

I didn't thinking I feel good and relax for this walk. I loved the feeling that the time goes slow, I can feel free to looking around and thinking freely. However, my room-mate seems boring because

We didn't have a talk.



Meditation

I tried to do this at night before I sleep. It seems hard, I did it for many times, but each time I can't do this longer than 5 seconds. My mind just can't relax and concentrate to my breath. But this is the first day to do meditation, I have a week to do better.

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Meditation

2022

Before today's journal, I should say sorry that I forgot to meditate in Saturday. Today I did meditation after breakfast, and it was quite easier than my last try. I did it two or three times, because when I stop after my first meditation, the time just went 2 minutes. I did another one to fill up 5 minutes. The feeling was like I was in a daze, but not a real daze. It had some difference between them but I can't describe accurate.

Anger

I didn't feel anger these days. But I can remember a thing that made me unhappy (not serious as anger). I invited two friends having hot-pot together, we bought a box of diet cola, but one of my friend didn't drink ~~them~~ off all of the colas which were opened by him. Before he drink up one tin, he opened a new tin. I didn't notice him during meal, ~~but~~ after I clean up I ~~saw~~ saw three or four tins with ⁱⁿ cola.

The result is, if this friend have a meal in my houseⁱⁿ future, I won't ~~give~~ provide him drinks anymore.

Week 3 Journals

January 23, 2022

Walking

I didn't follow the instruction for today's walking, but I think you would interest to today's journal. Actually, I violated the instruction. I went to Renfrew again, but talking with my room-mate for a whole trip. When I start writing at night, I realize that, ~~so there~~. To not wasting this hour going outside, I decide to record this trip and call it "contrast experiment". Not thinking when walking is fun, especially talking and joking with a friend on the way, it can bring pressure to myself, whereas after the walk I ~~feel~~ felt I did nothing meaningful. Mindful walking wasn't boring at all, it was another way ^{can} making letting "walking" interesting. The more significant thing is, we are getting information ^{for} most time in a day, but a few time to gathering information. Mindful walking give a chance to be quiet thinking the things happened in our life.

Meditation

This time I did it  at night, after I turned down the light and laid on bed. It ~~was~~ took me sometime to start, as my first tried my mind was full of things, but I started from controlling my breath. I breath harder to attrack my attention, and it works. Meditation is a quick way to pushing thoughts out of mind and be concentrate. Maybe before doing homework and taking exams, I can try meditation.

Week 3 Journals

January 24, 2022

Walking

I went to Rentew again. Yesterday we sent my room-mate's computer to fix, and today the store called me the computer didn't have problem and is already for pick up. During the walk I thought this is strange, I remembered all the details to combine a computer. I'm sure I did it correctly, but the computer just can't turn on. I didn't know what problem the computer met, but it must had some problem, and the store didn't find it. On my way I'm just thinking and struggling. When I attend the store, we tried our computer, it was still broken. So we came home with empty hand.

Meditation

at the time

I did it in the kitchen waiting for the soup already. It was noiser than in my bedroom, but these noise help me concentrating on my breath. I was a bit tired before meditating, the meditation help me be powerful.

January 25, 2022

Meditation

I did this as usual, not having new feelings than before. But this time I did! I did it to help me feel energy to reading notes.

Anger

I made sushi last night, but I forgot putting them into refrigerator. Today my room-mate blamed me, but he also have the responsibility to put them into refrigerator, right?