Week3 Journals

January 20, 2022

Walking

After the class, I had 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, plus we toke 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 feel good and relax for this walking. I loved the feeling that the time goes slow, and 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 did 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.

January 22, 2022

Meditation

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 finished my first meditation, the time just went off 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. However, one of my friends didn’t drink all of the cola which were opened by him. Before he drunk up one tin, he opened a new tin. I didn’t notice him during our meal, after I clear up, I saw three or four tins with cola.

The result is, if this friend has a meal in my house in future, I won’t provide him drinks anymore.

January 23, 2022

Walking

I didn’t follow the instruction for today’s walking, but I think you would be 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. To not wasting this hour going outside, I decide to record this trip and call it “contrast experiment”. Not thinking when talking is fun, especially talking and joking with a friend on the way, it can bring pressure to myself, whereas after the walk I felt I did nothing meaningful. Mindful walking wasn’t boring at all, it was another way can let “walking” interesting. The more significant thing is, we are getting information for most of the time in a day, but a few times to gathering information. Mindful walking gives 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 takes 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 attract 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.

January 24, 2022

Walking

I went to Renfrew 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 that I did it correctly, but the computer just can’t turn on. I didn’t know what problem the computer met, but it must have some problem, and the store didn’t find it out. On my way I’m just thinking and struggling. When I attend the store, we tried his computer, it was still broken. So, we came home with empty hand.

Meditation

I did it in the kitchen at the time waiting for the soup already. It was noisier than in my bedroom, but these noises help me concentrating on my breath. I was a bit tired before meditating, but the meditation helps me being powerful.

January 25, 2022

Meditation

I did this as usual, not having new feelings than before. I did it to help me feel energy when reading notes, and it seems it works.

Anger

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