

## DAY 1 - Journal Entry

Driving to the Park

This is the day am leaving for a Solo Meditation Retreat

Woke up this morning feeling quite sore, just laid in bed and just observed and felt the sensations in the body. The mind was analyzing and doing all sorts of things right off the bat—Thinking about the trip, about the book, about everything really. Just laid in bed for a moment longer and continued to observe.

Got to the park and set everything up by 5 pm.

Once that was done, packed up my backpack and headed to the dunes through the forest by the back of the site where no one ever goes.

Came to the dunes and did the first sit.



### Sit #1 - 1 hr 30 min

*Felt very calm and peaceful and connected to the present. Just observed all that was and asked some deep questions to have some focus.*

*Eventually got to a deeper level by realizing that don't know what anything is outside of concepts. The birds, the sand, the water, the sky, me are all just names and images, but not really what is actually there I suppose?*

*Started later to observe the hand and arm and question what all this is and what am I right now. Seems like am this moment every moment.*

*Eventually, the focus started fading and the mind started gaining some momentum and started taking away attention from the present and getting trapped in its future stories (about food, the book, and so on)*

*Kept observing and lasted the hour and a half, but the last half seemed to be much more caught in the mind and wanted the time to end.*

End of sit.



After the sit went back to the campsite and made some food. Focused on being as present as possible during the walk back, during preparing the food, during eating. Allowed all to be its own moments rather than rushing to eat. Decided to eat a little at a time and see if was still hungry.

After eating was able to run over and catch the sunset. At first, was taking lots of pictures, but then just sat and was with the moment.

Later came back to the campsite and did another sit.



### Sit #2 - 45 min (Camp Fire Sit)

*During this sit notice that most of the attention was occupied by the mind (future stuff) most of it was of possibly staying longer a couple of days and asking dad if he wanted to come. Not really sure why this was coming up, but it was just there and was observing this but couldn't just let it go, it was constantly consuming the moment. Focused on accepting it, but it kept coming back and being the main object of attention that the mind was using to keep power.*

*Focused on getting back to the present by going towards the sensations in the now, but the mind was quite powerful with these thoughts. It's quite funny because I never camp with my dad plus this was a solo meditation retreat on purpose, yet this is what the mind was using to try and grab attention.*

*Anyhow lasted the 45 min, but it was quite grueling, definitely didn't feel at peace. Still was aware that this was all happening and was the watcher, but always was kinda caught up in the drama or trying to escape it.*

**End of sit.**



Now decided to make a baked potato and just be in this moment.

After eating, went to the dunes to look at the stars and also went because the night still seems to scare me some, so just wanted to go towards the fear. Stay there for like 15/20 min

turned off the flashlight and just looked up and observed. Was quite nice and peaceful, nothing scary. The scary part is the mind additions that are constantly added to everything.

Came back and did another sit.



**Sit #3 - 45 min**

*Just sat in the tent and stared at the candle. Was kind of dozing off at times and then other times was able to stay present. Has been tough to finish the sits today. Can do it for like 30 min, but after it seems to get tough to stay alert. Didn't really have any realizations in the last 2 sits. Mostly was just focusing on staying alert, yet continuously failed.*

**End of sit.**



Now off to bed.