

DAY 2 - Journal Entry

This is the first full day at the campground. Woke up this morning and decided to do a sit right away.



Sit #1 - 45 min (in front of a mirror)

Decided to do a sit in the tent using a mirror and just observing what it is that I am. During the sit, two workers in the campground arrived and were doing some work nearby and talking which could have easily been a distraction, but accepted that moment how it was and continued to just observe.

Feel like during the sit, mostly was able to stay present and just allow what is to be. Felt this field of peace in the background and felt as if was looking at this human ("me") from a distance rather than very attached. Don't even know what is that am looking at or if I'm looking. Felt as well as was not just seeing this reflection but was all that is at this moment (the guys talking, the mirror, the animals, the tent, etc.)

At the end of the sit was once again getting consumed by the mind and got bored and wanted to do something else...like going to eat or whatever. Just accepted that and continued to sit a while longer.

End of sit.



After meditating, went to prepare breakfast. Felt as if was totally in the moment of preparing (getting the items, setting everything up, etc.)

As was eating focused on being with the food with each bite rather in mind space which usually seems to happen when eating. Noticed when was eating the pear that had some judgments (like this is a bit overripe and it's not as good as some of the pears that are less ripe) just accepted it to be and continued.

After eating went to the bathroom and was fairly present there although the mind always in public places comes in and imagines all types of scenarios that can happen, rather than just being totally with what is there right now. It's not even doing anything productive or worthwhile, but just creating drama inside. Noticed that this is the case very often in public places.

Brushed my teeth and charged the phone to be able to take pictures and shoot the recap video at the end of the day. Turned the phone to plane mode as soon as got to the park as don't want distractions from outside. Left my phone charging while I took a shower just to practice non-attachment as the outlet is in the bathroom and the showers are separate just outside, so technically someone could take it.

During the shower decided to be totally mindful and felt as if was able to connect deep enough to be the total experience rather than the body and mind, felt as if was seeing the body from a distance and it wasn't my body, but it was just a body.

After the shower came back and did another sit.



Sit #2 - 1 hr

Went up the dune at my campground and sat overlooking the Forest. For the most of the sit, felt connected and was able to become the experience. Was asking some deep questions and just observing what was happening.

Eventually, the mind was trying to again take attention into this "self" that it creates, rather just staying the total experience now. Cant seem to be able to stay alert for the whole hour session yet.

Anyhow feel peaceful and not getting caught up in needing to get anywhere or do certain things (like a set amount of hours or trying to get something crazy achievement with this meditation retreat) just am focused on being.

End of sit.



Went back to the campground and prepared some lunch.

After preparing and eating, decided to go to the dunes by the water where for the next sit.



Sit #3 - 2 hrs (Dune by the water)

Sat once again on the same dune as yesterday and just observed all that was. At one point tried a chant that was learned when going and seeing Sadhguru. All you said over and over again is " I am not the body, I am not even the mind"

That seemed to get me more present as the mind didn't have room to enter. Through the whole sit, had to change positions because the legs were getting sore and the sun was strong so alternated.

Didn't feel as if was able to connect too deeply though, was mostly distracted, but just kept sitting and observing even though didn't want to sit anymore and was getting bored.

Just focusing on accepting everything even though seem like not getting any results lately. Cant seem to connect anymore or maybe the baseline is now much higher and am more connected so can't really notice, perhaps? Definitely feel peace in the background, but also feel as if things are still holding back from total surrender.

The word surrender kept coming up as well and decided to keep saying it over and over again as well for a bit of the meditation to just let go and allow life to be. Feel as if still trying to get somewhere, rather than just totally letting go and that's a bit frustrating.

End of sit.



Walked back to the campsite and focused on observing with as much detail all the happenings in the forest -trees and plants and creatures. Came back and prepared some food and ate it kind of mindfully. Although, there definitely could have been more attention put in the senses and not eating so quickly.

Started to get tired but decided to do a sit in the tent.



Sit #4 - 1 hr

Went in the tent and put up the mirror on the tripod again and just sat and observed who I am. Was tired and dozing off a couple of times, but since sitting upright prevents sleep, then woke up quickly and continued to observe and question.

Eventually got to a stage where felt as if all there was, is this moment. Realized that there is no me in this moment, as there can't be a me and this moment. All there is is this moment without anybody needing to be there.

Started to feel a sense of peace take over and just basked in that field or moment fully.

End of sit.



Still felt quite tired and took a quick little nap before going for sunset meditation. Came back to the perch on the beach through the forest and did a sit



Sit #5 - 1 hr

Feel as in a trance-like state. The water is so quiet and still and the sun was beautiful through the clouds. Did a couple of things during this meditation.

Continued to ask deep questions and observe. Took deep breaths and chanted om and also ignited the fire in the stomach with the dragon exhalations. At the end as well observed the hand and just asked some deep questions like...who is seeing this hand? or is it just there without a someone seeing it?

Am feeling quite peaceful and inside of that field of stillness/ nothing. Feel like at night am able to connect to this field much more greatly and more frequently. It's like everything is vibrating in the background really quickly and subtly. Feel like am everything and not a self once again. Feel like am not inside or outside, but both everywhere and nowhere.

Deep gratitude emerged for life.

End of sit.



Going to walk back now to the campsite and make a fire.

Made a fire and prepared some food. Felt as did all this pretty consciously. Sat and ate the food and noticed that during eating a lot of thoughts seem coming up and cant really stay present with eating the food totally. Kept focusing on coming back but it seemed to happen quite often.

After eating did a sit.



Sit #6 - 50 min

Sat in the chair next to the fire and just observed. For the most part was conscious, but every so often, the mind would throw in something to try and gain momentum. It likes to use fear here of wild animals and sounds to create some kind of threat.

Wasn' t really scared, but it definitely temporarily grabs hold of some attention.

Mostly though was able to just observe and connected with the fire within. Felt as if was able to intensify the experience by connecting the fire within me to the literal fire in the pit.

End of sit.



Grateful for this day. It was tough and boring for the mind but was a nice start. Probably will do a short sit before going to bed.