

## DAY 3 - Journal Entry

Slept in until 9 am today. There was big thunderstorms last night and wasn't so easy to fall asleep because the noise of the strong rainfall on the tarp and also the mind was making assumptions/ judgments about things that could happen, such as the tent getting soaked.

Woke up and it was still raining, so went to the car and prepared breakfast in the car and brought it back to the tent.

Decided to make the first sit during breakfast.



### Sit #1 - 1hr 30 min

*Since couldn't really go anywhere used eating breakfast as the first sit.*

*Really went deep and slowed things down. It took 1 hr and 30 min to eat the food. Some fruits, dry toast, avocado, nuts, and matcha.*

*Focused on just observing in as much detail each action, each movement of the arm to grab a piece of food of the plate, observed each piece of food as detailed as possible, observed each bite, questioned who was eating this, what this food was, was I eating it or was it just an experience that was happening.*

*Seemed like the food is being eaten by a no one. There doesn't need to be anyone to eat the food. Eating is the experience happening in the present moment.*

*The mind was still active in the background but continued to just observe everything and slow down by becoming the total experience in the present, rather than just a self that is eating. If I am not the mind and body then how do I know who is eating anyways, why can't I pinpoint where this I resides?*

*It seems that how the mind continues to create a false self is by grabbing attention and keeping it in the future or past, which it can then use to show that a you exists and was doing those things, such as eating. Yet, in truth, it was just a happening without a you.*

*If the experience is fully, the mind is not.*

End of sit.



Right after meditating with food, decided to do a formal sit as well



**Sit #2 - 1 hr**

*Barely moved just got more into a meditative sitting position and started focusing on the breath. Inhaled and exhaled rhythmically through the nose for like 20 min suppose. Just observing the breath.*

*Right after that, inhaled and exhaled rhythmically through the mouth for about 15 min suppose. Just continued to observe the breath.*

*Both of these breathing exercises got the mind to slow down and flood all parts of the body with oxygen leaving a sense higher connection. Felt in another trance-like state as energy flooded the body. Knew what was going on obviously but totally zoned into the moment. Tilted the head back and just enjoyed the deep connection to life.*

*Eventually, the body got a bit sore from sitting and the mind used it to gain some momentum. Lasted the full hour and now feel quite peaceful and connected and just in a state of now. Not really needing to do anything. Not bored. Just enjoyed existing even though it was still raining slightly.*

**End of sit.**



Cleaned up from breakfast and now off to go to the bathroom to brush teeth and will use the shower to observe some more.

Took a shower and during that time used it as a meditation



### Sit #3 - 30 min (Taking a Shower)

*Continued to just observe all that was happening without being attached to any one thing or needing anything to be a certain way. Kept observing and felt like during most of the shower was there totally without floating around in mind space too often. At times the mind would try and rush the experience by wanting it to be over faster - perhaps this is because it used past showers to evaluate this experience, nevertheless continued to just be there fully.*

*Did the same observing as was drying and putting on clothes. There always seems to be a rush from the mind to get somewhere or do something. But today it's all about being okay without rushing anywhere and being totally in this moment now.*

**End of sit.**



Came back and prepared some lunch and ate it, while doing so still focused on using eating as a meditation but not as thoroughly as during breakfast.

After eating packed up and went down to the beach through the forest. This time went toward that cool tree that is seen from the usual meditation perch. Got there and looked around for a second and decided to do the next sit.

This sit is right next to the lake with the waves crashing into the shore. There is a cool type of elevated space couple of feet from the shore which I guess the water made by hitting the dunes at some stage or something. Anyways it's a cool place to sit and meditate.



### Sit #4 - 1 hr 30 min

*This was a reminder of Miami when lived there and this journey of working on higher consciousness started. I used to sit by the water and just surrender to the experience.*

*During this sit focused on just letting go totally of all that was not me. Surrender was the word that kept coming up, so just repeated it over and over for a couple minutes. As that was being done focused on letting the water, the waves, the back current take away all the*

*baggage that the mind makes me believe that I am. All the stories, ideas, beliefs, thoughts, and anything else the mind keeps saying that I am and allowing the truth to just be revealed.*

*This truth seemed to be that all that I am is this moment right now without needing to attach to anything, not even this body or mind - but becoming the total experience that is happening (the birds flying, the waves crashing, the sun beaming, and all the other happening that are going on in the now) this includes the heart beating, blood going through the veins, the sensations floating around everywhere, etc.*

*All that is being experienced is what I am at every moment without a centralized location such as inside the body or mind. All is one thing always and the ability to experience this oneness is dependent on how aware at this current moment one is. If the mind has the attention, then you are just a self, no longer the total.*

*The longer the mind keeps this attention the further one is from seeing this truth. It is possible to make this leap at any distance - meaning that if you have been trapped in the mind for days or months or just seconds it is all the same, but one must jump and get back totally to the now being aware of all that is without a centralized location.*

*Hope this makes sense what just wrote above, but feel like since have been longer connected to truth, meaning being totally the observer of all, the more this wisdom flows and understanding seeps out.*

*The whole sit wasn't that great actually either, eventually got distracted and seemed as if not getting anywhere barely getting through it. Only now as reflect and write this is their awareness.*

*Added this part because I know it's easy to just give up when it's tough, but just like with anything, in meditation it is no different one must get through the toughest times to see the most amazing insights.*

**End of sit.**



Came back to the campsite and just have been writing this entry.

Snacked a little bit and then decided to go and do a sit in front of the mirror. Was going to do it in the tent, but instead grabbed the stuff (canoe chair, tripod, mirror, tape, etc) and went to the top of the dune behind the site as the sun was still warm and shining there.

Set up everything and did a sit.



**Sit #5 - 1 hr**

*This is a sit facing a mirror and just observing all that is. Just observing all that the mind comes up when seeing "yourself".*

*The mind constantly will zero in on what it doesn't like and keeps the attention there.*

*The point is to continue to keep the awareness of the whole, rather than allowing the mind to dictate the experience. Just totally was focused on observing the total experience and seeing reality as truthfully as possible. Seeing the details of the face, the lines, the background, the colors, the movements without judging or wanting it to be different.*

*Felt as if was able to get quite deep by asking questions like who am I? is this me? Who is me? What is real right now? Once those were asked continued to just observe and be aware of anything that pops up and continuing to put the attention into the present moment through the sensations that are happening.*

*Eventually felt like the self melted away and became just all the sensations vibrating (this type of field of sensations) not located anywhere or controlling anything.*

*Still, the mind grabbed the attention at times during the sit and created judgments but just stayed with it and eventually got deeper.*

**End of sit.**



Now going to prepare things for dinner and probably head over to watch the sunset just over the dune in the other campsite.

Found a nice spot to sit and watch the sunset.



**Sit #6 - 40 min**

*In this sit felt connected but also felt distracted. The sunset was beautiful and wanted to take pictures. Eventually accepted this and took some, but then after that couldn't really stay focused. It's nice to have pictures, but what are pictures? Who is it that needs pictures? Is it the mind self?*

*Is there a need for stored memories or does this perpetuate the mind self?*

*Not really sure these answers intellectually, but if there isn't really a me and each moment is now, then really these answers are quite obvious.*

*It's nice to have this for play in the physical realm but past that these seem to just be distractions.*

**End of sit.**



Came back prepared the fire and the food for dinner and ate. Felt as wasn't as present as could have been during preparing and eating.

After eating decided to sit by the fire and meditate.



**Sit #7 - 1 hr**

*During this sit just observed the fire and focused on being the watcher, basically just spying on self from a distance. During this sit felt quite drained and didn't seem to get much out of it.*

*Felt that field of sensations \vibrations in the background and feel a sense of peace but was mostly just tired.*

*Looked at the stars for some of the sit just amazed at the vastness. So much space everywhere.*

**End of sit.**



Some side notes from today.

Phone - have just been using the phone to write these journal entries, shoot the day end videos, and take a couple of pictures. Haven't really had that much urge to turn the data on and see what is going on. Just focusing on being here fully and committed to this.

Today had an insight of all the abundance everywhere. This happened mostly when was at the beach meditating and just connected to all the grains of sand, by looking at the number of rocks and wood at the beach, seeing the tremendous quantity of water that was right there in front of my eyes. Why is it that cant feel this or haven't been able to manifest this in physical life? Why don't I feel abundant in all areas of my life?