

## DAY 4 - Journal Entry

Woke up this morning around 8 45 am and just laid in bed for a while just observing the experience (the different colors, the sounds, the sensations, the bugs on the outside of the tent).

After that started putting attention into the body (first by sensing all that was and then by doing some movements—moving the legs and ankles around and moving the back and then hands).

Got up and started preparing breakfast. Noticed as was doing this that the mind was rushing trying to get everything done fast so eating could happen. Kept the awareness on this and decided to change it up and eat on top of the dune overlooking the forest. This took even more time as had to move the table and chair and bring everything up there when was done preparing.

Once got everything set, decided to do the first sit while eating again.



### Sit #1 - 1 hr 15 min

*Just got present by asking some deep questions and once again just slowly observed the happening of eating. Focused on watching in as much detail and with as much alertness what was being done. Focused on this such as; picking up each item, feeling the texture and pressure of it, the movement of the hand and fingers from the plate to the mouth, and the happening of chewing.*

*Noticed as all this was happening, that there isn't a me anywhere here in all of this. I am not eating - eating just is an experience, as is everything. We have just labeled everything in this physical world and now we just assume that we are doing all these things. This "human" entity just needs things to survive and if you look at a kid growing up they just shove everything in the mouth as eating is a program already installed when one comes into physical life.*

*Since we create a self of this entity, we then believe that we are the ones eating - yet this is simply not true. It just happens.*

*You are this body and mind in the same way as you are the happenings of the ocean, or a tree, or the wind. The ultimate You is everything happening right now at every moment and the more aware you become of truth outside of our labels and concepts the more in tune you will be with all these happenings.*

*One needs a body and mind to experience this physical world, but those aren't needed to experience the truths outside of it. Just like eating is a happening, so is death. It doesn't happen to you, as you were always made up - in the same way as you believe that you are the one eating. You aren't living, life is just happening - its the wind blowing, eating, walking, sun shining, raining, grass growing, birds chirping, bees buzzing - this is all life and is all just happening.*

**End of sit.**



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



**Sit #2 - 45 min**

*This is a nice location because it's elevated overlooking the forest and there are a lot of birds and sounds, so decided to use those sounds to get present. Kept attention of how the feet feel on the ground. Eventually took off the shoes to feel the energies coming in through the feet and into all parts of the body.*

*During this sit felt pretty connected and in the moment. The word surrender kept coming up again and again near the end of the sit and there was an urge to get naked haha. Would never really do this usually, but used the fear of what if's (what if someone comes, what if someone can see me, etc) to break past the mind and did it anyways for the remaining time of the sit, which was about 10 min. Just a fyi this wasn't like in the middle where everyone was, it's hidden a bit so this is why went for it. Plus am here to raise my consciousness not be scared.*

*After doing this started laughing uncontrollably because realized how ridiculous it is that as we grow up we get scared of being naked - the judgments and insecurities are quite funny as we really have no control how the body really looks and clothes are a mind creation. As children, we are totally okay just running around naked as we aren't imprisoned yet by our minds.*

*Once again realized that the mind self is scared, the true being is totally okay with anything. If one lets go of the mind, freedom to do such things follows.*

*Obviously, society creates some "rules" to have some order, but we easily get trapped by this and take it as the ultimate truth, which it is not and therefore it's nice to break the barriers once and a while.*

**End of sit.**



After the sit went to the bathroom and then prepared to go to the dunes for some meditation and some yoga. During the trek through the forest, the mind kept trying to rush once again to already get there. Observed this and kept putting the attention on what is right now and that is each step in this moment.

Eventually got to the perch spot. Took a couple photos first as it was beautiful outside and did a sit.



**Sit #3 and # 4 - 1 hr 30 min**

***1st part***

*During the first 30 min just sat at the perch and observed the little birds flying around. Observing their flight is quite amazing because they are totally free energy flying around at full speed into turns and next to each other without anything holding them back. No fear, no mind.*

*It's like they are totally surrendered energy and all is just happening. Kept observing this and surrendering to all that was in that moment.*

*At times the mind would try and create a self from something for a second but kept being aware that was entering mind space and focused once again on the present.*

## **2nd part**

*For the second part of the sit went higher to the shade as the sun was quite strong. The rays felt amazing but frying didn't seem like a smart idea.*

*This part of the sit continued to just watch anytime the mind was trying to grab attention and leave the present. Was able to come out of each "zombie mode" as I like to call it this mind consumed state, quite rapidly. It's funny how the mind will try to take attention away from the present any chance it gets.*

*It's also cool that we can leave the present but its so often and with it comes so much worry and anxiety about the dumbest things. Like as was sitting the mind used making a post on the website or Instagram to try and gain attention and leave the present. Yes will post about these experiences, but right now don't even have a computer or planning to do it so why would this be taking the attention and not just enjoy this moment.*

*It's like why go somewhere amazing when your only concern is about the future or past (what you're going to tell others, the pictures that you will have, etc) this is quite absurd.*

*Anyways after getting present decided to do rhythmic inhalation and exhalation through the mouth for like 10/15 min to really zone in and get connected. After finished this the body was full of energy and attention was in it.*

*Used that to get alert and start focusing on all the sensations that were going on inside and outside, totally let go and just allowed the happenings of the now to take me away. Felt very peaceful and became the field of vibrations again. Just allowed that to be for as long as was able to stay present.*

*After 30 min or so got a bit chilly and needed to get the sweater. After that just continued with the rest of the sit by questioning what the tree right in front of me was at its most fundamental (outside labels, concepts, ideas, outside colors, etc) and just observed.*

**End of sit.**



After the sit went back to the beach where was yesterday and decided to do some yoga.



### Sit #5 - 45 min - yoga

*During yoga continued to focus on being in the moment rather than allowing the mind to take me into its stories. The terrain where decided to practice was right on the beach and there were lots of rocks and only a few areas of just sand and those areas were uneven.*

*When started practicing the mind was trying to really use that uneven space to fuel its momentum and also the sand was all over the mat so that was some extra ammunition for the mind.*

*Just allowed all to be and just enjoyed the experience for what it was rather than comparing it to another practice "more ideal conditions"*

*Felt as mostly was able to stay present throughout the practice, but the connection wasn't as strong as it could have been.*

**End of sit.**



Walked back to the campsite and was kind of exhausted from the sun, as it was quite hot today. During the walk back the mind was trying to hurry to be back already and this time with more effort since was feeling tired and hungry.

Still used that as a reminder to remain in the moment and walk back consciously.

Got back to the site and decided to eat an orange as a snack and then went take a shower, as was covered in sand.

Once again had a non-attachment practice opportunity by leaving the phone to charge in the bathroom as took the shower. Once and a while the mind would try to take control by fabricating stories on what if someone was to take the phone. Noticed this and just went back to taking the shower as consciously as possible. Made sure not to rush to be there totally through all the happenings of taking a shower.

After came back from the bathroom, made some food and decided to take it to the top of the dune overlooking the forest and use eating once again as the next sit.



**Sit #6 - 1 hr**

*Noticed that with eating the mind loves to come in and keep attention in its stories (about the food, about random things, analytics of all sorts, etc) and this is why am continuing to focus on being aware of all that is happening during eating. The typical response is to always eat quickly without being there at all during the happening of eating. The mind wants to be somewhere else during that time, in more "important" things.*

*During this sit gratitude came up and this was the focus area.*

*Really zeroed in on what it is to be able to eat food so effortlessly - meaning always having enough and easily accessible. Started to ponder how amazing it is for all the variety that is available to be experienced on a daily basis without much struggle as is experienced by some.*

*Used each bite of food to sink deeper into the present moment and into a vibration of gratitude.*

*Eventually like usually though, the mind started again sneaking in and trying to grab some attention in its shenanigans. Just observed from a distance and finished eating.*

*The key seems to always to be able to create distance from the mind and body when needed to. Many people have almost no distance and the suffering is quite intense when that is the case.*

**End of sit.**



After the meal, cleaned up and decided to catch the sunset and do a sit.



**Sit #7 - 30 min**

*Went to the dunes nearby from one of the campsites next to mine and was there just in time to see the beautiful phenomenon that is the sun going down.*

*During this sit felt quite peaceful already and just closed the eyes and enjoyed all that was happening. Was able to really connect with the energy of the sun and felt it going through the body. It was quite bright even at that low state.*

*Eventually, 2 guys came to the dunes and ran to the beach with a frisbee. Allowed this happening to totally exist as well, even though they were noisy and typically this wouldn't be ideal meditation conditions. Accepted this moment how it was and just kept observing all that was without needing it to be a particular way.*

**End of sit.**



Came back to the campsite, started a fire and prepared some tea and a snack and decided to do a sit by the fire.



**Sit #8 - 30 min**

*Just decided to sit by the fire and just observe all that is. The mind was quite active as well because decided to go for a hike in the woods at night later to just face this fear of the unknown.*

*Since making this decision the mind is really using it to play all sort of things as its the ideal time for it to gain some power. This sort of stuff would happen when would play a tennis tournament. All these thoughts and emotions would overwhelm me and could never get back to the present.*

*The mind spins fantasies and with it emotions and it's hard to know how to stop its power, although now know that it's all about accepting what is and allowing all to dissipate by returning to the present. Need to go towards what is real and what is real is just a walk through the woods at night. The extras about the situation are all mind created.*

**End of sit.**



Decided to do a walk through the woods to the beach.



**Sit #9 - 30 min**

*Using this as a meditation practice because it's something that decided to go toward especially since the mind continuously is creating fear out of it.*

*Got present and got the flashlight and little lantern and headed towards the dunes where usually go meditate. Felt quite calm and peaceful and just was observing all that is in this experience. The minds hold dissipated and the walk was quite nice and a different perspective of the forest.*

*The thing that the mind could have told me about walking in the woods at night that would have actually been useful, is that it's difficult to navigate in the direction that is aimed at since everything looks the same.*

*Walked for like 15 minutes and was closer to the dunes, but totally had no clue where I was. It was crazy how easy it is to get lost and disoriented from where you came. Instead of going further just decided to head back from where started. Even going back felt foreign and slowly the mind activity started and emotions (sensations) started to pick up. Thoughts like what if this isn't the right way, what if I'm lost, what if I cant find the campsite - all started to pop up along with emotions to help intensify the stories of the mind. Instead of allowing all this to overtake, just was aware enough to stay calm and keep walking in a direction that seemed right.*

*Eventually made it back and am feeling quite peaceful even though it felt for a moment that might have gotten into a pickle. Reality is how it is, must do what is possible, accept it, and continue to stay present as then nothing can really faze you.*

**End of sit.**

