

DAY 5 - Journal Entry

Woke up last night in the middle of the night and sat up for like 10 min and just remember questioning what am I and what is this? Just observed for a bit and went back to sleep.

Woke up around 9 am and just laid in bed for like 30 min just allowing whatever is to be. Not needing to do anything or be anywhere.

Eventually sat up and decided to do a sit. Opened the tent door and just left the screen and looked out.



Sit #1 - 2x 30 min

Set the timer for 30 min and observed for a couple of minutes the happenings outside and then decided to have the eyes closed and just observe all the happening that were going on.

Focused on surrendering to them and just melting into this moment. Felt the tensions of holding to this body and mind start to vanish and just felt this total peace overtake the attention. Sat there for the remaining time and then set another 30 min to continue to deepen this experience.

Things were occasionally happening like some people talking briefly, a car door being opened, birds chirping, etc. All those things just came and left and still, this peace remained there. Almost was going to sit another 30 min but eventually, the legs were feeling numb and needed to stretch out.

End of sit.



After the sit, decided to make breakfast. Before eating it went to the bathroom and when came back took the food again to the top of the dune overlooking the forest and again used this as a sit.



Sit #2 - 1 hr

Continued to just observe this happening of eating. Mostly was there fully but noticed the mind trying to grab some attention by starting to bring up things like... this is the last night and wondering what is happening with the book that was released and if any of the people that contacted responded. All these things started to be brought up as was just observing the happening of eating.

Just continued to observe from a distance and didn't get attached to any one thing. Got back into zeroing in on what was happening right here, right now.

Continue to have this vision that we are just happenings in the present moment and we seem to just collect past happenings and create a self out of them. We float around in those past experiences very often and also we try and manipulate the future to present us with happening of our liking...whatever that even means, since when a happening happens it never is to our full satisfaction and most of the attention is used to again try to manipulate future happenings in "our" favor.

There is no our though because that our is just a creation of collections from past happenings that is concocted in our minds and then all future happenings are based and measured on if they fit into the elaborate scheme of the mind's self.

Once one sees that it's just all happenings that are interconnected in all directions and distances infinitely, one needs not to continue to wish upon future happenings to occur in any way shape or form, as they are all just happenings happening at the same time everywhere to nobody.

End of sit.



Still sitting here where had breakfast and took off the shoes and socks and planted the feet on the earth to allow a deep connection to life and absorbing the sun rays as well.

It's like earth energy and solar energy are colliding in the center of the body and creating magic.

Decided to stay with this and did another sit.



Sit #3 - 30 min

During this sit just focused all the attention on being aware of the two forces mentioned above to merge together into unity and fill all parts of the body. Was quite amazing to just observe and feel these happenings at play.

Felt so abundant with energy that eventually decided to stand and flow however it felt right. Basically just moving the arms in all sorts of ways. Reaching down and putting both hands and legs on the earth and then reaching all the way up and allowing the solar rays to surge through the body all the way into the ground.

Eventually decided to do a handstand as well to feel the reverse and was able to hold it close to a minute. During it, just focused once again of allowing the energies to flow through without any resistance.

It's quite cool of all the happenings one can be aware of if aren't just stuck in mental processes.

End of sit.



Now just getting ready to go to the dunes through the forest and sit and observe the happenings there. Feel an amazing flow of energy going through the body after that previous meditation sit.

Got to the dunes and was going to sit in the treed area but was quite cold so just went to meditation perch as the sun is shining really bright there. Just put on a hood to not get fried.



Sit #3 - 2 hrs

This was a long sit as its the last full day here and the weather isn't too cold and just felt like wanted to try to go 2 hrs and face boredom. The mind does not like doing nothing,

and for 2 hours it's quite dreadful! When one is able to go beyond the mind than the truth about nothing appears and it's not boring at all.

For the first half of the sit focused on just surrendering the thing that is thought as me. All the beliefs, ideas, concepts of who I am - allowed them all to start melting off and getting closer to the truth by questioning the mind and connecting to the space that opens when the mind is questioned with deep questions that cannot be answered. Once was able to create an opening was able to connect to the field of nothing and from there was able to feel a tremendous amount of peace and bliss.

It's like everything just becomes perfect as it is.

Stayed in this happening for an hour, I suppose and then eventually the mind started to creep in back again slowly.

Was able to again observe each time the mind was trying to grab control and played around with this a bit by thinking and then going into that space again. This time it wasn't as deep as for the first hour because the mind kept coming back more often. It was a long sit so was hard to keep attention and focus.

Eventually, 5 massive hawks were flying over me and all around the dunes, just gliding around everywhere with the wind. Quite a happening to observe this.

For the last 20 minutes did an om chant just to keep the mind from grabbing attention as it was becoming more and more active towards the end of the sit. The chanting helped to stay present and was nice because it focused on the breathing in deeply and exhaling deeply with the sound.

End of sit.



After sitting decided to go to the woods and eat mindfully because got cold sitting there near the water with the strong wind. Brought some hot soup in my backpack and ate it by this old mystical tree, felt nice to be in its presence.

Came back to the campsite cleaned up the container and now have been writing this journal entry. Now planning on going to the tent and doing an hour sit with the mirror.



Sit #4 - 1 hr

Went in the tent and attached the mirror to the tripod. Sitting in half lotus with the backing chair. It was a smart thing to bring this canoe chair.

During the sit just basically starred in the mirror having a faceoff and just focusing on deciphering what the hell I am once again. Kept starring for like 30 minutes and just observing with keeping total attention and alertness in the present moment. Eventually started asking who it is that I am?

Got to the point where finally realized in direct experience that am not this entity that is looking at themselves. Am all of it at every moment without a me. The me is again just a collection of past experiences called a Pawel, but that's all mind made. Am not a Pawel because what it is that I am is always Now no exceptions.

Started looking at the hand and noticed that this isn't my hand, it's just a hand. There is no one seeing the hand, it just is. Just like everything is in the present. I'm not seeing myself in the mirror, because there is no me. All that there is is the total experience.

This again cant be grasped, but experienced because to a normal "self" this sound preposterous and it seems like it cannot be true. This is basically why this solo meditation came to be is to once again touch this deep truth in direct experience as it's something that is super powerful if understood.

End of sit.



Now about to go prepare food and set everything up so that can go see the sunset and then start the fire and heat the food when coming back.

When got to the dunes decided to do another sit for the sunset.



Sit #5 - 45 min

Used this sit to observe all that was and see how the experience from the last sit can help get even more connected.

Kept noticing that when the mind is active it is continuously labeling things as I, me, my, etc. And that's how we get tricked into believing that there is an actual me that this life is happening to and that one day this me will die and that some experiences are better than others.

The truth is that there is just always experience. Life is an experience and death is an experience and no you is needed for experience to happen. There is no you even when the hand is being moved, there is no you when looking in the mirror, there is no you when eating is happening, there is no you needed ever, and the you is actually a fictitious entity that is created by the mind. Its fine that this is so but it gets to the point that people live entire lives not knowing this fundamental truth and from there a shit ton of suffering occurs. When there is a "you" guess who suffers? This mind "you" and the suffering is happening in mind space (future or past) not the present because "you" don't exist there, it's just experience happening.

If this can be realized peace can finally take place in experience, as peace is an experience that is always happening, one can find it only in the present without their "you".

Try to notice that there is no your pet, it's a pet. That's the experience. Try to notice that it's not your car, it's just a car, and driving are the experience. Let go of the you in everything and eventually, it will be seen that there can't be a you in reality, it's impossible.

End of sit.



Came back from the sit and as you can read above it went quite deep. Started the fire and the food was heated and eaten.

After eating decided to sit by the fire and contemplated this experience.



Sit #6 - 45 min

Used this sit to contemplate. Haven't done that all week as was focusing more on silencing the mind and touch fundamental truth once again. In this instance used the mind to recap this solo meditation retreat and more so contemplate life in a larger context.

Asked the question am "i" actually happy? And just sat and went through all the things that have been experienced in the last couple of years.

Asked another question...Has it been fulfilling? And just sat and observed if these last couple of years and even the whole life experience so far has brought fulfillment.

Asked another question...If death was to happen now would it be okay? And just sat and observed.

After that, thought about some things that would like to possibly work on in the next couple of months/years to expand consciousness even higher.

End of sit.



Now it's like 11 40 pm and going to go shoot a short video of some of these lessons and go to bed.