

# Journal Notes on Learning/Exams

J. S.

Thursday, 6/6/19, ca. 3:20–3:25 p.m.

Today I was at the university studying. After a very long study session on electrical engineering, I was completely worn out. Then I closed my eyes for a moment and just concentrated on my breath to clear my head. At some point I noticed that my head no longer felt so “heavy”. I then opened my eyes again, had a sip of my drink, and then studied another subject. It helped me a lot in this situation.

K. K.

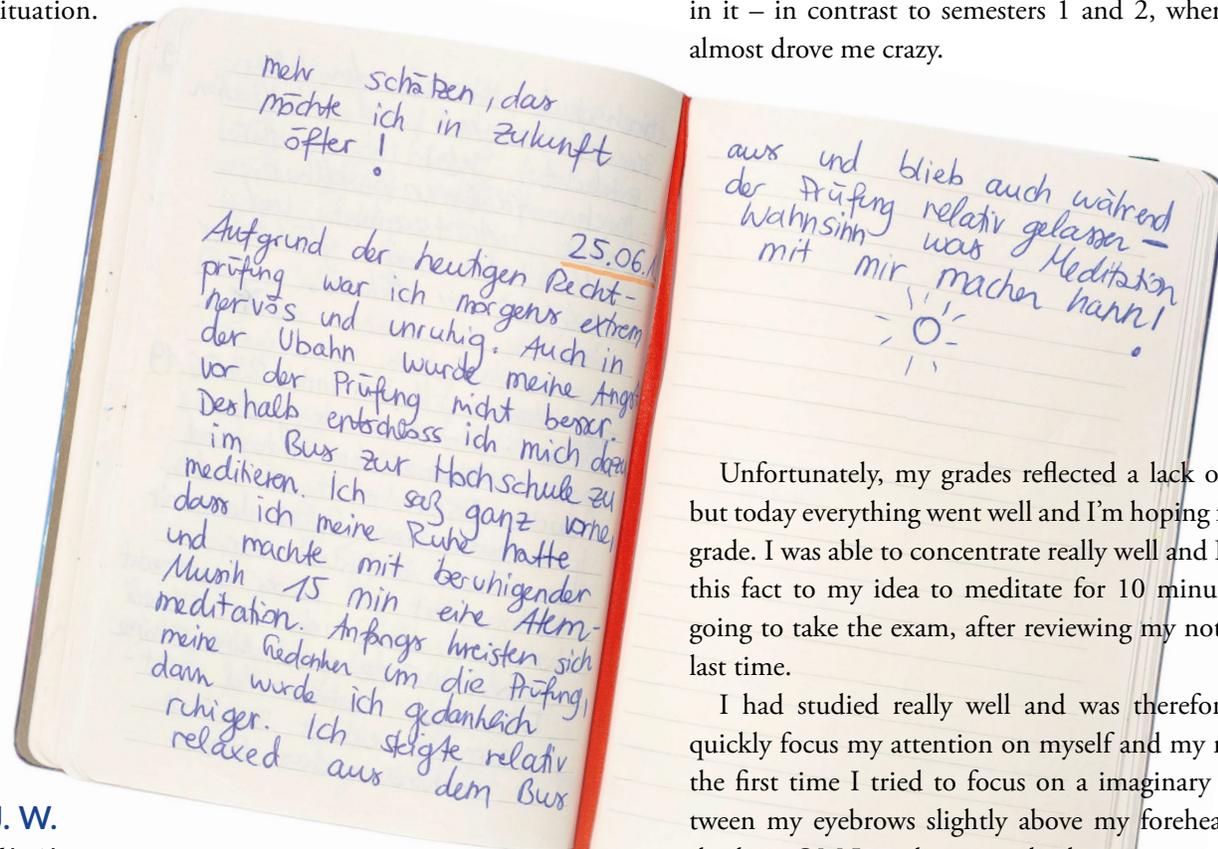
Where: in my room

How: cross-legged on my carpet, leaning against the wall unit

When: Monday, 5/12/14, 12:00 p.m.

Duration: 10 min

Today I took my first exam this semester, in my major subject: Biology. The topic covered human and animal physiology and I personally (finally!) took great interest in it – in contrast to semesters 1 and 2, where ecology almost drove me crazy.



J. W.

6/25/19

Today, I was extremely nervous and restless in the morning, due to my law exam. While riding the subway, my fear of this exam didn't subside. So I decided to meditate on the bus on my way to the university. I sat in the front seat so that I could have my peace and quiet and did a 15-minute breathing meditation with calming music. At first my thoughts circled around the exam, then I became mentally calmer. I got off the bus feeling relatively relaxed and also remained relatively calm during the exam – it's amazing what meditation does for me!

Unfortunately, my grades reflected a lack of interest, but today everything went well and I'm hoping for a good grade. I was able to concentrate really well and I attribute this fact to my idea to meditate for 10 minutes before going to take the exam, after reviewing my notes for the last time.

I had studied really well and was therefore able to quickly focus my attention on myself and my mind. For the first time I tried to focus on a imaginary point between my eyebrows slightly above my forehead and by thinking OM I tried to come back to it again and again, rather than concentrating on breathing through my nose.

It really worked amazingly well, and I only noticed the 10 minutes were already up when the tone from my alarm sounded. I didn't find focusing on a different part of the face or the length of time exhausting, and afterwards I felt strengthened to take the exam.

**L. R.****7/20/17, 6:00 p.m., approx. 20 min****Mindful piano playing**

I have now taught myself three songs on the piano. I love these melodies and love to play them by heart. Today, I did an experiment, and I closed my eyes while relying entirely on my fingers, which have played these [melodies] so often. With full attention, I directed my senses to the melodies in my head, and relaxed and at ease I tried to play these melodies on the piano. This helped me to perceive the music even more intensely. I was very happy.

**7/22/17, 12:00 p.m., about 10 min****Breathing exercise**

On Saturday I had two exams. After the first exam I went for a walk for half an hour (mindful walking meditation). Afterwards I sat down on a park bench in Luitpoldpark, closed my eyes and meditated. There I felt again the circling on my palms, which were open upwards.

I drew in the fresh air through my nostrils. I consciously watched my breath. Thus I was able to regain my strength and to think clearly. Calm and strengthened I went into the second exam.

**S. B.**

We are completely unaware of how much energy we're actually using, unnecessarily, through constant thinking, evaluating, making snap judgments or the "where would I like to be at the moment" chaos of thoughts. Energy that we actually need in order to grasp the essence of the entire situation, not just to understand the content of the story, but to understand the depth of it all. In my opinion, the depth consists in the beauty of being together, the possibility of interaction, exchange, the joy or sadness, the tension and the desire of the other person just to share their own impressions with you.

Why always imitate? Why these hasty remarks and prejudices?

Be quiet and just listen! It's very easy.

I also find this exercise very helpful during presentations by the lecturers. During lectures it helps me to, time and again, concentrate on the instructor, to push aside any thoughts that come up and to remind myself repeatedly, of what the instructor has just said.

Not only in my studies, but also in my circle of friends, I'll communicate more attentively at times, in order to develop the ability to stay focused on the subject matter.

**S. Z.****What: ajna meditation****Time: 10 min**

After having made so many careless mistakes and simply not being able to concentrate during a study session about 5 hours long, I tried to improve the situation with an ajna meditation. At first I thought it strange to meditate in the middle of the library with my eyes closed, so I fixed my gaze on a point just in front of me. As the library was peaceful and quiet, it was very easy for me to do the exercise.

I started the meditation without setting a time limit, because I wanted to see how long it would take before I'd notice a difference. Although it felt like I had only meditated for maybe 4 or 5 minutes, in the end it was almost 10 minutes.

In retrospect, I felt [refreshed], as if I had taken a nap because I was able to concentrate much more than before.