

Mindful listening

Take a comfortable position where you can focus for a few minutes on the sounds surrounding you.

Let's begin.

Take a moment to listen to your surroundings, paying attention to one sound at a time. Trying to hear what different sounds in your environment.

Can you hear sounds that are nearby? Or sounds that are far away?

Can you name the source of the sound?

Are the sounds high or low? Hard or soft?

If your mind starts to do something else, just try to bring your awareness back to listening to the sounds.

Just noticing the different kinds of sounds you can hear - whether they are loud or faint.

Or maybe listening to the entire soundscape. How do the different sounds intertwine?

Now bring your awareness on your breath.

Take a deep breath and listen to the air flow in and out.

In and out.

Just follow your breath and the sound of it for a few moments.

And when you feel ready, you can finish the exercise.

You can use this kind of conscious listening in conversations, when you're moving around in nature, when you're listening to music.

And you can allow sounds to be your anchor to the present moment wherever you are.

YouTube video of the exercise

<https://youtu.be/thfQbaqHBhc>



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