

Notice Sounds Meditation

- ⇒ Sit comfortably with your back straight and shoulders relaxed.
- ⇒ Rest your hands on your thighs, with the palms down or facing up.
- ⇒ Take a few gentle, relaxing breaths.
- ⇒ Listen to the sounds around you.
- ⇒ Notice sounds that are close to you or far away.
- ⇒ Try not to label the sounds as “good” or “bad”. They are simply sounds, coming and going.
- ⇒ Notice how your listening becomes more sensitive and helps you become more aware of other sounds.
- ⇒ You can listen to the “spaces” between the sounds as well.
- ⇒ When your mind is no longer noticing the sounds, gently bring it back to the sounds you notice.



Source: <http://www.windsoundlearning.ca/>

<http://www.learningandviolence.net/helpself/meditation.pdf>