

Awareness of Sound Exercise

This is a meditation on the awareness of sound by Linda Smith at Duke Integrative Medicine.

In this guided practice, we'll focus on the awareness of sounds and of hearing.

Allow yourself to settle in a comfortable position.

Softening the muscles of the body, allowing the body to be held by the chair or the floor, and deeply relaxing as much as you can.

When you are ready, open your awareness to the experience of hearing.

Bring your full attention to the sounds you are hearing, without naming them or reacting to them.

Allow yourself to hear any sounds without choosing or judging.

If you find your mind commenting or reacting to a sound, just notice that.

Gently bring your attention back to the activity of listening and the direct experience of sounds.

Noticing a sound just as it is becoming aware of its vibrations as: intense or soft, low or high, near or far.

Notice the way that it changes and how it fades; listen deeply for the space or silence between the sounds.

Rest in the spaciousness of mindful listening; allowing the sense of spaciousness to include and hold all of the sounds and the silence itself.

Simply being curious and deeply listening.

When you are ready to end this practice, gently deepen the breath and open your eyes.

Take in a few deep breaths, move the fingers and toes, and stretch the body if you like.

Notice how you feel and return to your day.