

Practicing Mindful Listening

Part 6.1

Being Aware of Sounds In the Environment

Mindful Listening



we've been working mostly with the breath and feelings in the body, and today we're going to expand our awareness outside of our body, and begin paying attention to sounds in the environment around us.

I would often get distracted
when I tried meditating.





there would be noises in the
environment

mindful listening

we could actually open up to
sounds in the same way that
we open up to the breath

it eliminated the distractions
of noises

How do we practice mindful
listening?

with mindfulness of the breath,
and mindfulness of the body,
what we were doing was
bringing our attention

being mindful of just the raw
physical sensations that we were
feeling without getting lost in the
stories behind those sensations

But just really tapping into the raw texture of the breath and the body sensations.

With mindful listening, we really
want to do the same

tap into the raw vibration of the
sounds going on around us
without getting lost in the stories
behind the sounds

“What's making the sounds?”,

or

“When is it going to stop?”

just opening up to all the
different sounds around us

we really want to stay in contact
with the present moment

continually opening up to the
present moment, and what's
going to happen is, you're going
to get lost in thought.

just come back to the present
moment sounds going on around you

just come back to the present
moment sounds going on around you

just let it go

You can acknowledge it and then let
it drift away and bring your attention
back to the present moment

“What sounds am I noticing right now, in this moment?”

One of the beautiful ways to work with sounds, is to approach all the sounds going on around you as if it were a song and you were just paying attention and listening to the song

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Not judging anything, not saying,
“Oh, this sound shouldn't be here, that
sound shouldn't be there,”

Accepting everything, just allowing
all the sounds to be there and
paying attention to them.

Next Video

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