

# Practicing Mindful Listening

Part 6.2

## GUIDED MEDITATION: Mindful Listening

# Mindful Listening





Take a few deep breaths to allow  
the body and the mind to relax.

breathing in deeply

breathing out slowly

breathing in deeply

breathing out slowly

Allowing your body to rest and settle into your seat or cushion, and allowing your mind to rest as well.

Just mentally putting down  
your to do list.

Your lists of goals.

Anything you need to get done.

Just allowing yourself to be here.

We can start with some  
mindful breathing.

bringing your attention to the  
feeling of the breath and the body

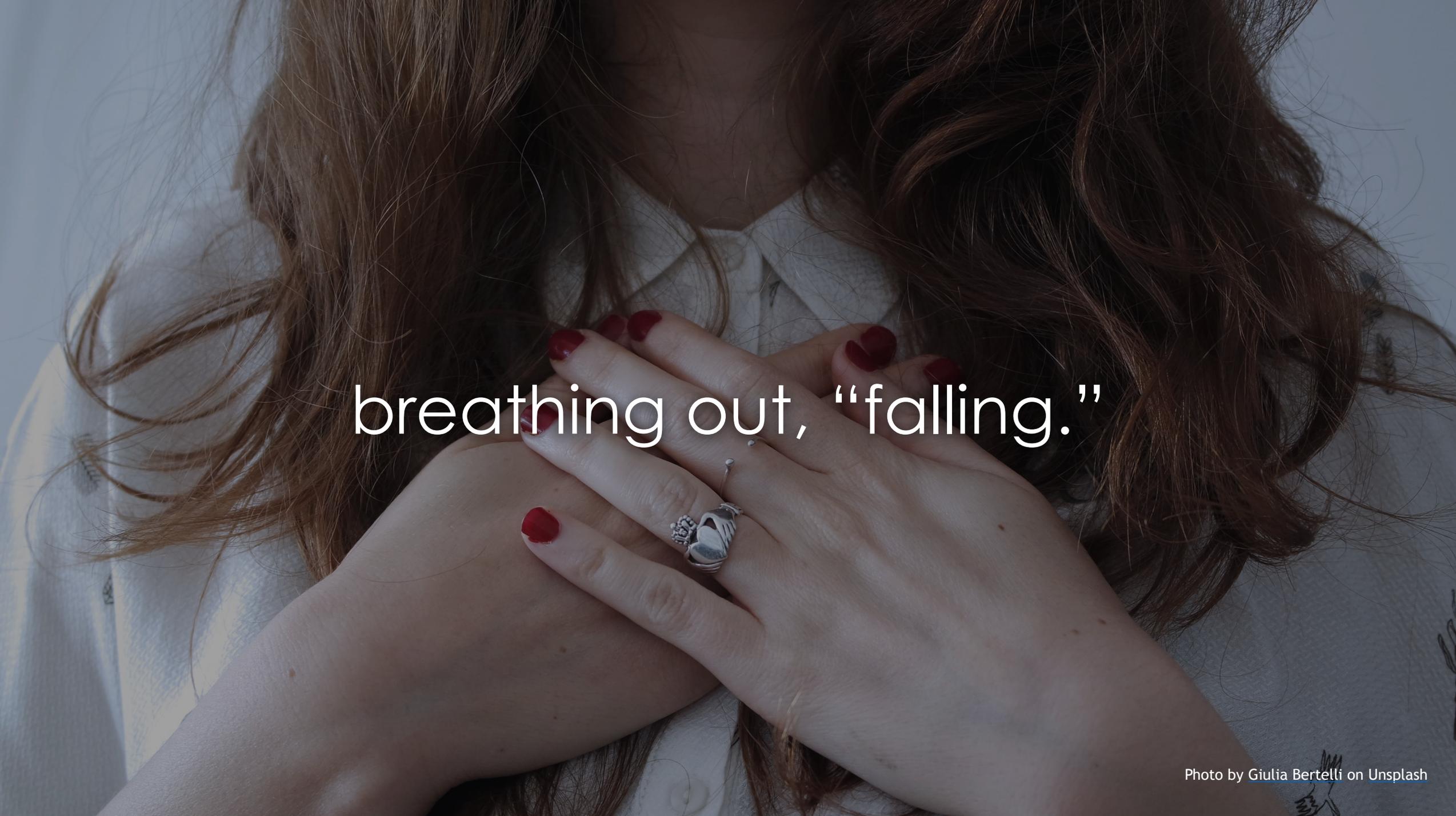
Connecting with the rising and  
falling of the belly or the chest.

Just paying attention to the raw  
physical sensations.





Breathing in, "rising"



breathing out, "falling."

When your mind starts to wander away,  
just acknowledge that it has wandered,  
and then invite your attention back into  
the present moment.

Reconnecting with the body.

Strengthening your ability to be in the  
present moment.

practice mindful listening

opening up your awareness and  
noticing any sounds in the environment  
around you

Seeing if you can notice all the different  
sounds going on

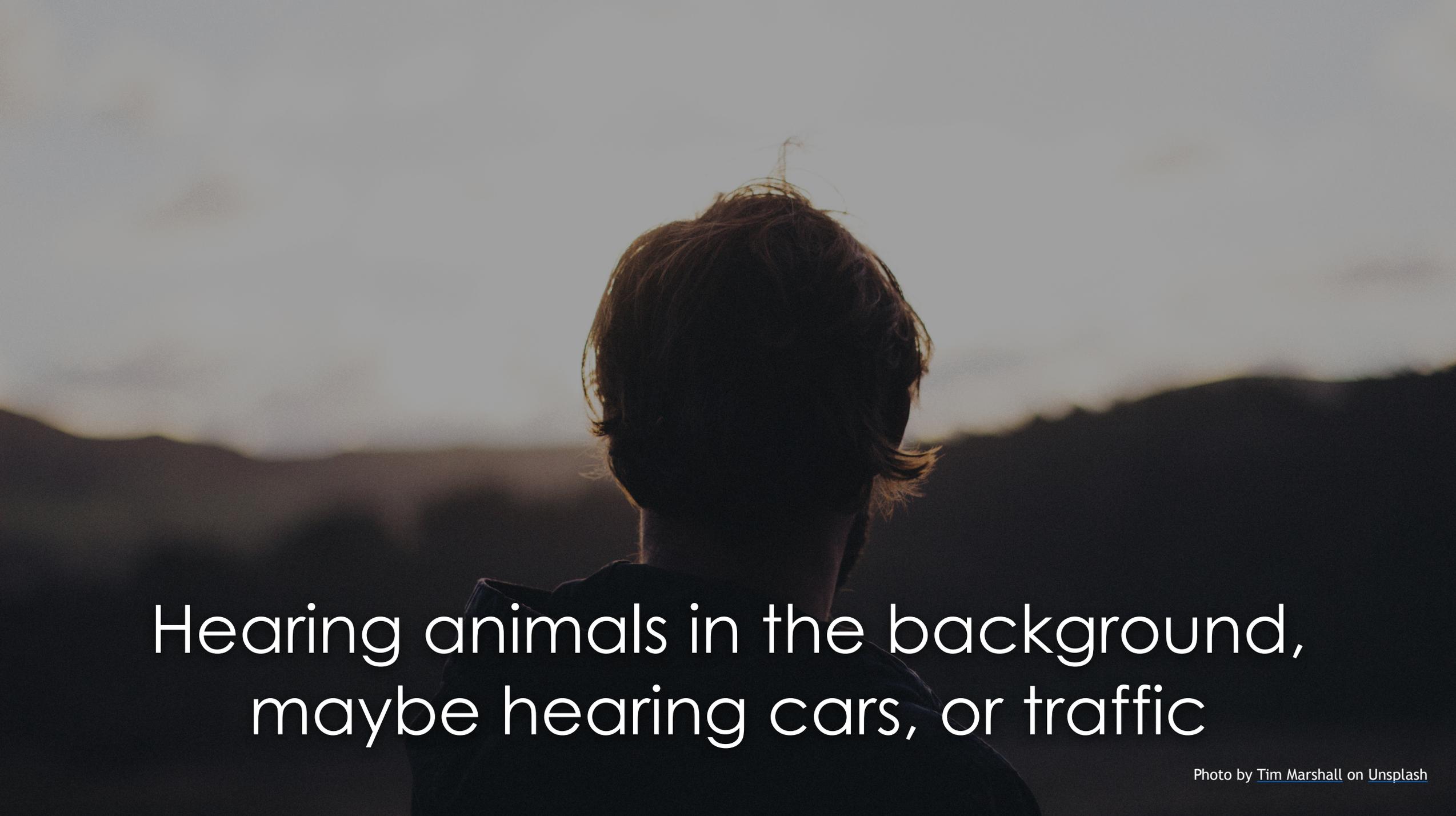
Seeing if you can notice all the different  
sounds going on

we just practice a non-judgmental,  
present moment awareness

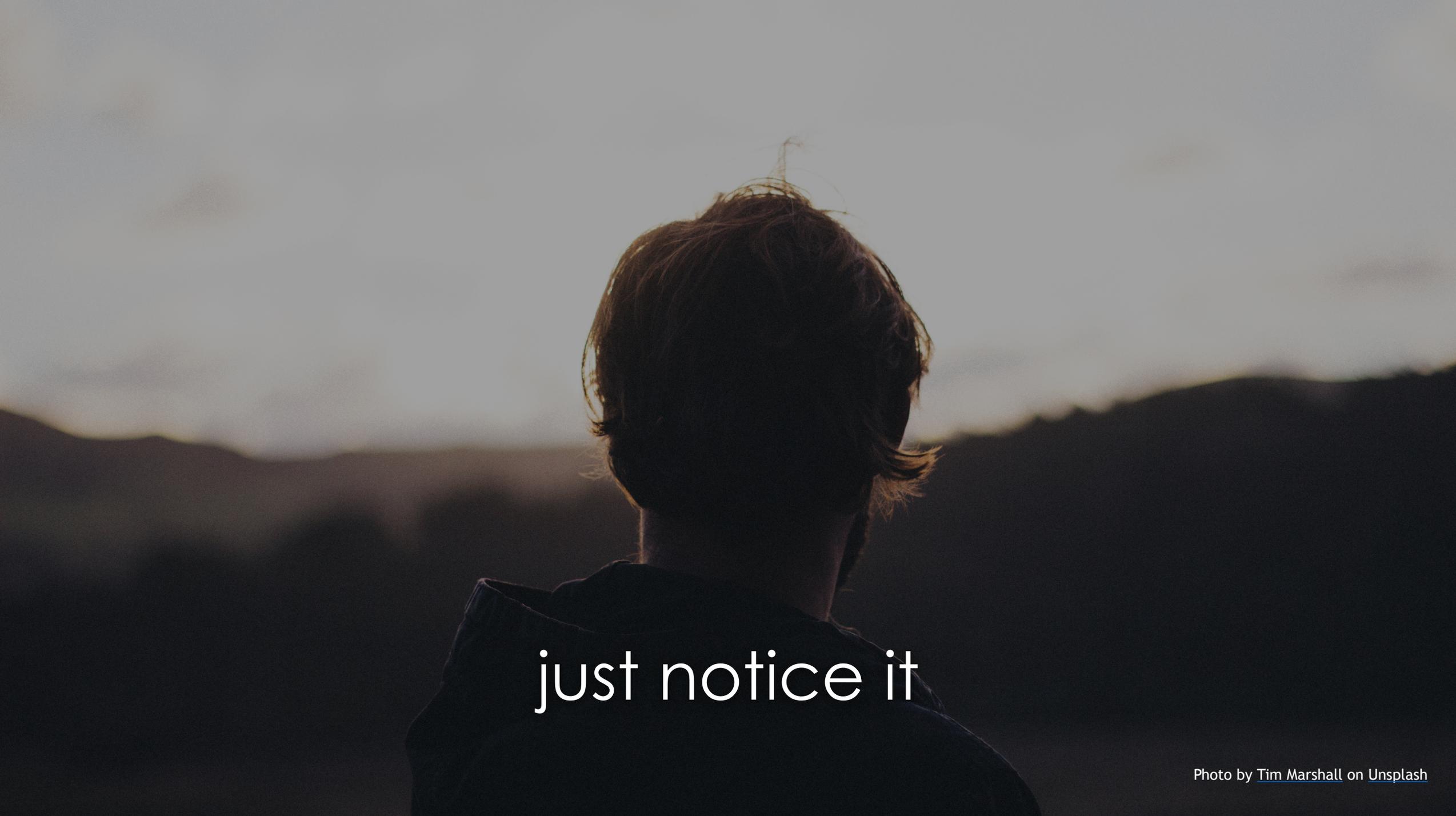
just being aware of the sounds,  
without judging them

just being aware of the sounds,  
without judging them



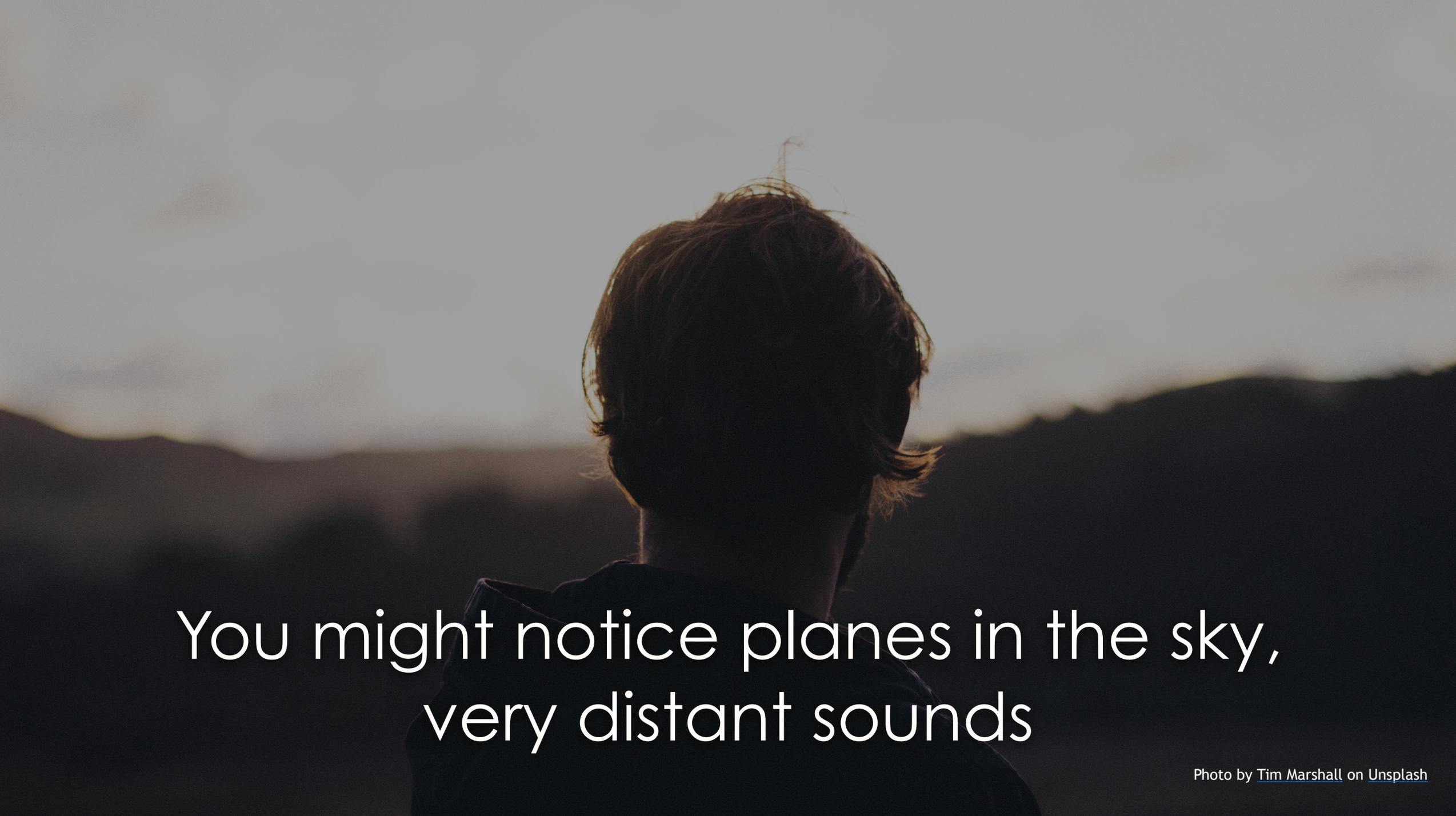
A person's silhouette is shown from behind, looking out over a landscape at sunset. The person has dark, wavy hair and is wearing a dark jacket. The background features rolling hills under a soft, orange and yellow sky. The overall mood is contemplative and serene.

Hearing animals in the background,  
maybe hearing cars, or traffic

A person's silhouette is shown from behind, looking out over a landscape at sunset. The person has dark, wavy hair and is wearing a dark jacket. The background features rolling hills under a soft, golden sky. The text "just notice it" is overlaid in white at the bottom center.

just notice it

Photo by [Tim Marshall](#) on [Unsplash](#)

A person's silhouette is shown from behind, looking out over a landscape at sunset. The sky is a mix of soft orange and pale grey, with distant hills visible on the horizon. The person's hair is slightly messy, and they are wearing a dark jacket.

You might notice planes in the sky,  
very distant sounds

A photograph showing the back of a person's head and shoulders, silhouetted against a bright, hazy sky at sunset or sunrise. The person is looking out over a dark, rolling landscape. The text "just observe" is overlaid in white lowercase letters on the person's dark clothing.

just observe

Photo by [Tim Marshall](#) on [Unsplash](#)

Keep bringing your attention back  
to the present moment

just acknowledge, thinking, and  
then gently bring your attention  
back to sounds in the environment

See if you can stay curious about  
sounds even when there are no sounds

Just being open and receptive.

try to notice if you are judging  
any sounds

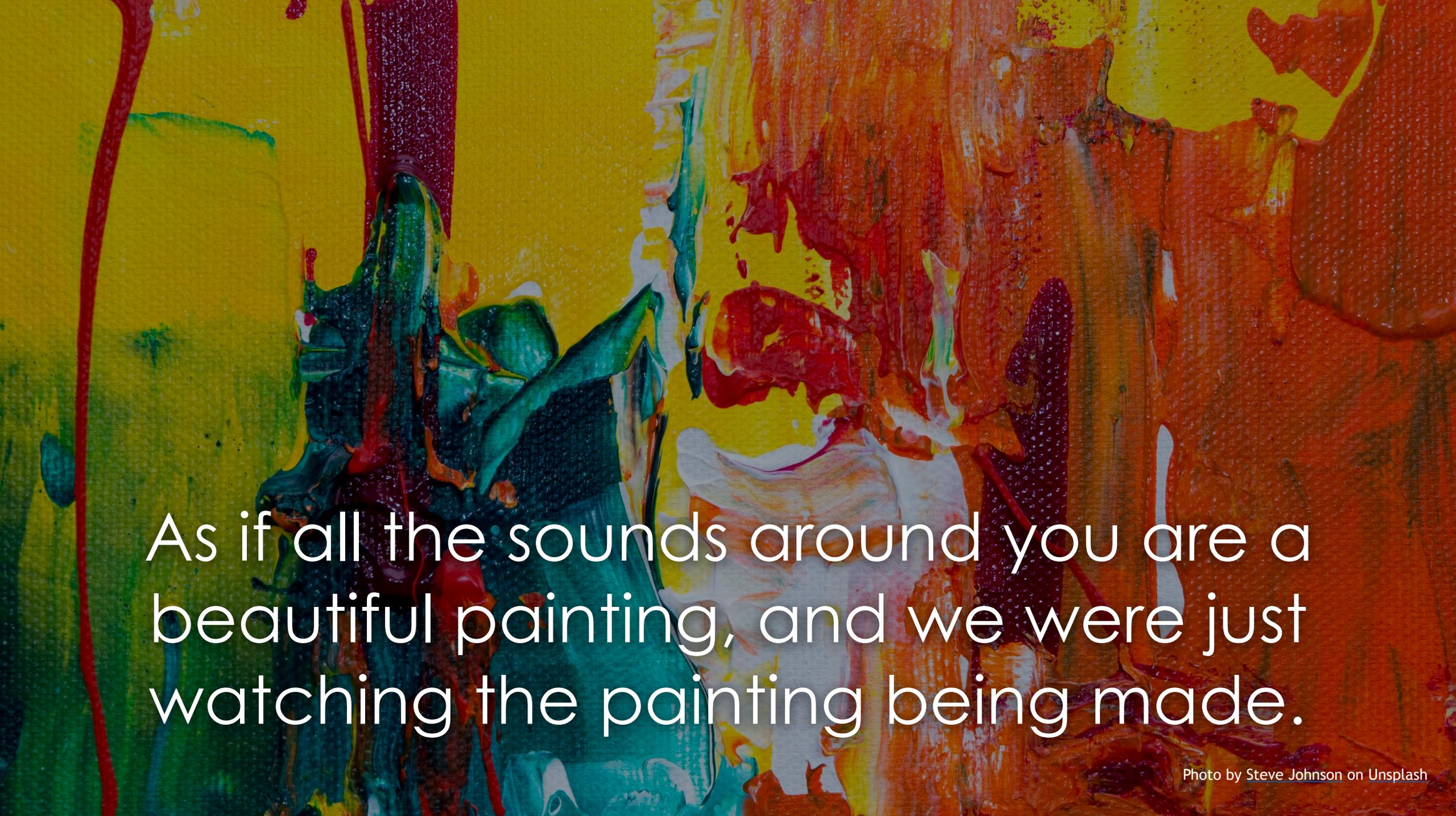
Not to judge the judgment, but  
just to notice, how are we  
relating to different sounds?

Not to judge the judgment

but just to notice

how are we relating to  
different sounds?

just set the intention to be open and  
accepting of all sounds, seeing if  
we can not get lost in the stories  
behind the sounds, but just  
connecting with the raw vibration,  
the raw texture, of the sounds

An abstract painting featuring a vibrant palette of colors including yellow, orange, red, green, and blue. The brushstrokes are thick and expressive, creating a sense of movement and depth. The composition is layered, with various colors overlapping and blending into each other. The overall effect is one of dynamic energy and visual richness.

As if all the sounds around you are a beautiful painting, and we were just watching the painting being made.

You can bring your attention back to the feeling of the breath in the body, just reconnecting with the rising and falling of the belly or the chest.

Maybe connecting with how you feel  
in the present moment.

Maybe connecting with how you feel  
in the present moment.

take a deep breath together

breathing in deeply, and breathing  
out slowly.



See You