



Mindful in minutes - Listen.

Sit, lie or stand comfortably, lengthening through your spine.

Find a posture that is gently alert while comfortable and supportive.

Eyes may be closed... or open with a soft focus.

You may change your body position at any time during this practice.

Take a moment to settle into your body... in this space... at this time.

Bring your awareness to your hearing, allowing the sounds around you to fill your ears.

For now, let there be no right or wrong sounds, better or worse... let them be just sounds.

Now tune your ears to focus on the sound of your breath.

Listen to the gentle flow of the inbreath and the soft release of the outbreath...

Bring your attention to another sound that is close to you.

You might notice it appear to become louder, simply by paying it more attention.

If your mind wanders, as minds often do... notice the wandering mind and return to simply listening for another moment...

Now, as best you can, extend your hearing to a more distant sound, one that is quieter and less easily perceived.

Notice what happens when you pick that sound out from all the rest.

Other sounds may be louder, more overpowering... let them pass and return to the quieter one

For the next few moments, simply listen to all the sounds you can hear.

You may open your eyes, becoming conscious of your body and the space you're in.