

## Practice of awareness with use of sound

### Finding a point of focus

5-10 minute practice

- 1) Find a relaxing area inside or outside.
- 2) Find a comfortable seat - sit on a pillow, block, or bolster, just make sure you are comfortable.
- 3) Close your eyes, connect to your breath
- 4) Begin to examine sounds around you
- 5) Listen to your surroundings **without** naming or labeling what you hear.
- 6) Deepen your breath - circular breathing in through the nose and out through the nose, as you let the mind rest and fall into a meditative state.

### Tips

- 1) If your mind wanders, return to the sounds that became your initial focus.
- 2) Draw a gentle awareness to you breath
- 3) Allow your thoughts to pass through your mind like a stream of water.

### Leaving meditation - Take your time

- 1) Take a full deep breath in through the nose and exhale through the mouth
- 2) Gently move fingers, cover the eyes with hands
- 3) Inhale, and as you exhale pull the hands away and open the eyes

