

The Power of Music

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Studies have shown that singing and listening to music have the power to release feel-good brain chemicals called endorphins and to reduce stress levels in the body. Whether you are a singer, musician, or none of the above, exploring the power of song is a wonderful way to invite healing and release into both body and mind.

Various studies have been conducted that highlight different ways in which listening to music is of benefit to us. From elevating our mood to improving our sleep habits, music has the power to move us in beautiful and uplifting ways.

PRACTICE:

Consider the list of mindful music practices outlined below. You may practice all of these or just a few. For each that you explore, make a few notes about how you felt before the exercise and how you felt afterwards.

1. *Singing a song you love – without music*

Choose a song that you love – and that you know by heart. Spend three to five minutes singing this song without distraction. Immerse yourself fully.

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How did you feel before you sang?

How did you feel after you sang?

2. Singing a song you love – with music

Turn on a song that you love and, with the fullness of your attention, sing along for the duration of the track.

How did you feel before you sang?

How did you feel after you sang?

3. Playing a simple instrument – makeshift instruments included

If you have an instrument at home, grab it. If you don't, use your creativity to make one. Turn your kitchen table into a drum set or pour a half-cup of rice into an empty glass jar (sealing it tightly). Using either silence as a backdrop or an instrumental music track, begin playing. Play for three to five minutes.

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How did you feel before playing?

How did you feel after playing?

4. Mindfully listening to a calming piece of music

Choose a piece of calming instrumental music. Hit play, lean back, and close your eyes. Listen to the stream of sounds for at least five minutes (or for the duration of the song).

How did you feel before listening?

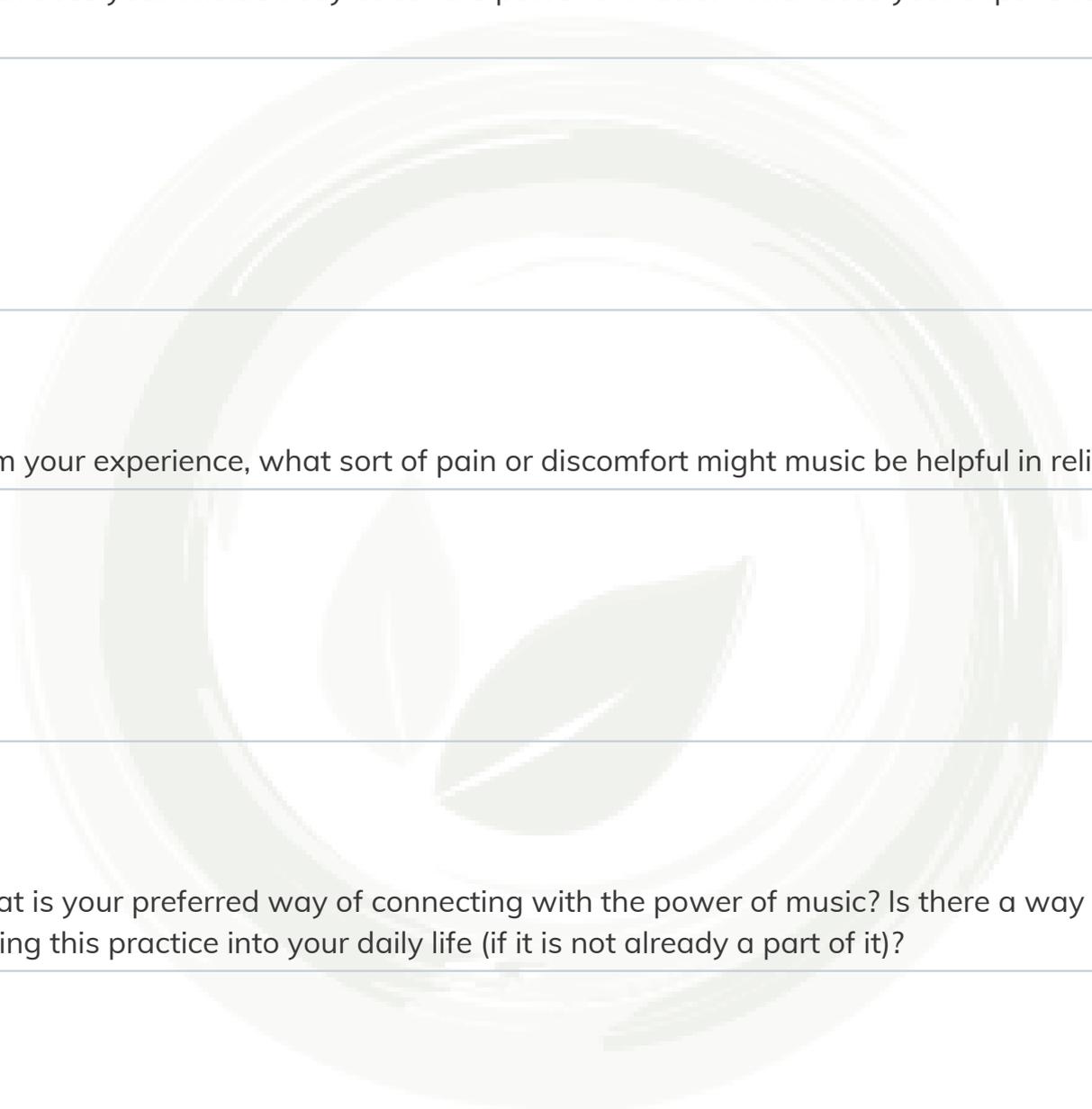
How did you feel after listening?

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REFLECTION QUESTIONS:

1. What does your intuition say about the power of music? What does your experience say?



2. From your experience, what sort of pain or discomfort might music be helpful in relieving?

3. What is your preferred way of connecting with the power of music? Is there a way you can bring this practice into your daily life (if it is not already a part of it)?