

Mindfulness of Sounds

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



Sound is a deeply grounding force that, when tuned into, can help us come back to the present moment with utmost ease.

It does not matter whether the sound that fills the air around us is soft or loud; what matters is how attentive we are to it. This practice is a simple mindfulness of sounds meditation that invites us to tune into this sense with greater awareness.

PRACTICE:

1. Set and start a timer for three to five minutes so that you do not have to think about when you should end this practice.
2. Come to a comfortable seated position, closing the eyes when you are ready. Take a few natural breaths with awareness to settle into this practice.
3. Once grounded, shift your awareness to your sense of sound, noting whatever arises without judgment or assessment. You do not have to search for anything specific; let the world offer itself to you through your ears.

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4. Sounds might come from near or from far; it does not matter. See if you might soften any tendency to label them as you become more open to their raw expression.
5. Consider the noises that fill you to be like a symphony, with notes coming and going, rising and fading.
6. Continue listening to the music of life that fills you until the timer rings. Turn it off and then come back to close-eyed breath awareness for three full cycles. When you feel ready to return to the world around you, slowly open your eyes.

NOTES:

Mindfulness of sounds is a practice that holds roots in various Buddhist traditions. In some meditations, the ringing of bells is incorporated.

You might explore this practice in various settings, such as in an urban environment versus a more natural landscape. See if you can be present with each practice without judging or labelling the experience. You can still note whatever sensations or feelings arise for you in conjunction with particular sounds.