

## **Audio Track 12: Awareness of Sound**

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Try this: Awareness of sound.

Begin by finding a comfortable posture for yourself. That might be seated. It might be lying down. It could even be standing. And taking a few moments to settle into this comfortable posture. To arrive in this moment, in this body. Sometimes it's helpful to close the eyes. Other times it feels better to leave them open. Maybe taking a soft gaze toward the floor. See what's right for you right now. In this practice, the invitation is to pay particular attention to sounds.

So, let's first notice sounds or a lack of sounds that are happening outside the room right now. Perhaps there's a bird singing. Or maybe there's a jackhammer going. The sound of a horn or ocean waves crashing. See what's there for you right now. And just receiving the sounds, letting them in, letting them vibrate your eardrums. As best you can, let go of whether you find the sound pleasant or unpleasant. You can even let go of needing to label it. Just receive sounds as they arise and as they vibrate your eardrums resting in the experience of sound and no sound.

And then expanding your awareness to include sounds inside your room. In the same way you might open to and receive whatever arises. Including silence.

And finally expanding your awareness even further, this time including sounds that arise from inside your body as well. Perhaps noticing gurgles in the stomach or the sound of your heart

beating. See what's there for you right now. Opening with curiosity. Seeing what arises and letting sounds come and go without the added dimension of liking or not liking. This is a private symphony that will never come again. As best you can. Open to and receive whatever arises.

And when you're ready, letting go of the particular focus on sounds. Resting inside the body. Taking a moment to notice any effects of this practice. What's happening with your body, your physical body? What's happening in the emotional body? And what's happening with the mind? Just taking a moment to see what's there. Noticing any effects of this practice.

And please take a moment to thank yourself. For setting aside the time, for showing up, for practicing opening to the experiences of your own life right now.

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