

HANDOUT 1

SIMPLY LISTENING

- Start by sitting comfortably, eyes either slightly open or gently closed.
 - Allow yourself to simply listen to the sounds around you. Notice the sounds of the traffic, the wind, the rain, the birds, or the air conditioner.
 - There is no need to name the sounds, to grasp or hold on to them, or to push them away. Just allow yourself to listen to the sounds as they are.
 - Imagine that your body is a gigantic ear, or if you prefer, a satellite dish, picking up 360 degrees of sound—above, below, in front, behind—all around you. Listen with your entire being.
 - Notice that each sound has a beginning, middle, and end.
 - If your mind wanders, no problem. Just bring it back to the present moment.
 - Let yourself rest in the sounds of the moment, knowing that this moment is unique and that this constellation of sounds will never be repeated.
 - Take a deep breath, wiggle your fingers and toes, stretch, and open your eyes if they have been closed. Try to extend focused attention into your next activity.
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