



## MINDFUL LISTENING

Listening to music is a great opportunity to practise your mindfulness. Music itself can often be soothing and calming. Pair this with some mindfulness practice and you have a recipe for boundless relaxation.

Mindful listening isn't just listening to music, though. It is thoughtfully listening to music being played while observing the sensations you hear and feel.

### The steps are simple:

1. Choose some music. It can be anything. Note that it does not have to be your favourite music or even something that you like.
2. Close your eyes as the music is playing.
3. Don't judge the music, the artist, or the lyrics. That means do not label the music as "good" or "bad".
4. Observe the sounds, the tone, volume, rhythm, and feeling that the music gives you. Just observe!

Let's practice! Choose a piece of music and listen mindfully. Then, reflect on what you observed and felt during the practice.

