

Tuning In

A listening practice, from far away to close in

Time	Where	You need
5 to 10 minutes	Seated	Nothing

Settle

- Find a position that feels comfortable and steady.
- Notice your breath, perhaps in your belly.
- Notice your posture and any spots holding tension, like your neck, shoulders or back.
- Close your eyes or soften your gaze, whichever feels better.
- As you breathe in, notice your belly and chest expand. As you breathe out, notice how your body responds.

Listen

- 1 Notice the sounds farthest away, outside the room: a car, a voice in the distance, an animal.
- 2 Bring your attention to sounds in the room: the hum of air, people breathing, something else.
- 3 Come closer still, to the sound of your own breath.
- 4 Notice anything else in your body you can hear or feel: your heartbeat, your stomach, a light ringing in your ears.
- 5 Return to the sound of your breath, air moving in and out.
- 6 Let your attention widen to the sounds in the room.
- 7 Finally, let it widen to the sounds outside the room.

Talk it over

When everyone is ready, invite them to open their eyes.

- How do you feel now, compared to when we started?
- What was easiest? What was hardest?
- How often do you simply listen to the sounds around you?
- Why might listening more be helpful?