



Meditating

Meditating is about training your mind to be more quiet and still. One of the ways you can do this is to stay focussed on one thing and then notice when your mind wanders and where it goes. Here is a meditation practice you can try. When you find one that you like, try to use it everyday—even if it is only five minutes at a time.

Sounds

- Sit comfortably with your back straight and shoulders relaxed.
- Rest your hands on your thighs, with the palms down or facing up.
- Take a few gentle, relaxing breaths.
- Listen to the sounds around you.
- Notice sounds that are close to you or far away.
- Try not to label the sounds as “good” or “bad”. They are simply sounds, coming and going.
- Notice how your listening becomes more sensitive and helps you become more aware of other sounds.
- You can listen to the “spaces” between the sounds as well.
- When your mind is no longer noticing the sounds, gently bring it back to the sounds you notice.

Sometimes I just sits and thinks,
and sometimes I just sits.
Satchel Page

To order the book, *Move the Body Stretch the Mind*, follow the link to
www.windsoundlearning.ca