

Five Minute Music Enjoyment Meditation

This music enjoyment mindfulness exercise is best done lying down on a blanket on the floor or on your bed. It is nice to close your eyes but you can leave them open if you prefer.

The exercise is to explore your sense of sound and bring about feelings of enjoyment through the appreciation of your favourite music.

Doing the exercise:

1) Choose a favourite piece of music

Try to choose music that is relaxing in some way and does not have too much beat in it. Make sure the music is not too loud. Choose 1 - 3 tracks.

2) Switch on the music and let it play in the background

Lie down and get comfortable. Let the music tracks repeat if you want.

3) Begin to take a few conscious slow and deep breaths.

You don't need to breathe any particular way. Your breaths should just be slower and deeper.

4) Allow your breathing to settle, and give your breath back to your body.

Try not to control your breathing; just let it happen.

5) Relax your shoulders and your body on each exhalation.

6) Give yourself plenty of time and allow the breath to adjust itself to the level best for your body.

Don't try and control this process. Let your body do this for you.

7) Take some time to discover the rhythm of your breath.

For the next minute or so simply rest your attention on the natural flow of your breath.

8) Simply notice the quality of your breath.

Is it fast or slow? Deep or shallow? Rough or smooth? Comfortable or now uncomfortable? Or something uniquely different to you?

9) Now begin to slowly shift your attention from noticing the quality of the breath to the sound of the music.

Let your focus rest on the sound itself. Each time your mind drifts off, allow it to. Just let it drift off and then gently and firmly bring it back to noticing the sound of the music.

- 10) Allow yourself to appreciate the music and simply notice the different aspects of it, such as the rhythm, the pitch, the loudness etc.**

See if you remain curious about the variety of the experience.

- 11) You may have certain thoughts, feelings and memories arise and that is perfectly ok. Simply acknowledge them and let them be. Re-invite your attention to the sound of the music itself.**

Do this over and over again or as many times as you like. Be playful and have a curious attitude to the experience.

- 12) After the music stops, simply note your experience and spend some time in this state of mind.**

When you are ready, simply open your eyes and bring your attention back to full waking consciousness.

Reflection:

Reflect on how the experience was for you.

- Was it easy, difficult or something new?
- Did you notice any thoughts or feelings, memories or sensations? Don't analyse - simply notice.
- Do you notice any changes in the quality to your energy or mood?
- Did you notice anything else?
- What would you do differently next time?

