## Simply hearing

***Sitting quietly,.... closing your eyes if you wish..... Becoming aware of any sounds around you that you can hear.....Just letting the sounds come to you without the need to go searching for them.***

***1-2 breaths***

***Seeing if you can hear these sounds as patterns of tone and pitch.... Letting go, as best as you can, of the need to make sense of these sounds......There is no need to label or identify the source of the sound...... There is no need to judge the sounds as good or bad,..... just allowing the sounds to be whatever they are.***

***1-2 breaths***

***Whenever you become aware that you are thinking about what is being heard, or trying to label or interpret the sound,.... simply notice this tendency to try to identify what we hear, and as best as you can, return to simply hearing pitch and tone***

***1-2 breaths***

***You may notice that your mind has wandered away altogether.... When this happens simply notice that your attention has wandered and gently return it to simply hearing what is. Allowing the sounds to be what they are, without needing to interpret or make sense of whatever you can hear.***

5 breaths ?

Bongs