

Pick an outside location for this activity



Begin where you are , set a timer and dedicate
15 minutes to this walk



Bring your awareness to a sound in your environment. How far or close does it feel? What direction does it take you? Is it accompanied by other sounds or does it seem to be isolated?



What interests you about this sound? Is there something specific you like or dislike?



As you pay attention to these observations,
allow yourself to tune in to what's around
you



Allow other sounds to pour in around you



You might choose to follow another sound
or move in another direction



Where are you now? If you close your eyes and describe this moment - what comes to mind?



Take note of any subtle shifts within
you. Has anything changed during
this exercise?



Can you assign a name or a quality to one or more sounds you experienced today?

