



Dr. K's Guide to Mental Health

Practice | Indriya of Internal Sound | Notes

The indriyas are generally used to pull our attention away from the self. The practice of pratyahara is used to withdraw our attention away from the outside world, and bring it to within.

Note: "Attention" here is different from thinking. In fact, thinking is the very opposite of awareness. Keep in mind that you can "daydream" - where you are thinking, but lack awareness. You can also dream - in which the mind thinks - but you are not aware.



Internal Sound Meditation

In this meditation, we will use our experience with indriyas by focusing on senses and directing them inwards.

Close your eyes, put your fingers in your ears, and pull your awareness within for 30 seconds.

Listen to the plethora sounds within your body:

- Respiratory System - Breath
- Cardiovascular System - Heart
- Gastrointestinal System - Stomach

Take a 10 second break. Relax your arms and let them come to rest back down at your side.



Repeat the practice for 30 seconds and a with a 10 second break

Do another round of the practice for 60 seconds with a 30 second break

Since this round is longer, it will be harder and require more focus to bring the sounds to the surface for the full duration.



Do this practice for 5-7 minutes a day for 1-2 weeks.

