



# Dr. K's Guide to Mental Health

## Practice | Rotating Sound Awareness | Notes

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For many people, meditation can be difficult because their mind wanders. Trying to force the mind to one place is one method of meditation, but there is an interesting shortcut. Much like a child, the mind rests naturally after extensive activity. So in this practice, we'll encourage our mind to hop around as quickly as we can, to rotate our attention between various auditory stimuli. This rapid rotation will naturally exhaust the mind, finally allowing it to rest in one place.

### Practice Instruction:

- Go to a crowded place with varied sounds – like a cafeteria, or shopping center, or park
- Close your eyes and notice the sounds around you
- Try to notice one sound at a time
- As quickly as you can, move to the next sound
  - Don't try to attend to the sound for a prolonged period of time or interpret it
  - So if you hear someone speaking don't pay attention to the words
- Continue quickly as you can, move to the next sound, and the next, and the next
  - Just move as fast as you can – noticing each sound fully for a moment, and then moving on before your mind can start to process or understand the stimuli
  - Avoid trying to remember which sounds you've heard
  - Don't even keep count
- Keep rotating your awareness for 3-5 minutes.
- Then transition to a different practice such as observing your breath or just sitting in the space of meditation

You can also choose a different sense for this practice. You can look at objects in rapid succession (waves in the ocean, leaves on a tree) or attending to physical sensations (each heartbeat, or muscles contracting/relaxing).