**Find a sitting position, in which the spine can be self supporting, with your back straight but not stiff.**

**1. Sit as described and with your shoulders relaxed, head and neck balanced & chin tucked slightly in.**

**2. Bring your attention to the movements of the breath in the body for a few minutes, until you feel reasonably settled. Then expand your attention to take in the body as a whole, as if the whole body were breathing, helping you to be aware of all the sensations in the interior landscape of the body.**

**3. Spend a few minutes practising mindfulness of the breath and body in this way, remembering that in the practice that follows you can always come back to the breath and body to anchor yourself if your mind becomes too distracted or overwhelmed.**

**4. Now, when you are ready, allow the focus of your attention to shift from sensations in the body to hearing – open to sounds as they arise.**

**5. There is no need to search for sounds or listen for particular sounds. Instead, if you can, simply remain open, so that you are receptive to awareness of sounds from all directions as they arise – sounds near, sounds far, sounds in front, behind, to the side, above or below. In this way, you are open to the whole space of sound around you: the ‘soundscape’. Perhaps notice how the obvious sounds can crowd out the more subtle ones; noticing any spaces between sounds – moments of relative quiet.**

**6. As best you can, be aware of sounds simply as sounds, as raw sensations. Notice the tendency we all have to label sounds as soon as they are received (car, train, voice, air conditioning, radio), and see if it is possible simply to notice this labelling and then refocus, beyond and below the label, on the raw sensations of the sounds themselves**

**7. You may find that you are thinking about the sounds. See if it is possible to reconnect with direct awareness of their sensory qualities (patterns of pitch, timbre, loudness and duration), rather than their meanings, implications or stories about them.**

**8. Whenever you notice that your awareness is no longer focused on sounds, gently acknowledge where the mind has moved to and then retune the attention back to sounds as they arise and pass away from moment to moment.**

**9.Then, after you have been focusing on sounds for four or five minutes, let go of your awareness of sounds.**