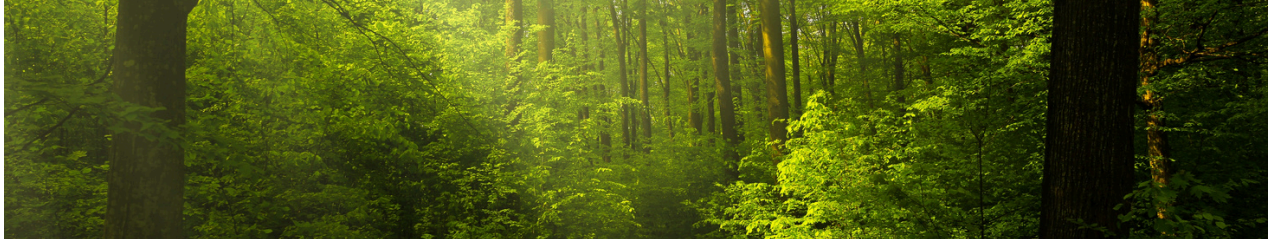

SOUNDSCAPE
Meditation

A practice I loved sharing with my meditations students was this uncomplicated way to increase mindfulness on their walks in nature.

Consider giving this a try the next time you are hiking or walking in a park or nature reserve.

Place your right hand on your belly and your left hand on your heart, soften your gaze or close your eyes while you take three to nine breaths.

As you tune into your breath bring your awareness to the natural pause at the end of your inhale as you prepare to exhale. Notice the natural pause at the end of your exhale as your body prepares to inhale.

I call this the space between.

Cultivating an awareness of this space is a simple meditative practice you can try anywhere.

Now start to attune to your environment by bringing your awareness to how the sun feels on your arms, or how the breeze feels in your hair, or the rain on your skin.

Begin walking. Allow your gaze to soften and enjoy the colour, light, and texture around you without attempting to see every detail, without making sight your predominant sense.

With each step open your focus and attune to your soundscape.

Perhaps you notice your foot crunching on gravel and leaves or breaking twigs.

Maybe birdsong permeates your consciousness and delight you with each call.

As the breeze picks up you may notice the soft whistle through the trees becoming a loud roar.

While you wander you may become aware of a dog barking, or hear children laughing and playing. Or perhaps there's the friendly chatter of other hikers nearby.

Allow all these sounds to wash over you as you meander keeping your soft, gentle gaze.

Finish your walk by repeating the breathing pattern you began your walk with, enjoying the calmer more peaceful space you've generated within.

Metta Kerryn

THE SPACE BETWEEN