**Mindfulness en Musiek**

Om aandagtig te luister na musiek kan 'n wonderlike manier wees om stres te verminder en tuis te kom in die huidige oomblik.

Neem 'n oomblik om na te dink oor die musiek in jou lewe. Luister jy gereeld na musiek? Watter soort musiek beweeg jou? Watse musiek help jou om te ontspan? Energeer en inspireer jou? Speel jy 'n instrument of sing jy? Dink ook oor jou verhouding met musiek. Is dit 'n bron van frustrasie of vreugde? Voel jy soms afgesny van musiek? Kalmeer musiek jou as dit lyk asof niks anders werk nie?

Ongeag of jy die hele tyd of selde na musiek luister, kan 'n mens deur aandag te luister jou liefdevolbewustheid inoefen.

1. Kies 'n musiekstuk om na te luister. Dit kan óf 'n bekende óf onbekende stuk wees.

2. Doen ‘n goeie fondasie meditasie

3. Luister net met aandag na die musiek. Indien moontlik meer oorfone as dit jou kan help om eksterne geraas uit te skakel. Gee uself toestemming om net na die musiek te luister, sonder om jou Facebook of Nuus te lees. As dit help, maak jou oë toe.

4. Wees fyn bewus van alles wat jy opmerk, sonder veroordeling. Let byvoorbeeld op die tempo van die musiek, die klanke van die verskillende instrumente of die volume-veranderinge en veral stukkies stilte in die musiek. Wees fyn bedag op die invloed van die musiek op sekere dele van jou liggaam. Ek voel dikwels vibrasies van tjellomusiek in my bors. Let op watter gedagtes of gevoelens opduik. Laat enige gedagtes net deur jou bewustheid gaan, en bring jou fokus met sagte deernis terug na die musiek.

5. Neem 'n oomblik om ‘n vinnige uurglas te doen waar fyn na jou jou liggaam, emosies en gedagtes luister. Bespeur jy enige veranderinge nadat jy na die musiekstuk geluister het? Voel jy rustiger? As die stuk wat jy gekies het, nie goed pas nie, toets gerus 'n ander stuk (d.w.s. stadiger, minder instrumente, harder) soek?

6 Oorweeg om ‘n speellys op te stel met musiek wat jy helend of inspirerend beleef.

Mindful music listening can be a wonderful way to reduce your stress and reconnect with your body and breath.  Music can be a powerful way to experience the present moment.

Take a moment to think about the music in your life. Do you listen to music regularly? What kind of music moves you? Helps you relax? Energizes you? Do you play an instrument or sing? Now think about your relationship with music for a moment. Is it a source of frustration or a joy? Do you feel disconnected from music sometimes? Does music soothe you when nothing else seems to work? Do you have a lot of music on your phone but never listen to it?

Whether you listen to music all the time or rarely, mindful music listening can help you slow down and be in the moment. Here’s how:

1. **Choose a piece of music to listen to.** I usually use instrumental pieces, as lyrics can add a whole extra layer, but it’s up to you. It can either be a familiar or unfamiliar piece (it’s interesting to repeat this exercise with the opposite of what you choose this time, just to notice if anything feels different).
2. **Take a moment to breathe and ground yourself—no matter where you are, or what’s going on around you.** Inhale gently through your nose, and exhale deeply through your open lips. Notice your body, and tune into how it feels, whether you’re standing, sitting, walking, or laying down. Just notice any physical structures your body is touching (the floor, the chair, or your shoes) as well as any physical sensations (tightness, [tension](https://www.goodtherapy.org/blog/psychpedia/tension)) in your body.
3. **Just listen.**Use headphones or earbuds if that helps you focus or shut out external noise. Give yourself permission to only listen to the music, without simultaneously checking your email or refreshing your Facebook feed. If it helps, close your eyes (if that’s challenging, it’s likely because you really need the break!).
4. **Notice.** Let yourself be aware of anything you notice, without judgment or [self-criticism](https://www.goodtherapy.org/learn-about-therapy/issues/self-criticism). Notice the pace of the music, the sounds of the different instruments, or the shifts in volume. Notice if you’re more aware of a certain part of your body as you listen (i.e., “I often feel vibrations of cello music in my chest”). Notice any thoughts or feelings that come up—perhaps the music is connected to a [memory](https://www.goodtherapy.org/blog/psychpedia/memory), or perhaps an anxious thought is trying to pop through. Let any thoughts just pass through your awareness, and then gently bring yourself back to the sounds of the music.
5. **Reflect.** Take a moment to breathe and check in with your body, breath, and mind (see step 2). Does anything feel different? Do you notice any shifts after listening to the piece of music? Do you feel calmer? If the piece you chose didn’t feel like a good fit, what might you look for in another piece (i.e., slower, fewer instruments, louder)?