

Zen Sound Meditation

This meditation style requires us to be focused on the present moment and is suitable for everyone and all learning styles. It is relatively easy for most people to practice because it is our natural state.

Our minds often move from thinking about the past and the future. Regular Zen practice teaches your brain a new habit – being present. When we are living in the moment we are switched on and alert, we feel awake and motivated.

Zen sound meditation: To do this meditation, find a peaceful area, outside if possible. Get comfortable and close your eyes. Sit and listen to the world around you, our senses provide a great way of staying in the present and observing things around us. As you have your eyes closed, listen to the sounds that you can hear close by and far away. Observe the smells around, what can you smell? Notice touch. What can you feel on your body and face? Is the sun warm? Is there a breeze? This is best to do for 10-15 minutes or as long as you please.

You can do this meditation with your eyes open, as well as while you are walking, cooking, in the shower etc. It's all about being in the present and noticing the here and now.

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