

listening, for awhile

find a place where you can sit/walk/stand for a time with your eyes closed

Listening, for awhile

hum the pitch of a sound you hear
humming for a full outbreath

listening, your memory of this sound intermingling with your surroundings

eyes still closed, touch an object or surface within reach, feeling the material,
texture, density
feel or imagine this surface/object vibrating, hum a tone at which it might
resonate

listening again, to the interaction of these tones, and your surroundings

eyes still closed, what can you smell, can you imagine the source of this
scent, can you hum a tone that might emanate or resonate from the source
of this smell

listening again, to the interaction of these tones, and your surroundings

eyes still closed, tasting, the air, the inside of your mouth, does the air make
a sound as you move it around on your tongue, hum this sound, taste it as it
resonates in your mouth, your throat, your head, feeling as it vibrates through
your skull, your bones, your body

listening once more, but also feeling, smelling, tasting, the interaction of
these tones, of your surroundings

open your eyes, the first sight that you grasp, say this word.