

LISTENING

FONDATION
JEUNES
EN TÊTE

TO

MUSIC



MINDFULLY

LISTENING TO MUSIC MINDFULLY



Step 1

Make yourself comfortable in a quiet place with a device for listening to music.

Step 2

Choose a song that you like. Take a deep breath, close your eyes and let it play. When you're listening to the music, concentrate on the song as a whole first.

Step 3

Then concentrate on each instrument separately, trying for a moment to focus only on the sound of the guitar, for example.



What is the sound like?

Is it soft, loud, deep, high-pitched?

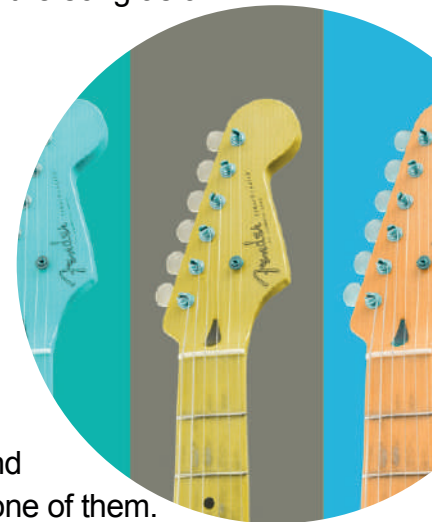
How fast is it playing?

Step 4

Continue to pay attention to each sound separately. Try to find as many different sounds as possible and to focus on each one of them.

Step 5

When you've done this with all the sounds, pay attention to the song as a whole again. When you are ready, open your eyes.



During the meditation, take note of the emotions, physical sensations and thoughts that arise, without judging them. It's normal to lose your focus. If that happens, slowly bring your attention back to the music.