

SINGLE FOCUS MEDITATIONS: MUSIC IN MEDITATION



In meditation you can develop a clear-seeing attention and sharpen your awareness by learning to focus just on one thing. By learning to focus on just one thing at a time you are deliberately cultivating your mind's ability to discriminate and to focus on all things throughout your busy life. And notice how opportunities to practice what the Buddhists call 'one pointed meditation' lie all around you... But first to what is for many people one of the great joys to life, music...Choose music that is unfamiliar and without words or in a language which means nothing to you for a fresh meditative experience.

- Close your eyes. Sit comfortably and begin your meditation with something familiar like your breath, for a few minutes at least, and which helps your body relax and your mind begin to clear.
- When your mind wanders off, as it will, bring it back repeatedly, without remorse or regret or thought, to the point of focus.
- Sit back and watch your reactions physically, your constantly changing thoughts and your emotions attaching to passing thoughts quite neutrally and without responding, reacting or regulating them. Let everything pass.
- Focus in on the music. Tune in to its arrangement of sounds, of instruments, of voice against the instruments and so on. Follow the sounds with feeling. Notice how everything changes from moment to moment.
- Watch what emerges from your unconscious. Music can powerfully affect underlying mind states. Notice imagery as it arises and fades away. Enjoy whatever comes up for you but without attachment. Let everything pass once more. Relax deeply into the music.
- Check your whole body from time to time to see what is going on. Adjust your posture if you need to. Return to your primary focus just on the music.
- Allow the piece of music you have chosen to come to an end and return to full consciousness and open your eyes.