explorations in Mindfulness

music Meditation

# Music Meditation

By: Danielle Palli (10 minutes)

In this meditation we are going to explore using music as a backdrop. Music can be a very powerful tool in meditation for reaching a Theta state. It is also good for creativity and creative problem solving. I am going to encourage you to sometimes practice without music just as you practice different types of meditation, but also take some time to play different types of music to see what resonates with you - be it flute, drumming, piano music, classical music, ambient music, or binaural beats. Everybody is different so play around and see what works for you, and you might find that you like a particular type of music for a particular type of meditation.

The Process:

1. I invite you to either sit, and if your seated, get comfortable with your feet either cross-legged or planted firmly on the ground. Your hands can be rested in your lap or on your knees. If it is comfortable for you, sit nice and tall with a long spine. If not, just be comfortable. Your eyes can be open and gazing softly in front of you, or you might choose to close them. If you choose to lie down, just rest your palms at each side, your eyes once again can be opened or closed.

2. We begin first by drawing our awareness to our breath … Simply noticing the aspect of the breath that makes sense for you … You might notice the cooling sensation when you inhale through your nostrils ... You might be distinctly aware of your rib cage expanding and contracting or your belly expanding and contracting … So, whatever “watching your breath” means to you, begin by just noticing your breath, not trying to control it in any way.

3. In a moment, I am going to play some harp music that was created for this. It was designed by a clinical musician and the purpose is to promote relaxation. When the music begins, you’re welcome to continue to focus on your breath, or if you feel like experimenting, just let your mind wander, and notice where it goes. You are not trying to direct it in any way, you are just observing. This might be one of the few times where I tell you to let your mind wander and just see what happens.

4. Drawing your awareness to your breath … simply notice the inhalation and exhalation … then go ahead and let yourself sink into the music that you are about to hear.

5. Music plays …

6. Now slowly draw your awareness back to your breath … Once again noticing the inhalation and the exhalation … Now’s a good time to also scan your body and notice any areas where you might feel any leftover tightening or tension ... Take a few moments to inhale into those spaces as if drawing oxygen right to those areas ... Now exhale, relax those areas as if the different muscles were simply melting into the floor. Take a moment to do a final check-in and see how you are feeling emotionally … and then return to noticing your breath … Now if you are comfortable doing so, you can just relax your mind … Take a moment to simply be in this space …

7. Go ahead and gently draw yourself back into the room, back into the present moment … Wiggling your fingers and toes, perhaps rocking your head from side to side … And when you are ready, go ahead and open your eyes.