

PRACTICE LEVEL: beginner
INTENTION: improve control of attention
MUSIC: Your favorite song
*headphones recommended

foundation one: control attention (1 song/version1)



SET INTENTION



PICK MUSIC



GET INTUNE

For this practice, pick one of your favorite songs. If you don't have "favorite" choose one you enjoy and know well. If you still can't decide ask someone you know about songs they like. After you pick a song, find a comfortable seated or lying down position and follow the instructions below:

START: Take a few moments and set an intention, such as *"I want to manage stress better by improving my ability to control attention"*

Press PLAY

- Connect your attention with the music
 - Inhale, hear the music
 - Exhale, feel the music in your body
- repeat for the whole song

***NOTE**

- Your attention may disconnect and time travel to past memories or future thoughts. It may have commentary on your experience or do something else entirely. If that happens, just reconnect with the music and your body when you become aware of it.
- It is human nature for your attention to wander. Even if it happens dozens of times throughout this practice - it is still normal.
- The whole point of this is to work on becoming aware of disconnection and then connect with each passing moment with kindness and understanding.
- if you feel like moving, bobbing your head, or singing along then notice it and connect with the next moment. Unless you really want to then go ahead do it!

END: Once your song ends sit in silence for a few moments and reflect on your experience

Thanks for practicing! Hopefully you learned something about yourself that you can take out into your daily life. Now, go out into the world and do as you see fit.

RECOMMENDATIONS: Practice with the same or a different song everyday. Write down or voice record reflections after each practice.

PRACTICE LEVEL: beginner
INTENTION: improve control of attention
MUSIC: Your favorite song
*headphones recommended

foundation one: control attention (1 song/version2)



SET INTENTION



PICK MUSIC



GET INTUNE

For this practice, pick one of your favorite songs from any genre/style you like. If you don't have "favorite" choose one you enjoy and know well. If you still can't decide ask someone you know about songs they like. After you pick a song, find a comfortable seated or lying down position and follow the instructions below:

START: Take a few moments and set an intention, such as *"I want to manage stress better by improving my ability to control attention"*

Press PLAY

- Once the music starts playing, pick an instrument to connect your attention with (e.g., guitar, drums, bass, piano, etc). This will be your home base throughout the song. If you lose track of the instrument just connect your attention with another instrument or the music as a whole
- Inhale, hear the music
- Exhale, feel the music in your body
- take a moment and try to hear identify each sound you hear. Are there sounds you have never heard before in this songs?
- after a few moments reconnect to the instrument of your choice for the rest of the song

NOTE

- Your attention may disconnect and time travel to past memories or future thoughts. It may have commentary on your experience or do something else entirely. If that happens, just reconnect with the music and your body when you become aware of it.
- It is human nature for your attention to wander. Even if it happens dozens of times throughout this practice - it is still normal.
- The whole point of this is to work on becoming aware of disconnection and then connect with each passing moment with kindness and understanding.
- if you feel like moving, bobbing your head, or singing along then notice it and connect with the next moment. Unless you really want to then go ahead do it!

END: Once your song ends sit in silence for a few moments and reflect on your experience

Thanks for practicing! Hopefully you learned something about yourself that you can take out into your daily life. Now, go out into the world and do as you see fit.

RECOMMENDATIONS

Practice with the same or a different song everyday. Write down or voice record reflections after each practice.



PRACTICE LEVEL: beginner
INTENTION: improve control of attention
MUSIC: Playlist(3+)of your favorite songs
*headphones recommended

foundation one: control attention (playlist)



SET INTENTION



PICK MUSIC



GET INTUNE

For this practice, make a playlist of your favorite songs from any genres/styles. If you don't have "favorite" choose songs you enjoy and know well. If you still can't decide ask someone you know about songs they like. After you make a playlist, find a comfortable seated or lying down position and follow the instructions below:

START: Take a few moments and set an intention, such as *"I want to manage stress better"*

Press PLAY
Song 1

- connect your attention w/ the music
 - Inhale, hear the music
 - Exhale, feel the music in your body
 - repeat for the whole song

* NOTE

this may happen during practice:

- Your attention may disconnect and time travel to past memories or future thoughts. It may have commentary on your experience or do something else entirely. If that happens, just reconnect with the music and your body when you become aware of it.
- It is human nature for your attention to wander. Even if it happens dozens of times throughout this practice - it is still normal.
- The whole point of this is to work on becoming aware of disconnection and then connect with each passing moment with kindness and understanding.
- if you feel like moving, bobbing your head, or singing along then notice it and connect with the next moment. Unless you really want to then go ahead do it!

*notice the transition between songs

Song 2

- Once the music starts playing, pick an instrument to connect your attention with (e.g., guitar, drums, bass, piano, etc). This will be your home base throughout the song. If you lose track of the instrument just connect your attention with another instrument or the music as a whole

Song 2 continued

- take a moment and try to hear identify each sound you hear. Are there sounds you have never heard before in this song?
 - after a few moments reconnect to the instrument of your choice for the rest of the song
- *notice the transition between songs**

Song 3

- Let go of directing your attention & just flow with each changing note.
- When you become aware of thinking just come back to this moment and allow yourself to be immersed in the music

END: Once your playlist ends sit in silence for a few moments and reflect on your experience

Thanks for practicing! Hopefully you learned something about yourself that you can take out into your daily life. Now, go out into the world and do as you see fit.

***if your playlist is longer than 3 songs adjust to fit the following:**

- 1st section: attention on the whole music and your body
- 2nd section: attention on an instrument or continue 1st section
- 3rd section: let go of connecting attention and flow with the music

RECOMMENDATIONS Practice with the same or different songs each day. Write down or voice record reflections after each practice.