



MINDFUL MOMENT # 2

Mindful Listening

Lead this “Listening to the bell” exercise to encourage mindful listening. This is a simple practice and can be repeated daily, perhaps increasing the class’ practice for longer periods over time. You will need a “mindfulness bell,” which has a sustained sound or a rainstick could be used. If you don’t have access to any of these, you can use an online recording, such as <http://www.onlinemeditationtimer.com>.

Instructions and script:

1. Read the script below aloud in a slow, gentle voice at a rhythmic pace with many pauses.
2. **“Today’s mindful moment is a practice in listening mindfully.”**
3. **“Please get into your ‘mindful bodies’-- last time we discussed that this means being still and quiet, sitting upright, with your eyes gently closed.”**
4. **“Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.”**
5. Ring the bell. As it begins to ring say, **“Please raise your hand when you can no longer hear the sound.”**
6. When most or all have raised their hands, you can say, **“Now slowly move your hand to your stomach or chest, and just feel your breathing, remembering the balloon exercise we did last week.”**
7. You can help students stay focused during the breathing with reminders like, **“Just breathing in...just breathing out ...”**
8. Ring the bell again to end.
9. Invite feedback from the group about their mindful experience.