



- **Taoist meditation in Presence:** listening to sounds far and near, including your own breath.

Allowing awareness to jump from sound to sound without letting the mind grasp a label/definition/story about any (If it does, consider the mind space as the closest noise, observe it and move on to search for another sound).

Paying attention to how your awareness travels through empty (silent) space in-between sounds. Occasionally stopping to listen and feel the empty silent space.

Paying attention to the physical body without losing the focus on the environment and the exercise above.

This meditation/contemplation allows the mind to have ‘something to do’ which is easier than just following the breath for example. Hence the mind is allowed to indulge with curiosity and give itself the challenge to find the smallest possible sound around. This is a good trick as it still forces it to focus on the present moment, which is the whole point of the exercise.

This will naturally relax your body and mind because you will feel located in time and space – once your whole being knows where it is and feels the safety, it can let go of tensions.

Being aware of the silent space in between sounds helps awareness to register that there is always a container for all phenomena. It’s obvious but the act of observing it is different than just knowing it. The realisation goes deeper.

To complete this contemplation of phenomena you can observe the fact that things keep changing – and *feel your existence* at the centre of a unique moment – to the point that you may realise that this Presence that

is YOU is the only thing that has never changed: this Presence was here at every age of your life, witnessing every inner and outer event that you ever lived. This is a more advanced contemplation but worth remembering once you master the first steps and can grow your power of witnessing your experience.