

2 ears sonic meditation (Let your ears have wings) by Felicia Konrad

Close your eyes if you want.

Take a deep breath and hold it for a couple of seconds, then breath out.

Observe your own breathing and sense the vibrations of your breathing in your body and imagine that you draw a contour round your whole body.

Connect your heart and your 2 ears inside your body, or outside your body.

With your 2 ears then start listening to the sounds
inside your body,
in the room, or close to you,
expand and listen to the sounds outside the room.

Go as far as you want and shift your listening as you like, and maybe play a little, let your ears listen in different directions; behind, in front, above, beside..

Add if you like: try to let one ear listen to a certain sound and the other ear stay close listening, shift.

Add if you wish: Let the sounds take shape (become soundsculptures), let them have colour, follow how they are moving/vibrating.

Felicia Konrad, course member from Morten Svenstrups course in Deep Listening, (nov-dec 2018)

This sonice meditation is based in an experience of for the first time really become aware of having 2 ears in the way of having 2 eyes. And above that also a strong synesthetic effect. It happened during doing an listening meditation with exploring core and the whole circle.