

Mindful Music

Chose a song that makes your thumb beat on the steering wheel as you are driving. Something that makes you feel free and young. Do not focus your attention on the vocals or the first little instrumental notes. Find the backbeat, focus on it and BREATHE. When your mind starts to wander, say “nope” and bring the focus once again to the backbeat. This is the timeline surrounding your meditation. Mindful music allows you to have one focused attention - you are alert, awake and solely focusing on your breath.