

Exercise #8

Find a seemingly quiet place to sit safely alone for 10 minutes. Use a blindfold or a rolled scarf or long sock as a blindfold for yourself. Sit upright in a comfortable place and position and spend 10 minutes listening to the environment around you.

- What do you hear? Try to identify each sound you hear.
- At the end of your 10 minutes remove the blindfold and write down everything you remember hearing.
- Examine the list and look around to see if you can connect the sounds with their sources. How many can you identify the sources? How many can you see what you identified?

Repeat **Exercise #8** at least once/wk to hone your senses and increase your listening capacity.

Field Notes: