

Inner Listening Protocol



Preparation

- Set some time aside
- Set an alarm if you need to finish by a certain time
- Find a space where you are comfortable and will not be disturbed
- Prepare a notebook or something else to record the experience on/with

Listening

- Find a comfortable position
 - Standing
 - Sitting
 - Lying down
- (optional) Close your eyes
- Listen inwardly
- Try to relax and not force the listening experience
- Try to focus your hearing on the inner sounds, without shutting out the outside sounds
- Let the listening experience happen
- The inner listening experience might involve some/all/none of the following. Accept them as part of your inner listening
 - Emotions
 - Memories/
 - Associations

Recording

- Record your listening experience in any way you see fit. Possibilities include:
 - Writing
 - Speaking
 - Making sound
 - Drawing/visual aids
- Try to include the full experience (feelings emotions etc)