

Creating a Sound Map

Using creativity and your sense of hearing to help you be present.



This mindful practice can be done in the back garden, from a balcony, sitting inside with an open window. Preferably it is done outdoors with some nature, but be creative with what you have. If you can engage with some natural sounds and sights, great. If not, try to create a peaceful space indoors with no distractions like television.

This creative mindful activity is not about fine art to go on the lounge room wall. It is about the experience of being present with the sounds around you and making representations of those sounds. We have seen sounds maps drawn with the listener's eyes closed. The effect was amazing, and we are told so was the experience.

Before you begin, get some blank paper and a pen, pencil, crayon or whatever you would like to use. Find a comfortable position and sit quietly for a few moments in your chosen spot.

When you are ready, draw or represent yourself with words or symbol in the centre of the page.

Now, as you listen, draw, write or use symbols to represent the differing sounds you hear around you. Listen for what is natural, what is artificial (such as traffic noises), what is near and what is far.

As you continue to listen you may find, as many do, that you will start to attune to the sounds around you and hear more than you realised was there. We recommend doing this activity for at least fifteen minutes. Do this activity solo or as a group.