

## MEDITATION IN MUSIC AND SILENCE

This article is a guide to practice and experience conscious listening of music.

If you like music and meditation you will intuitively know that they have much in common. Conscious listening to music is practiced by repeatedly listening to a piece of music and understanding it on a spiritual, mental-musical, emotional and bodily level. This practice is called *Musicosophia*, the knowledge of music, and its practice enriches life with beauty, harmony and peace.

The work we propose to meditate on is **Mozart's Concert for flute and harp KV 299, second movement Andantino**. We invite you to [listen](#) to it. In the suggested video you will be able to see for free an example of conscious listening to this musical work, without words.

### First silence:

- Adopt a meditation posture and relax your body for a couple of minutes.
- Concentrate on the breathing RHYTHM and observe the PRESENT within you for a couple of minutes.
- Count 4 full breaths: one on inhale-silence on exhale, two on inhale-silence on exhale, etc. At the completion of 4 breaths you return to one. Repeat for several minutes.
- Your attention and the silence will prepare your mind.

### Second silence:

- Emotional Listening. Listen repeatedly to the first three minutes and 15 seconds (3'15) of the Andantino and be aware of your inner experience, the atmosphere of the piece, it's way of being.
- Objective Listening. Listen repeatedly and discover clearly what the orchestra, flute and harp are doing. Become aware of the melodies that are repeated. Count how many melodies there are with precision.
- Integral Listening. Move hands like a conductor to outline each melody in the air. Like a yoga of moving hands with melodies.
- Hum each melody in your mind, like a mantra. Observe your inner experience as you attentively follow how each melody begins and ends, rises and falls. Discover how the melodies are grouped into sets.
- Your concentration will keep you in the PRESENT during the listening and you will be able to understand the spiritual message of the piece.

### Third silence:

- To finish, stay focused on the RHYTHM of your breath and in SILENCE; still with the light or echoes of the music within you for several minutes.

Do this practice daily for half an hour for two weeks. You will discover a world. . .beyond beautiful appearances.

[Escuela Internacional de Musicosophia](#)