

10 Movements

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1. Sit comfortably.

2. Set a timer for a specific amount of time: 3 to 15 minutes, for example.

- Give each task a relative amount of time the longer the overall time, the longer each separate task.
- Close your eyes.

3. Listen to the sounds around you.

- Notice their succession.
- Notice their repetition.
- Notice their overlapping.
- Notice their patterns.
- Notice how all of these interact with each other.

4. Open your eyes and keep listening.

- See how what you hear interacts with what you see inside and outside.

5. Keep listening as you did in movement 3.

- Start listening to how what you hear outside interacts with what you hear or feel inside you: physically, mentally, perhaps spiritually.
- Stop listening to all but yourself.

6. Start listening the sound around you again while continuing to listen to yourself.

7. Stop listening to yourself but keep listening to the sounds around you.

8. Stop listening.

9. Reflect.

10. Reflect once more after you arrive at your destination.