

Lesson #12 — Vagal Stretching & Conscious Hearing

Transcribed by Barbara Becker, edited by Linda LaTores
Copyright © 2021 by Richard L. Haight and SoulHub.com

Alright, it's great to be back with you again. Hopefully, you enjoyed yesterday's working with the sense of taste. If you'll recall, the homework was to do vagal stretching, go into awareness of the mouth and the sense of taste. We worked with our eyes opened and closed, then we shifted into a beta brainwave state. Normal activity mind-state, and then challenged yourself to go into a conscious alpha brainwave state with just feeling of the mouth and awareness of the sense of taste. Whether you tasted anything is not so important as the intention, the feeling, the intended feeling, that in the moment expression of exploration, that's the key. And as you do that you shift into a conscious alpha brainwave state. Now you'll notice that we spent some time with our eyes closed and then opened them and more time with our eyes open to make an association between the ability to function in our daily lives which requires us to have our eyes open, by and large, and the sense of taste, the feeling in the mouth, so that's the key.

Today's activity, we are going to shift into another sense entirely, which is hearing. We use the same method, vagal stretching. Get ourselves into a highly bodily aware calm centered state and then become aware of all sound. Shifting or associating conscious awareness with the ability to hear. Let's give it a try.

Go ahead and do your stretching keep the eyes open. (Pause) Get yourself seated properly when you are ready, centered, relax the body deeply and become aware of all sound. Sound near and sound far, subtle sounds, overt sounds, listen even to the silence. Keep the eyes open at first. Now if you hear a sound and the mind labels it, you'll notice that the mind almost kind of jumps out and hearing goes in the direction of the sound, labels it, that's not what we want to be working on. Instead, allow all sounds to come, without leaping out in certain directions exclusively. The mind is going to likely habitually label, don't have any concern about that, just do less of it. Soften the tendency and return to total sound awareness. Listen behind, to the sides, above and below, front, back, the whole thing

simultaneously. Let's go ahead and close the eyes, just listen. Listen as if the secret of the universe, something important were there, but from a deeply centered, relaxed, aware state. (Pause)

Go ahead and open the eyes, keep them soft, visual awareness is secondary, listening to sound in all directions is primary. Move toward a light heart, enjoy the process. (Pause)

Alright, so now let's see if we can't shift into awareness of all sound without vagal stretching. So, first get yourself back into beta, throw a few punches, you know that kind of thing, whatever, slap your face, think about your to-do list, back in beta. Now, become aware of all sound, relax the body, relaxed but centered. Go ahead and close the eyes at first. All sound every direction, be the ears, be the hearing, listen as if for the first time. (Pause)

Go ahead and open the eyes, keeping visual awareness secondary, be highly attentive to all sound. You are that which hears. Imagine that were the case. Remain lighthearted. Enjoy. If there is a sound that you don't like, change the attitude. The attitude is the challenge. Unless it is a sound which is quite unhealthy, in which case you should move away from it or turn it down. Otherwise, if it was just the ticking of the clock, the trick is to shift our attitude to accept it in the totality of all sounds. See it as a challenge. Enjoy the challenge. Being all sound, listen deeply. (Pause)

Wonderful, remaining aware of sound, allow my voice for the homework instruction to be in the background. As our homework, maybe five minutes, ten minutes maximum, I guess if you want to break that rule that would be okay. Vagal stretching, become aware of all sound, eyes open, eyes closed through the process. During the vagal stretching have your eyes open the entire time. When you go into sound, sometimes eyes open, sometime eyes closed maybe fifty/fifty. Shift back into beta, then see if you can't get into conscious alpha brainwave state through awareness of sound only. Be that which hears. Enjoy the process. Be fresh. Sometimes, maybe the first half is eyes closed, the second half is eyes opened. And with that, I'll see you in the next lesson.