



Sounds Wonderful Takeaway

The Sounds Wonderful Takeaway is one of a number designed to help you develop your sensory awareness. This is key to making a greater connection with the things around you and thus enriches your overall wellbeing.

- In just the same way as our other senses our individual filters, perceptions and beliefs impact what we hear and how we hear it.
- Music is probably the greatest example of this. To some people the sound of a heavy metal rock band is heavenly. To others it just sounds like a lot of shouting and wailing with some serious banging going on in the background. The actual sounds being created are the same but every individual perceives those sounds in a unique and personal way and that perception dictates how they feel about those sounds.
- So if the perception or thoughts about heavy metal music that it is just shouting and banging so the feelings are that you don't like it and your behaviour as a result of those feelings is that you don't listen to heavy metal music.
- The magic here is that if I want to change my behaviour to help create my Wonderful Life all I have to do is change the way I think about things.
- Now you may have no desire to start listening to heavy metal music but you might want to improve the way you listen to your colleagues or family members in order to better understand them and take your relationships to another level.
- So how do we improve our hearing? How do we learn to listen better?

Try these at home.

It is important to remember that listening isn't just about the words we hear it is often about the feeling or emotions behind the words. This exercise helps to develop this understanding.

Friend or Foe:

- Stand back to back with your friend in a quiet room.
- Have your friend think of someone that they like.
- Let them build a strong impression of that person in their mind.
- Now ask them to count aloud from 1 to 10.
- Calibrate the 'sound' for friend
- Now have them build a strong impression of someone they dislike.
- Now ask them to count aloud from 1 to 10.
- Calibrate the 'sound' for foe
- Now have your friend choose the person they 'like' or 'dislike'
- Now ask them to count aloud from 1 to 10.
- Identify which your friend is thinking of from the sounds you hear.

How did you get on? Keep practicing!

Developing listening skills is often about picking out subtle differences and being able to recognize them in the absence of any additional information such as being able to see the thing you are hearing.

Try this:

Coin Tone

- Get several coins and a plate.
- Have your friend drop a coin on the plate and name it.
- Repeat this for each coin several times until you have calibrated the sound.
- Have your friend drop a coin at random.
- Identify the coin from the sound.

Sometimes just paying more attention to the sounds that you hear every day can help develop your listening.

Improving your awareness of sounds that you may ordinarily have filtered out is key to developing your listening skills.

Let's get outside and try some of these great exercises:

- Sit in the middle of a busy city or park, close your eyes. How many different sounds can you make out? What are the differences in volume, tonality, speed? Especially with alike sources, like a police siren, are they all created equal? Can make out more sounds really far away, if you concentrated?
- Step out of the door of your house outside early in the morning. Pay attention to the sounds you hear. Do the same thing later in the day. Are there any differences?