Subject: Re: Focusing on One Sound
Posted by Beck on Wed, 18 May 2022 03:52:31 GMT
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Madison wrote on Mon, 02 May 2022 13:36Focusing on one sound is supposed to be good for meditation, but I find it impossible to do. Do you guys manage to mentally isolate one component amongst the music?
I'd try to follow one instrument's tune throughout the song, but I keep losing it when different sounds play at the same time. Maybe being familiar with the sound first will help in being able to follow it.