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Subject: Re: Focusing on One Sound

Posted by [Kurt](#) on Sat, 11 Apr 2026 05:34:15 GMT

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Madison wrote on Mon, 02 May 2022 13:36 Focusing 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've not found it easy with doing such. It would mean that I isolated my focus from everything that was happening in the song just to listen to the sound. It is not easy, mate.

It's not something that I can promise that I can be able to do right no matter how I try.

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