Subject: Re: Focusing on One Sound
Posted by Kurt on Thu, 21 May 2026 04:55:18 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?
Yes. It is possible to focus on one sound. All that is needed is for the person to pick that sound and stay focused on listening to it from start to finish. It is not that easy to do, but it is very possible.