Subject: Focusing on One Sound
Posted by Acacia on Fri, 26 Mar 2021 06:25:33 GMT
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Listening to songs, instruments that were used to composed it can be identified. I was advised before that to develop my focus, I can follow the sound of the bass in the song and concentrate on that. Have you tried using music for self-improvement? Aside from leisure, I think it can have a lot of applications.

Subject: Re: Focusing on One Sound
Posted by Kingfish on Sun, 04 Apr 2021 12:06:21 GMT
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There have been times when I "followed" a guitar all the way through a song. I only did that because I was bored with the entire song at that point.

If you want to learn an instrument though, I can see this being a good practice to get into.

Subject: Re: Focusing on One Sound
Posted by Miami on Mon, 05 Apr 2021 03:35:21 GMT
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I've been using music for self-improvement before I even realized I was doing that. I never went so far as focusing in on one instrument for an entire song, it was more broad than that.

Subject: Re: Focusing on One Sound
Posted by Phonetic Ear on Fri, 29 Oct 2021 14:58:18 GMT
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Following sounds intently has helped me silence my overthinking. Although there is music for guided meditation, listening and finding the most subtle sounds has perks, such as bringing you into the moment.

Subject: Re: Focusing on One Sound
Posted by Spotifier on Fri, 12 Nov 2021 15:53:47 GMT
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It seems interesting doing this to different kinds of songs. Isn't the sound of the bass hard to follow, though? I think listening to a violin will be easier because its sound is easily identifiable compared. You can add the piano to the instruments that are easy to identify.

Subject: Re: Focusing on One Sound
Posted by Madison on Mon, 02 May 2022 18:36:48 GMT
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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?

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.

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 13:36Focusing 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'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.

Subject: Re: Focusing on One Sound
Posted by Cole on Sat, 16 May 2026 03:54:49 GMT
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Phonetic Ear wrote on Fri, 29 October 2021 09:58Following sounds intently has helped me silence my overthinking. Although there is music for guided meditation, listening and finding the most subtle sounds has perks, such as bringing you into the moment.
What songs would you recommend for guided meditation? I've been trying to look for songs that fits into that at the moment, but can't grab any yet.

Subject: Re: Focusing on One Sound
Posted by Kurt on Thu, 21 May 2026 04:55:18 GMT

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.