

Conjure Up Your Intention

Day 2

*T*he experience of day 2 is an exercise in noticing.

As you listen to the supporting soundscape, allow any thoughts, words, feelings or images to arise.

Notice these without becoming frustrated when they do arise.

Make notes on:

What do you notice?

What do you hear? *Are there any particular instruments or sounds that pop out more than others? Are you aware of any outside noises?*

What do you see? *Colours, shapes, images?*

What do you feel? *Are there any particular emotions coming up that you did not expect to feel?*

Where do you feel it?