

16 Flutes

Key words: hearing, listening

We enter this clearing, where we find a nice, large stump. We sit there for a while, listening to the Grove. Birds are singing, leaves are rustling, and we close our eyes to let these sounds bring us peace and serenity. We then hear each light whispers from the grove. It tells us its story, it brings its wisdom to our ears. And we feel good.

We then decide to share and to give back. We take our flutes from our bag. We couldn't leave them behind, as they are the instruments of our meditation, of our harmony with the world.

We start with a soft, slow song, each note resonates against the tree trunks, giving them another vibe, another depth. Then we close our eyes and we let the music play its part. Our mind is wide open, our fingers are playing with each other, and our breath is adapting to what we want to express. It becomes deeper, stronger then comes back to be soft, light, before going back to a more powerful accentuation. We let our mind wander, while our body relaxes to welcome the notes and rhythm.

We feel in harmony with the Grove, we give it all our feelings, we tell it our stories, our hopes, our pains too. When we are done, when everything is said and felt, we put the flutes on the stump and sit against it.

Silence comes first, as we come back to our reality. Then the Grove answers and welcome us, in its own language, in its own sounds. We close our eyes once more, to make sure we hear each and every subtle advice and encouragement. Once it's done, silence comes back, as well as the evening light. It's time for us to rest.

We put our flutes back in our bag, look at the clearing a last time, and go on our journey.



You need to listen to the world around you.

Close your eyes and let your ears and mind open themselves to the sounds of your environment. Welcome them as they are part of your everyday life. They will make you feel at home wherever you go.

Go to your favorite natural place and do the same. Let Nature tell you its stories, let her share its wisdom with you, let it make you feel good, serene, at peace.

Listen to music, let the melody reach and meet your emotions. Let them express and dance, smile, cry. Let your mind wander and create a story for each of them. Play music, sing, let your emotions express themselves and share them with your neighbors, your loved ones. Set a time each day to spend 15 to 30 minutes to do so. Then come back to your everyday life.

Listen to silence too. Enjoy it, shut your inner thought down too at that time. Focus on your breathing and be one with yourself.