

# Sound Meditation 1

Paul Burnell

Memorise and replay in your mind's ear:

Breathe - in and slowly out

The wind through long grass

Leaves rustle on a distant bush

A crow calls

Rooks erupt from surrounding trees

Gulls shriek and swoop around

Ocean tempest crashes on all sides

Waves lapping on a bright pebble beach

Warm sand caressed between fingertips

The last grain falls

# Sound Meditation 2

Paul Burnell

Memorise and replay in your mind's ear:

Heavy rain spatters fallen leaves

Boots mulch a worn-out path

Inside legs whisper joint fatigue

Brambles scratch on protective clothes

Hidden stick, a yielding snap

Muddy footwear scrapes clear puddles

Droplets shaken from sleek umbrella

Serrated key rattles tumbling lock

Damp sleeve wipes brightening face

Jacket, crinkling, relaxes in hall

# Sound Meditation 3

Paul Burnell

Memorise and replay in your mind's ear:

Tap

Fill

Click

Boil

Pour

Pause

Stir

Blow

Sip...

Swallows

# Sound Meditation 4

Paul Burnell

Memorise and replay in your mind's ear:

A porcelain bowl sliding across a surface of roughened granite

A porcelain bowl sliding across gently rusting sheet iron

A porcelain bowl sliding across smooth grey slate

A porcelain bowl sliding across opaque glass

A porcelain bowl sliding across wood

A porcelain bowl across marble

A bowl across leather

Bowl across silk

Across felt

Water

# Sound Meditation 5

Paul Burnell

Memorise and replay in your mind's ear:

murmuring audience

whispers close by

infant chatters

dim.

expectant pause

clapping

scraping of chairs on a distant stage

piano plays A

flute plays A

further expectant pause