



# Dr. K's Guide to Mental Health

Practice | Sound with Eyes Open and Closed | Worksheet

Remember that classic, traditional meditation isn't about improving our focus or improving our anxiety. It is about understanding the nature of ourselves, and the nature of reality.

The truths discovered in meditation aren't designed to be taught but learned through experience. So the path of meditation involves understanding the basic nature of things, to see what is actually true, how stuff works. And this starts with something so simple as attention – what is the relationship between seeing and tasting? Between enjoyment and taste? How do these things work?

This next practice is relatively simple – what we'll be doing is appreciating what happens to our awareness as it gets split or condensed between the indriyas. The goal is to explore the relationship between attention and indriyas. Additionally, we want to understand what happens to our attention when it is divided between multiple senses.

## Observational Meditations



Listen to music with eyes open vs closed



Eating while watching or listening to something



Taking a bath with or without music

The more you pay attention, the more subtlety you have in your focus, the wilder the answer will become. Because you may think you know the answer – based on past experience, or logic – **but the real answer is far wilder than you may realize.**

Pick an observational meditation and describe the experience of doing the activity with an additional indriya vs without an additional indriya.

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What happened to your attention in those scenarios? What is the relationship between your attention and indriyas?

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