



Dr. K's Guide to Mental Health

Practice | Unstruck Sound | Notes

The real meaning of Anahata is “unstruck” sound. It is the sound that is created without anything being struck or without friction. This meditation is a very interesting and advanced Anahata Chakra practice. It is a more inquisitive practice that involves exploration as opposed to cultivating something and is geared towards discovering the true nature of the Anahata chakra.

Practice Instructions:

- Begin by paying attention to sounds around you
 - What sounds are created by friction?
- Pick any particular sound and see how friction leads to all sound
 - Such as rustling through the trees or the sound of the wind
 - Is it in unstruck? Or is it made from friction, too?
- Now listen internally
 - To the sound of the breath
 - The sound of your heartbeat
 - As you notice every sound, try to discard it... tell your mind to let it go and discard it from your attention
- Discard any sound you hear that comes from friction
- Listen for the unstruck sound, the Anahata, within you
- Sit in the Anahata

It requires a lot of attention and subtlety of detection. If you are able to find it, which can take weeks, months, or even years, just listen.