

Humans Not Heroes

LISTENING INSTRUCTIONS

The piece is emotive, it is designed to be an intimate listening experience, so we suggest you listen to it somewhere quiet, ideally with headphones.

Dr Liz Sparkes (Mindfulness & Compassion at Coventry University) recommends these three steps to release tension and engage with feelings of wellbeing and compassion, before/during or after your listening experience:

1. Notice what is happening around you. Allow yourself to acknowledge what it is that is happening that is disturbing you. Not trying to change it in any way. Perhaps label it.
2. Locate where the experience is felt within the body. Where do you feel the discomfort in the body? Perhaps the sensations are in one area, or possibly across several sites. Just notice.
3. Begin to breathe into the area where the tension or discomfort is felt. Moving out of the mind and into the body. Just direct the breath into the area that feels tense, bringing a sense of softening. Also placing a hand on the heart area will bring a softening and soothing to the difficult experience.