From: five good minutes in the evening: 100 mindful practices to help you unwind from the day & make the most of your night. (Brantley & Millstine, 2006)

Mindful listening involves directing your attention entirely to a focus on the sounds in your environment, whatever they may be. Simply receive and observe them without labeling or judging them. Here are some simple instructions for mindful listening:

1. Make yourself comfortable. You can do mindful listening in any posture: sitting, lying down, standing, or even walking.
2. To reduce distractions, close your eyes or focus softly on a spot on the ground a few feet ahead of you.
3. For the time of this practice, let go of all agendas. You don't have to become anyone or anything else or make anything special happen. You already have what it takes to be mindful. Just relax.
4. Focus your attention on the sounds around you.
5. Let the sounds come to you, receiving each without preference.
6. Let go of any thoughts about the sounds; instead, focus on the direct experience of sound itself.
7. Allow your focus to deepen to include all sounds.
8. Listen and receive, allowing one sound, then another. Notice how one sound fades and is replaced by another. Notice even the space between the sounds. Relax, soften, and open.
9. Let the meditation support you. Listen and open as sounds come and go. Rest in the stillness that receives all sounds.
10. End your meditation by shifting your focus from the sounds, opening your eyes, and moving gently.