

Bardo experiments

In Pema Chödrön's book: «How we live is how we die « referring to “the Tibetan book of the death” I got very excited to practice the diverse bardos, meaning the transition from one moment to another and the in between. This can mean dying and and being reborn. We experience this every day.

Pema Chödrön speaks about life as a series of bardos.

How to practice this?

Here is one of uncountable possibilities to experience the moment of letting go – dissolving, dying - pause, gap - becoming the new.

Here you find my short experiment with sounds.

Experiment

Part 1

Listen to the audio and notice your reactions

Listen again and focus on the pauses

Listen again and check negative reactions like impatience, anger, wishing to stop and going back to everyday life

Listen this in a situation of stress

Listen this in the evening before sleep

Listen this in the morning, when you wake up.

Notice the different reactions

Part 2

Take some sound objects by chance, don't think too much.

Use your smartphone or another possibility to record the sounds

Play sounds and make different pauses from one to the other

Let your hands find the sounds

Do it for at least 5 minutes

Listen it afterwards

