Why can't I hear my MIDI in Pro Tools?

Check your preferences - in the MIDI preferences, make sure that 'Default Thru Instrument' is set to 'First selected MIDI track'. You should get audio if the track is selected. Sometimes it can happen if there is no input assigned to the instrument track.

Why can't I hear my MIDI audio, but Pro Tools is reading it?

In Pro Tools, go to Setup > Preferences > MIDI and set Default MIDI Instrument to First Selected MIDI Track so you can just click on the track name to play/hear your instrument. If it's not playing you can show Instruments in View > Mix Window (or Edit Window) to confirm it's routed correctly.

Recording MIDI:

Go to the Options menu in Pro Tools and make sure MIDI Thru is checked. Click on your instrument track's record enable button to ready the track for MIDI recording. You should be able to hear sound when you play your MIDI controller. When you're ready, click Play or press the spacebar to start recording.

How to configure MIDI in ProTools (YouTube Video)