

# DEEP LISTENING CERTIFICATE PROGRAM



Developed by **Pauline Oliveros** – composer and founder of Deep Listening, in association with **Heloise Gold** – Tai Chi and Creative Movement and **Ione** - Author and Dream facilitator.

Mentors for certificate candidates are drawn from current Deep Listening Certificate Holders.

## CERTIFICATE PROGRAM GOAL

**Developing the ability to guide others and to facilitate creativity in yourself and others through listening.**

***It is important to note:** Certification is not guaranteed by registering and attending the sessions and fulfilling the requirements. You must attain and demonstrate a level of listening mindfulness determined by the mentors and program developers; demonstrate your understanding of Deep Listening in the content of your reports and in your presence and ability to compose and lead Deep Listening exercises including movement and dreaming.*

## Summary of Deep Listening Certificate Requirements

*Updated January 3, 2014*

Deep Listening Certificate requirement activities (click links above for descriptions of each requirement) are intended to take place during a three to five year period with acceleration possible with approval of the instructors and the program developers.

- Start a [Deep Listening Study Group](#).
- Attend one hour a month sessions online with a mentor throughout the year selected from the list of Deep Listening Certificate Holders.
- Keep a Listening Journal

- Participate in the Deep Listening Dreamers' Blog, an invitational online dreaming community facilitated by Ione, [The Dream Sack](#), and other dream related activities with [Ione](#).
- Practice a body discipline of your choice. If possible attend [Tai Chi intensives](#) and other movement related activities with [Heloise Gold](#).
- Submission of Quarterly reports - quarterly reports are accounts of your progress within the [Study Group](#) activities that you are leading and as a summary of your LISTENING JOURNAL activities.
- A Presentation including reference to listening, dreaming and moving is expected as a culminating activity. Date, time and location will be arranged.
- Maintenance of your online certificate candidate profile on [www.deeplisting.org](http://www.deeplisting.org).
- Support for Deep Listening Study Group Dynamics Process is offered by Ione on a Quarterly Basis or by request.

<b>LISTENING REQUIREMENTS</b>	<a href="#">Pauline Oliveros</a>
-----------------------------------	----------------------------------

- Keep a journal of your experiences and perceptions of sound and silence that demonstrates your commitment to the practice of Deep Listening.
- Propose a project in relation to your special interest or profession based on your experience of Deep Listening practice and your understanding and study of [materials and resources](#).
- Research readings, and scores from the [Deep Listening Portal](#) and other resources online or in libraries.
- Create a bibliography of your readings and research.
- Gain familiarity with compositions by other certificate holders in the [Deep Listening Anthology](#).
- Create a Score List of pieces relevant to Deep Listening.
- Demonstrate your understanding of Deep Listening by composing your own Listening Exercises and pieces.
- Become familiar with other groups studying sound i.e. [World Forum on Acoustic Ecology](#), [World Listening Day](#) etc. Study these groups and assess how their mission and activities are complementary, different or similar to [Deep Listening](#).
- Attend [Deep Listening Intensives](#) (on-site, off-site or virtually) with Pauline Oliveros. (See [Calendar of Events](#))
- Participate in [DEEPL](#) – a discussion group that extends the experience of Intensives providing opportunity for dialogue with other

participants. To join DEEPL via the internet, visit <http://groups.google.com/group/deep-l?hl=en>

## **Commentary**

The practice of Deep Listening continually unfolds over time as a multi-dimensional process. Observing this process is a big part of the learning. A [Deep Listening Study Group](#) creates the opportunity to practice and experience development of listening skills with others. It is possible to experience and sustain a substantial shift in perception through practice. Documentation of observed shifts in perception increases learning.

Making a proposal <[see FAQ page](#)>, which incorporates your Deep Listening experiences and connects with your own special interest can accelerate the learning. If there is a connection with your own interest or area of interest there is more opportunity and motivation to practice.

Keeping a journal <[see FAQ page](#)> (with movement and dream experience incorporated) in an open form daily for as little as a few minutes to some hours intensifies experiences. Over a year's time interesting patterns for study will appear in your chronicle of listening. Writing about what you are hearing is another way of listening and can bring about changes in your perceptions. Writing will help to ground your experience and build an overview of your listening and it's value.

Composing your own listening exercises can bring process insight and help to develop your leadership skills.

Much has been written about listening in the last twenty years. Familiarity with the literature and creating your own bibliography with annotations can help to connect your own experiences of listening to the larger community of interest that is continually growing.

## **Historical Background That May Support Your Process**

[Sonic Meditations](#) were composed by Pauline Oliveros beginning in 1970 as part of the curriculum for The Nature of Music - a course for the general student at the University of California at San Diego. Oliveros also used *Sonic Meditations* for a weekly meeting at her home with a group of women for two years (1970-1972).

Oliveros also engaged in a nine-week research project at the [Center for Music Experiment and Related Research](#) at UCSD using *Sonic Meditations* with twenty people daily. [Deep Listening Pieces](#) are a

continuation of *Sonic Meditations*. Many of these pieces have been composed for [Deep Listening Retreats](#) and [workshops](#).

[Software for People](#) is a collection of essays from 1963-1980. [The Roots of the Moment](#) is a collection of essays, poems and scores from 1981-1995. (Also a [recording](#)) [Sounding the Margins](#) is a collection of writings from 1992-2010.

[Deep Listening: A Composer's Sound Practice \(2005\)](#) describes the course that she teaches at [Rensselaer Polytechnic Institute](#) that is continually evolving from the Deep Listening Retreats and workshops.

[Anthology of Text Scores](#) by Pauline Oliveros (2013) over 100 scores from 1971 to 2013. Useful for performances by study groups.

There is also a CD of an Oliveros piece titled [The Roots of the Moment \(1988\) \(hatArt CD 6009\)](#) of a solo performance - accordion in just intonation in an interactive electronic environment created by Peter Ward. See the [Deep Listening Catalog](#) for more citations.

Organizing a good curriculum helps you to understand the material. Your ability to facilitate a class is directly related to the organization and creative use of the material as well as knowing what the material is.

<b>MOVEMENT REQUIREMENTS</b>	<b>Heloise Gold</b>
------------------------------	---------------------

- Commit to a daily 15 minute (minimum) movement meditation practice - to be taken from movement work from Heloise Gold 's book *Deeply Listening Body*.
- Commit to writing about your observations, curiosities, inspirations in relation to your movement practices and to your relationship with your body. These are to be recorded in your Listening Journal.
- A DVD of the Tai Chi form as practiced and taught by Heloise Gold is available from [goldbird1@gmail.com](mailto:goldbird1@gmail.com).

### COMMENTARY

- Through a light-hearted approach and through the utilization of specific movement meditations, creative sound/movement improvisations and T'ai Chi and Chi Kung practices, we can become 'Full-Body-Listeners'. Our bodies become a resource for listening. As we listen with and through our bodies we can cultivate directing our attention inside the body as well as

listening outwardly and expanding our 'listening body' awareness to the whole universe. We can develop a friendly and abundant relationship with our bodies.

### **SOME INQUIRIES AND CONSIDERATIONS:**

- At any given moment we can practice returning our attention to our bodies. Part of this practice is the simple yet challenging act of remembering.
- How does my body feel in this moment? What do I notice? What am I sensing?
- Can I direct my attention down and through my body?
- Can I slow down a little? Soften through my body? Soften my breath?
- Can I open on the inside; make a little more room and a little more space internally?
- Can I cultivate a sense of alert relaxation and listen with every cell?
- What do I notice and perceive about my own moving body?
- How are the movements in my surroundings and of other beings affecting me?
- What changes am I noticing in my body?
- How are the sounds inside my body and the sounds in my surroundings affecting me?  
Where are external sounds landing in my body? Do they affect how I move?

### **SPECIFIC INDIVIDUAL PRACTICES/SUGGESTIONS:**

- \*Work/play with one or more of the Morning Walks that I have outlined in *Deeply Listening Body* handbook. Try moving outdoors when you can.
- Practice a one-minute listening/moving dance. Close your eyes; start anywhere in any position; listen/feel for the very first impulse to move and follow that; trust the intelligence of your body; keep moving until the minute is up!
- Choose one Qi Gong/T'ai Chi exercise that you are drawn to from the handbook and work with it
- Choose one of the Movement Improvisations (from the book) and work with that.
- Document your movement experiences in your journal. This can be in the form of prose, poetry, single words, drawings, diagrams,
- photos etc.

## **Dream Awareness and Creating Dream Community**

- Dream Consultations with Ione via Skype/Phone/Email (guidelines will be provided). These are light-hearted visits designed to support your dreaming process.
- Sharing Dreams regularly with Dream Partner and/or Dream Pod (will be assigned).
- Participation in Ione's online Dreamers' Blog. (Access will be provided.) The blog is interactive and will periodically post information on new developments in the Dream Field. [The Dream Sack](#) - is an online community dream blog and depository. The Dream Sack accepts and randomly offers up dreams 24/7 without interaction or commentary.
- Participation in Deep Listening Latin Languages Dreamers' Blog ( if appropriate).
- Ongoing commitment to dream journal upkeep including sleep and dream experiences and experiences of the night. Commitment means periodic but non-rigid participation (ranging from daily to weekly) entries.
- Particular attention to the phenomenon of sound in dreams is recommended. Journals should also include drawings, diagrams, collages, maps etc.
- Ability to show development of interest in dream awareness and techniques related to dreaming. Development of personal dream systems is encouraged.
- Lucid dream investigations- light research or experiential study is encouraged when the dreamer feels motivated.
- Show ability to explore the interface between the "reality of the dream and the dream of reality" through art work, music, film, movement and/ or other creative means.
- Listening in Dreams: A Compendium of Sound Dreams, Meditations and Rituals for Deep Dreamers PLUS This Is A Dream! : A Handbook for Deep Dreamers by Ione (note: extensive bibliography included) is available through Deep Listening Catalog [www.deeplistening.org/catalog](http://www.deeplistening.org/catalog) . Ione's essay, *Deep Listening in Dreams; Opening to Another Dimension of Being* can be found in Anthology of Essays on Deep Listening <LINK to PRODUCT> - also available through the DL Catalog.

## Commentary

### Toward a Dream Community

Dream Community is a beautiful thing. We are all automatically members of this community, and we share the dream dimensions whether we are rich or poor, young or old. We dream in Angola and we dream in New York City. We dream in all weathers and through all the varying events and emotions of our lives. We are all dreamers. Because of this, dream sharing is an extraordinarily effective way of communing with other humans.

Arnold Mindell's *The Shaman's Body*, relays the comment of an Australian aborigine he met during his travels, " We dream individually because we share the same dream."

The idea of people simply telling each other their dreams on a regular basis is the most rudimentary form of "Dream Community". All dreams, those that have already occurred, and those yet to come are eligible to be honored; and dreamers living, dead and yet to be born are welcome members of the community.

The ability to honor a dream, its contents, characters and inhabitants for what they are, without imposing a preconceived structure can yield great rewards. It is my hope that as we become more and more used to telling our dreams to each other we will eliminate the need for such common disclaimers as " You're going to think I'm crazy but I had this weird dream last night! "

When two or more people are telling each other their dreams, communication automatically takes place on a deep feeling level. When "full body listening" is taking place, it doesn't matter whether the "meaning" of the dream is understood from a logical perspective. Something else important is being transmitted; something palpable that comes through on a body level and on the subtle, non-linear levels of the psyche. Understanding is taking place, but it is of a different kind, an especially soul-satisfying kind.

When a rigid structure is imposed on a dream, the dream can become "flattened", its life juices completely squeezed out. Often, to my way of thinking, the dreamer is in danger of losing the gift of her own dream as it becomes the property of another. As brilliant as the dream experts can be, relying solely on the theories of others has limitations. If you give yourself permission to shop around, you may discover that you prefer one method or theory to another, or that a given method seems to fit a certain dream better than another. It can be fascinating to apply more than one method to the same dream OR one method can apply at one time in your life, but not another.

Opening up your understanding of dreams to include the concepts of multiple or simultaneous meanings is a way of allowing these precious messages from the psyche to breathe more freely. Once you begin to honor

these gifts by paying attention; writing them down in journals, talking about them, telling them to friends and family- the “meanings” of your dreams begin to become clear in an organic way-from the inside out, as it were. A person who has been working with her dreams in this manner, for even a very short while, begins to open to a fuller way of being in the world, and ultimately, this latter, is the most important thing of all.

- Excerpt *This is a Dream!* by Ione

## **Mentorship**

The Certificate Program includes the assignment of a Deep Listening Certificate Holder as a mentor during the duration of their certificate training.

### **Guidelines for Mentoring DL Certificate candidates**

- 1) One hour meetings on SKYPE or GChat once a month with one or more candidates (students).
- 2) Purpose of mentoring is to help the candidate with questions concerning the Certificate Requirements and meeting the requirements.
- 3) The training is centered around the candidate's formation of a DIY Deep Listening Study Group that is detailed on the FaceBook Deep Listening Study Group Portal set up by DLCH Stephanie Loveless.
- 4) Mentor assures that the candidate understands all of the requirements and meets the requirements towards Certification.
- 5) Mentor is available to the candidate via email from time to time for clarifications.
- 6) Mentor reads candidate's quarterly reports and gives reasonable amount of feedback to the candidate.
- 7) Mentor reports the candidate's progress to Program Developers. (Pauline Oliveros, Heloise Gold and Ione)

## **DEEP LISTENING STUDY GROUPS: PORTALS TO CREATIVITY**



**DEEP LISTENING** is for anyone who wants to learn about the practice of experiencing heightened awareness of sound, silence and “sounding,” as developed by pioneering composer Pauline Oliveros.

**DEEP LISTENING** can enhance depth of practice for meditators, artists in their respective practices, teachers who want to encourage an appreciation of listening in their students, community organizers who want to foster an environment in which all group members are equally heard, and for anyone interested in creativity, well being, relaxation, excitement and connection with their immediate environment.

**DEEP LISTENING STUDY GROUPS**  
**are for anyone, anywhere, anytime, anyplace - online or offline**

Join the **DEEP LISTENING PORTAL**  
<https://www.facebook.com/pages/Deep-Listening-Study-Group-Portal/138891889485016>

A Group on Facebook to create or join a study group to support your exploration of Deep Listening

***Want to learn more about Deep Listening?***

- Go to the *DEEP LISTENING PORTAL* group’s NOTES tab to read introductory texts, and to find links to books and articles on Deep Listening history, theory and practice

***Want to create or join a Deep Listening study group to support you in your explorations?***

- Create a new group by 1) sending a request to the *DEEP LISTENING PORTAL* group administrator, and then (once you’ve been made an administrator) 2) posting your study group as a continuing “Event”
- Find and join an existing group by “attending” their Event

***Need study resources, ideas, or materials to structure and inspire your study group?***

- Under *Discussions*, find study guides, suggestions and strategies for different kinds of groups
- Find, also, links to Deep Listening scores and exercises, and to related artists and projects

***Have articles, workshop outlines, ideas or anything else to contribute to our resources?***

- Please message the Facebook page with your links/ideas.

### **A few ways to start your DEEP LISTENING STUDY GROUP:**

1. Get together with a few friends and begin - meet at regular times or whenever you wish or can!
2. Sit in your room and start on your own; a Listening Revelation!
3. Connect with listening explorers in other parts of the world!
4. Avail yourself of the Deep Listening Portal resources!
5. Contact us! A Deep Listening Certificate Holder qualified to teach a Deep Listening workshop may be available to assist a Deep Listening Study Group on request.

**DEEP LISTENING CERTIFICATES:** *Deep Listening Certificate applicants may start a DIY Deep Listening Study Group toward partial completion of requirements for a Certificate. The Deep Listening Certificate program is also under revision to include Deep Listening Study Groups as well as shorter retreats (in person and online).*

## **A NOTE ON POST-CERTIFICATION**

Deep Listening Certificate Holders are entitled to teach classes and workshops using the Deep Listening Institute logo and name. The logo image is available from DLI.

### **Deep Listening Institute requests the following:**

1. Please give appropriate credits to [Deep Listening Institute](#) when the logo is used.
2. Please let DLI know when you are giving a workshop so we can post it on our web site and calendar.
3. We would love to know how your workshop went!
4. Because DLI has administrative costs to maintain our logo there is a logo fee. Please plan to donate a small percentage of workshop income (2% of net) to DLI.

### **Please address inquiries to:**

Deep Listening Institute, Ltd.  
PO Box 1956, Kingston NY 12402  
(845) 339-6858, (845) 338-5986 FAX  
[info@deeplisting.org](mailto:info@deeplisting.org)