

DEEP LISTENING PUBLICATIONS

Dissolving your ear plugs

Pauline Oliveros



***Dissolving your ear plugs: For classically trained musicians and anyone else interested.***

Pauline Oliveros

1) Take some time - no matter where you are - sit down and close your eyes for a while and just listen - When you open your eyes consider what you heard as the "music". Later try to remember what you heard and express it with your instrument or voice.

Do this practice often until you begin to hear the world as music.

2) Another time - sit down with your instrument and just listen with your eyes closed. As you realize that whatever you are hearing IS "music" allow your instrument or voice to enter this musical stream. Stop when the music is over. This is supported improvisation.

3) Listen to a favorite machine and play or sing along with it.

4) Listen to a favorite natural soundscape and play or sing along with it.

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