

## From point A to point B

reading text that you brought

waiting point

try and pick one sound to follow. First only follow with your ears. Then, as you get familiar with it, you can start describing it with words on paper. Feel free to draw it, too, if that makes more sense to you.

## From point B to point C

reading text that you brought or just rest

waiting point

reading text that you brought

## From point C to point D

Choose a seat/spot; take the time to listen thoroughly all simultaneous sound currents your ear can grasp. No need to try understand or locate each sound.

Now pick one sound to follow all the way as it evolves, repeats, or exists as a continuum. First, only focus and listen with your ears. As you get more familiar with it, you can start describing it on paper. Feel free to write or draw it.

or just rest

waiting point

reading text that you brought

## From point D to point E

in a half-dream and half-awake state, close your eyes, or look at the landscape passing by in front of your eyes. try to sleep while your ears are still listening. connect the dream/unconscious thoughts with the sounds and the environment.

listening as a form of meditation. attention is directed to the interplay of sounds and silences or the sound/silence continuum. sound is not limited to musical or speaking sounds, but is inclusive of all perceptible vibrations (sonic formations) or just rest

waiting point

write a letter to someone and invite them to one of the previous practices including: just rest