

creativeOutlet

Deep Listening¹

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Pauline Oliveros was a central member of the San Francisco Tape Music Center. Her work evolved to focus on the practice of improvisation and listening, culminating in her development of 'Deep Listening'. This term was the result of Oliveros playing in a giant underground cistern. The activities below come from her book, "Deep Listening: A Composer's Sound Practice".

EXTREME SLOW WALK:

- Moving as slowly as you can, take one foot and place your heel on the ground. Then feel your full foot on the ground from heel to toe. Touch down with the tip of your toe and feel your other foot begin to move.
- Go slow and listen with your whole body. Feel the weight shift in your entire body. Listen to your internal energy.
- No matter how slow you go, you can go slower.

SOUND CYCLES:

Everyone choose one sound to make. The leader will start and stop the activity by sounding a bell twice. While everyone plays, the leader will sound the bell once to denote a midpoint. They'll then play the bell three times to end the piece.

- Cycle 1: Alone: intend to sound different from any other sound.
- Cycle 2: Dialog: intend to sound immediately before or after any other sound.
- Cycle 3: Together: intend to sound along with another sound, trying to sustain your sound for a long time.

HERE ARE A FEW MORE RESOURCES:

- https://en.wikipedia.org/wiki/Pauline_Oliveros
- https://en.wikipedia.org/wiki/San_Francisco_Tape_Music_Center

¹ An aesthetic based upon principles of improvisation, electronic music, ritual, teaching and meditation. This aesthetic is designed to inspire both trained and untrained performers to practice the art of listening and responding to environmental conditions in solo and ensemble situations.

- Ankeny, Jason. "Pauline Oliveros Biography". 98.5 Kiss FM



Figure 1: Pauline.



Figure 2: In the cistern.