

## Working with sound fields

Warm-up/get into your body:

You may already have some regular physical practice such as Pilates, yoga, Alexander technique, boogieing around to music or just doing a regular set of stretches. You may want to continue into this set of tasks after you've completed that daily session.

Gently tap or slap every part of your body. Shape your hands into soft open fists. Using one hand, slap them along the length of each arm, inner and outer sides, from hand to shoulder. Change sides. Move up to your head and neck, using fingertips, lightly tapping. Continue using both hands, one front and one back along your torso. Sense the depth of your torso front to back. Fill that depth. Continue down to buttocks, thighs front and back, gently on knees, down front and back of lower legs to feet. While doing this, note the rhythm into which you naturally fall. Do you speed up when you are using fingertips? Do larger body areas need a slower pace? Or not. Just notice.

Then:

In this state of attentiveness, stand, feet planted and connecting with the Earth, and let your awareness spread outwards. Listen to sounds around you. Wind in trees. Bird song. Traffic. Machine noises. Find one sound and tune into all its rhythms. The wind in a tree has many different components. The breath of the wind itself. The leaves – so many of them. Perhaps branches are creaking. Each element is moving to its own rhythm.

If you are by water, listen to all the different songs within the flow. Hear how some of them repeat over and over.

Even a machine or non-natural object– your next-door neighbour mowing the lawn, a nearby refrigeration unit in a shop, a flag flapping against a pole – all have their own rhythms, even though they may be more intermittent. Each object creates a complex sound-field of many different rhythms.

Once you have become aware of these different sound-fields, focus on one element of one it, and find its rhythm in one part of your body. Does one body part call to this sound? Do you see a colour? How do you work with an intermittent sound? What does a sudden new sound do to your body?

Establish that, then find another rhythm from the same sound-field in another part of your body. Play with this. Do one at a time or try to keep as many of them going at the same time and in different parts of your body as you can.

Allow it to take you where it will and become its own dance. But keep it a conversation between you and the sound-field in which you are dancing, not just a generalized boogie. Look for repetitions, for emerging choreography.

Once you have taken this as far as it can go, you may feel like writing something, or doing some kind of art (this could be an arrangement of objects and a photo of them or simple mark-making), or maybe you want to make a short film on your phone.