Meditations instructions

**SURRENDER TO THE CRUMBLE**

Your mind is your playground, you create narrative here…

1. Read this script all the way through before pressing play. While you listen, you are encouraged to not return to this script.
2. Listen to this audio in the morning with headphones shortly after you’ve woken up, preferably sitting in front of a window with direct sunlight. It is also encouraged that you do not change the audio level from the beginning to the end of the listening exercise.
3. Sit in a comfortable position. Have any art or writing supplies you have close to you. This could be some paper, paint, crayons, pens, watercolours, pencils, ect. It is encouraged that you create something while you listen to the track: for example, you could try to capture the feelings the sounds elicit in you or where they sound like they are coming from. The goal is to materialize your raw emotional reaction and map your creative interpretation of the presented soundscape. What shapes do the different noises make? What form do the different layers of sound take on? Does it feel like the audio has a meaningful beginning, middle and end, like a journey? What type of journey is this? What kind of narrative do you make out of the combination of the different musical and mundane sounds? Can you make out what each individual sound is, and can you make sense of why they might have been layered in the way they have been?
4. Alternatively, you could also just listen and stretch your body while closing your eyes and visualizing the soundscape.

**The silence between the morning and the afternoon**

1. Press play on this playlist.

https://open.spotify.com/playlist/1iZZYO5ogLzB7Ac029fNuc?si=6dReuH3tR8m9TLtDJowPE

Headphones are not encouraged for this exercise. It is encouraged that you listen to it on ‘shuffle’ mode, as the order you listen to the playlist does not matter. You are welcome to listen to it all the way through, but the intent is that the listener just presses play, sits, and observes, for as long as they are able or willing to do so.

1. Sit and observe.

Let any sound that occurs in your surroundings become part of the music. Let the music join the already occurring sound of your surroundings. Is there a car alarm going off? Someone throwing glass bottles into the recycling bin outside, ‘crash’ after ‘crash’ after ‘crash’… Maybe there is just silence, or a white noise derived from a machine. How does it contrast or blend with the music?

What emotions does it provoke?

What does it feel like to be right here?

To breathe in this time and this space?

Acknowledge the present moment:

Sound first.

Breath first.

1. You don’t have to write or paint, though you can if you are moved to do so. If you choose to react creatively somehow, try to let the focus be on the listener materializing that which is listened to. Think of the observer observing the observer… the observer becoming the listener, creating space, dreaming the real, the body and mind interacting with the world, entering the soundscape…