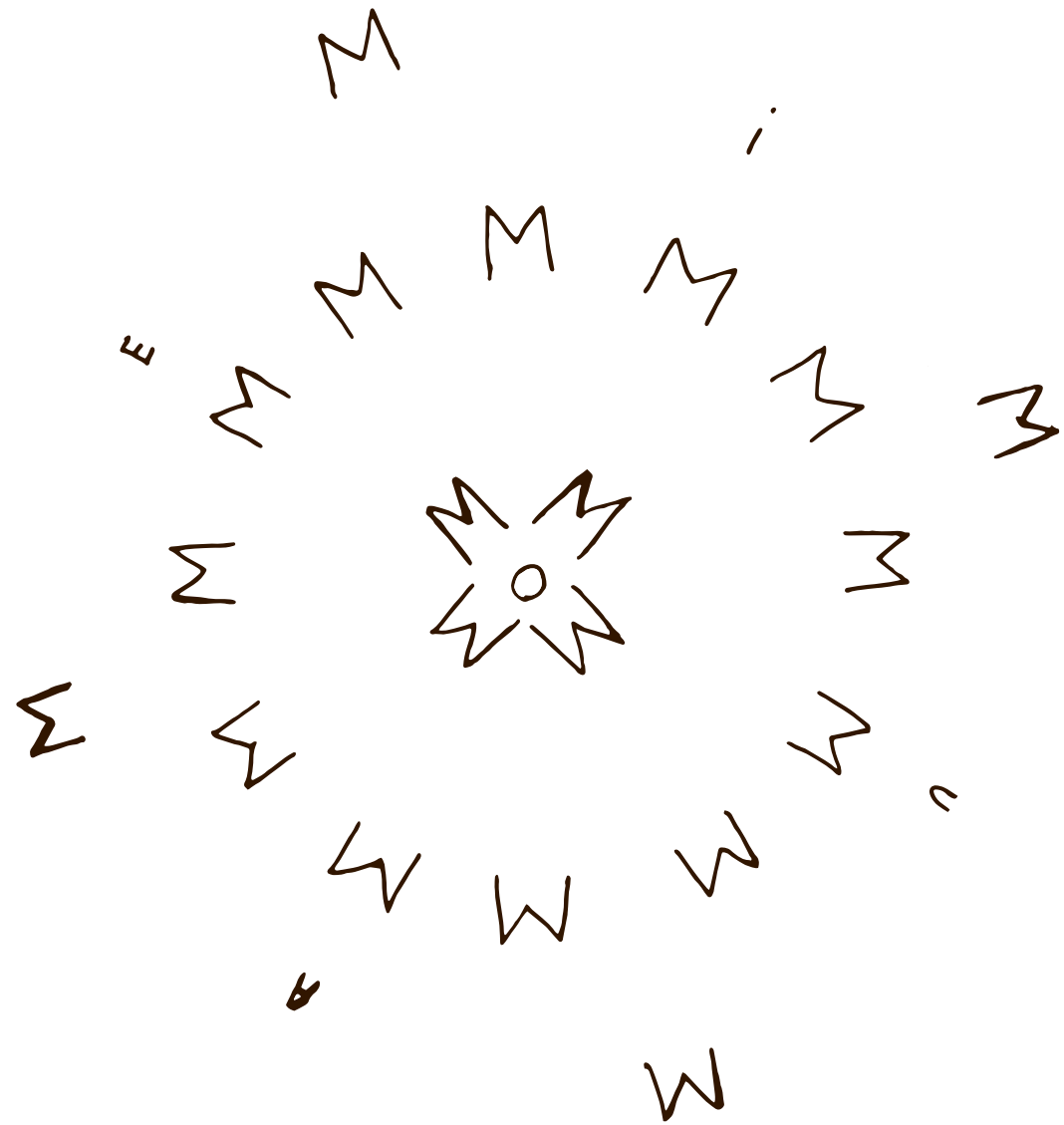


# THE RUBIN DEEP LISTENING



*Lullaby for Daisy* by Pauline Oliveros

## SPECIAL NOTE

A remembrance from Pauline Oliveros's wife, IONE, an author, playwright, director, and improvising word/sound artist:

Pauline's life work has informed and challenged listeners through six decades, each one more surprising than the next. Friend, mentor and colleague of multitudes, her extraordinary breadth of vision continues to profoundly affect those who experience it.

"On some level, music, sound consciousness and religion are all one, and she would seem to be very close to that level"

—John Rockwell

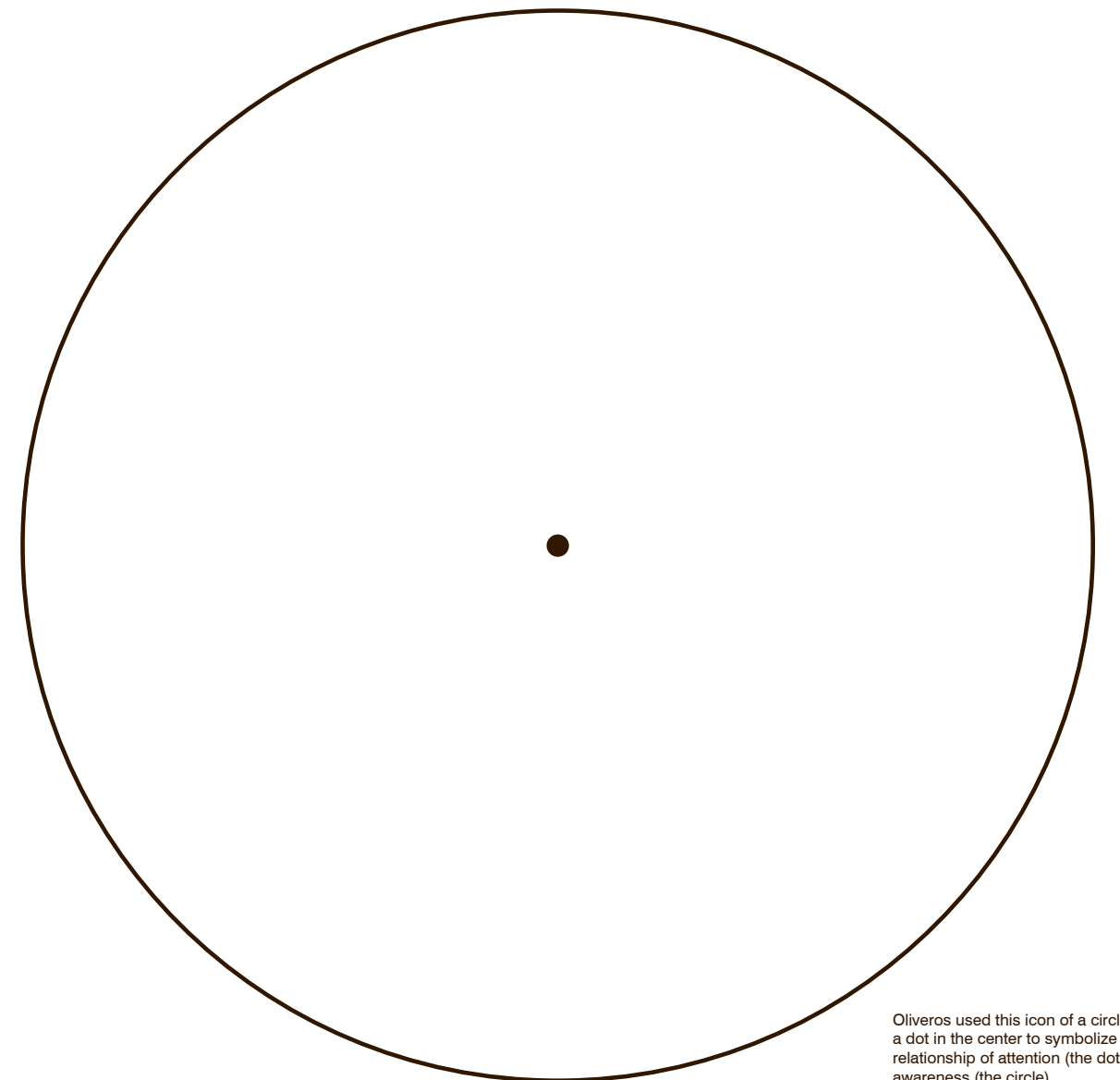
## DEEP LISTENING WORKSHOPS

Sundays, June 25, July 30, August 27,  
September 24, October 1 and October 8  
\$15; \$13.50 for members

Discover the sounds that compose your world. In these workshops heighten your awareness of the sonic environment—both external and internal—as well as your sense of experimentation, collaboration, and playfulness.

*No previous experience needed.*

Presented with the Center for Deep Listening at Rensselaer Polytechnic Institute



Oliveros used this icon of a circle with a dot in the center to symbolize the relationship of attention (the dot) to awareness (the circle).

Deep Listening, a practice developed by the composer and groundbreaking musician **Pauline Oliveros** (1932-2016), is designed to improve your sonic awareness with the potential to increase creativity, connect you to your environment, enhance openness and compassion, and expand your overall consciousness to bring about new perspectives, perceptions, and ways of living. Oliveros created the practice of Deep Listening as a method to expand consciousness and a way to listen to the whole space/time continuum of sound. It is a methodology designed to help the initiated and uninitiated alike listen without judgment or a goal, break patterns, and expand the realm of possibility.

Oliveros created a set of instructions called *Sonic Meditations* that serve as the basis of Deep Listening. Through these meditations it is hoped that a practitioner can open their field of hearing to listen without hierarchies, experience a deeper connection to the environment, and observe sound as a complex and multi-dimensional experience. In this practice, listening and hearing are not interchangeable. Oliveros defined hearing as the reception of sound that exists around us as waveforms. Listening, however, is the act of interpreting these waveforms and filling them with meaning.

**The Deep Listening Room is designed to embrace all sounds in the museum environment and not intended to be a silent space. Try out these selected Sonic Meditations, created over the span of Oliveros' career. They can be performed by an individual or in small and large groups in any quiet or loud space.**

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## EAR PIECE

1. Are you listening now?
2. Are you listening to what you are now hearing?
3. Are you hearing while you listen?
4. Are you listening while you are hearing?
5. Do you remember the last sound you heard before this question?
6. What will you hear in the near future?
7. Can you hear now and also listen to your memory of an old sound?
8. What causes you to listen?
9. Do you hear yourself in your daily life?
10. Do you have healthy ears?
11. If you could hear any sound you want, what would it be?
12. Are you listening to sounds now or just hearing them?
13. What sound is most meaningful to you?

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## TEACH YOURSELF TO FLY

Dedicated to Amelia Earhart

Any number of persons sit in a circle facing the center. Illuminate the space with dim blue light. Begin by simply observing your own breathing. Always be an observer. Gradually allow your breathing to become audible. Then gradually introduce your voice. Allow your vocal cords to vibrate in any mode which occurs naturally. Allow the intensity of the vibrations to increase very slowly. Continue as long as possible, naturally, and until all others are quiet, always observing your own breath cycle. Variation: translate voice to an instrument.

**“Hearing is something that happens to us because we have ears—it is our primary sense organ. Listening is something we develop and cultivate our whole life, and maybe all of our lifetimes. Listening is what creates culture. Listening is very diverse and takes many different forms as cultures take many different forms.”**

—Pauline Oliveros, founder of Deep Listening, 2005

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## THE TUNING MEDITATION

Begin by taking a deep breath and letting it all the way out with air sound.

Listen with your mind's ear for a tone.

On the next breath using any vowel sound, sing the tone that you have silently perceived on one comfortable breath.

Listen to the whole field of sound the group is making.

Select a voice distant from you and tune as exactly as possible to the tone you are hearing from that voice.

Listen again to the whole field of sound the group is making.

Contribute by singing a new tone that no one else is singing.

Continue by listening then singing a tone of your own or tuning to the tone of another voice alternately.

Commentary:

Always keep the same tone for any single breath.

Change to a new tone on another breath.

Listen for distant partners for tuning.

Sound your new tone so that it may be heard distantly.

Communicate with as many difference voices as possible.

Sing warmly!

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## THE HEART CHANT

Stand together in a circle with feet about shoulder-width apart and knees a little soft.

Warm up your hands by rubbing palms together until you feel the heat.

Place your right hand over your own heart. Place your left hand on the back of your left hand partner (back of the heart).

After a few natural breaths sing/chant/intone “AH” on any pitch that will resonate your heart. Sense the energy of your own heart and that of your partner over the course of several breaths.

Can you imagine that the heart energies are joining together for healing yourself and others?

Can you imagine heart energies traveling out into the universe as a healing for all victims and toward the end of violence?

When The Heart Chant ends, gradually release your palms and bring them forward parallel in front of you. Sense the energy between the palms as if there were a sphere or ball that can be moved around. Then bring your palms to your own center, fold them over and store the energy.