

## Sounds From Childhood

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### Sound meditation:

Do you remember how you listened when you were a young child?

Do you remember when it was a lot of fun to make sounds?

Listen and remember when you loved to make sounds as a child and relax with the feelings.

Listen and remember a special "soundscape" that you liked to hear. This could be a beach or a forest or a city.

Listen and remember sounds and how they felt to you.

In the next few minutes choose from 3 to 5 of the sounds you remembered that you can make with your voice or your mouth. Try them out! Rehearse for the performance.

We are going to play the piece with your sounds.

Make your sound before, or after, or exactly with someone else. Play with many different people.

### Performance:

We will begin this piece with a deep breath. Inhale then exhale with the sound of air.

On the next inhale prepare then exhale one of your sounds and begin to play.

ENJOY!

