

Score for Sounding Bodies 01

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Optimal time period 20 – 30 minutes per session

(The Score for Sounding Bodies 01 emerged from a workshop of the same name at Siggalycke Sound School, an experimental school in Sweden. Summer 2015. It is inspired, in part, by Lygia Clark's propositions.

There are **Still** people and **Moving** people

The ratio between people can vary. It can be 1:1, 2:1, 1:3.

But it could be done with any number of Still people and Moving people.

Instructions:

1. Sometime before the event, the Moving people gather objects, materials, plant clippings with which to engage the Still people. This is in order to:
 - a. Create subtle sounds
 - b. Touch or place on the Still person
 - c. Move air current around the person
 - d. Offer smells to the person

Note: The gathering of these objects is the start of the process of engaging with the Still people, in that there is an imagining of how they might react to these. An empathetic process begins.

2. The still people find a comfortable place to lie with enough room for the Moving people to move around them. Lying on their backs, their eyes are closed. They are aware of the process and know to expect sounds, touch, etc. to unfold around them. They are also told that upon hearing X sound, the event will be over.
3. Moving people mark the start of the event with a sound (singing bowl or other). They can either agree to work with selected people or work with all. Before the event, they might agree to structure the dynamics of the event in a particular arc, or not to. It is suggested that the Still people are engaged with multiple Moving people, so as to experience a range of "personalities" or modes of engaging with them. Moving people begin to engage people with the objects, sounds, smells. A designated person signals the end of the session with the sound agreed upon.

Note: Some sonic distractions are fine. Even creaky floorboards can be used. However, small, intimate sounds are preferred so as to encourage a heightened receptivity.

4. Participants switch roles so the Moving people can experience being Still and vice versa.
5. Participants take 5-10 minutes to reflect on experiences