

Deep Listening Meditation – Mindcamp Canada 2018 – Paul Groncki

Introduction

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.

Introduce names with passing stone. Wiggle fingers and toes.

Warm up

Stand in a circle with feet about a shoulder width apart. Shoulders relaxed, soles of the feet connected to the earth, knees a little soft, palms at the sides. Eyes are in soft focus, seeing everything.

Visit your heart and allow a very pleasant memory to emerge.

Swing the arms forward and back, bend at the knees to gain momentum.

Come to rest.

Teach yourself to fly

Sit in a circle facing the center.

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.

Take out your journals and write down your thoughts about your experience.

Would anyone like to share their thoughts?

Pauline Oliveros, 2005

“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.”

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 heart, fold them over and store the energy.

Take out your journals and write down your thoughts about your experience.

Would anyone like to share their thoughts?

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. What causes you to listen?
8. Do you hear yourself in your daily life?
9. Do you have healthy ears?
10. If you could hear any sound you want, what would it be?
11. Are you listening to sounds now or just hearing them?
12. What sound is most meaningful to you?

Thank you and keep listening.