

1 / 0:00 – 0:35

One woman from a Czech collective sings a traditional Moravian folk song. Afterwards, the rest of the Czech collective sings the same passage together, slightly out of tune.

2 / 0:35 – 0:40

A male voice introduces a YouTube chakra meditation.

3 / 0:40 – 1:13 (1:24)

Indian sitar music is played – a piece by Ravi Shankar, “Morning Raga.”

4 / (1:13) 1:24 – 2:05

The sharp, rhythmic sound of a jackhammer drilling begins.

5 / 2:05 – 2:15 Silence

Complete silence – no sound is heard.

6 / 2:15 – 2:44 Story

A female voice from Czech collective whispers a short story about the jackhammer.

*„This sound of the jackhammer reminds me of a memory from my childhood when I was in my room that was neighbouring with another building in Karlovy Vary and they were drilling into it with a jackhammer. They were drilling into its foundations, into the rock so hard that the foundations shook. They shook so much that one day it woke me up and I hit my head against the wall.“*

7 / 2:44 – 2:55

The tone connected to the chakra meditation is played.