

Song talked to me / practise

Song as a place for dialog with your deeper inner processes.

(this is the small task that I have been developing, with help of Hana, during this week of residency)

Is there any song that is now touching you, comes to you, favorites you.

If you have one. Here is the invitation.

In private (home, calm place) listen to the song for a week, play it every morning.

Notice what is appearing when you listen to it.

- Explore it with full attentive listening or while you are occupied with other activities (cooking, etc)
- Every time make a little note of what happened in you, as much as possible catch unnoticed processes that might appear - these notes could be feelings, words, rhythm, association or something else. If it is better, record it as a voice message.
- Notice if the song moves you (if so) write down what u did, how you moved, be specific
- On the last day of the week, have a dance with a song the way it feels suitable at this moment. Make a video of yourself dancing to this song. Eventually share it with a good friend.

Play the song some weeks after or notice when you will hear the song again, what will appear inside you.

This is an invitation to notice how you change, through this small practise.

“So you have to know yourself, if you want to know the art. And art will tell you who you are.”
J.L. SIESLING

Notes:

This week we worked in the space with my proposition of the song - It's probably me. Originally created by Sting. We were also listening to an interpretation of Gregory Porter. We tried different exercises, seeing how it moves us naturally and what is appearing in us while to listening.