

Lessening the Threshold

*listening scores*

# undulating thresholds

Place yourself in a room which you are familiar with.

Settle.

Focus on the sounds around you.

Bring your attention to the loudest sound you can hear.

When/if this sound ends, focus on the next loudest sound you can. If a louder sound occurs, bring your attention to it.

Scan your environment in search of ever louder sounds until you find the upper limit.

Pay attention to fluctuation of loudness as you move your attention from sound to sound. Feel this upper limit of sound oscillate, receding into quietness or expanding into loudness.

Stop when you feel satisfied with loud sounds.

Let the upper limit of your hearing fluctuate on its own without paying attention to particular sounds that compose it but keeping this feeling of constant change happening around you.

Focus your attention on the quietest sound in your environment.

When/if this sound ends, find the next quietest sound you can hear.

Continue to scan your environment for ever quieter sounds.

Feel these sounds recede into the lower threshold of your awareness.

Lean into this threshold.

Lean into silence.

How close are you to hearing silence?

Stop when you are satisfied with quiet sounds.

Let both the upper and lower threshold of your hearing oscillate.

How close are they from one another?

Stop when you are satisfied.

## un/en folding

Best done with eyes closed.

Place yourself in an indoor space.

Take some time to settle.

Bring your attention to the sounds around you.

Focus on the spatial origin of the sounds in space without assigning a cause to the sounds.

Allow the sounds to travel from their birthplace to you, rippling across the space.

Focus on the resonance of the space.

Let the space articulate the sounds that you hear on their way to you.

Feel the sounds enfolding in space.

Feel the space folding the sounds.

Bring your attention to the aural presence of the physical space.

Through the enfolding of sound, focus on the physical elements of the space.

Feel as many elements in the space as you can.

Stop when you are satisfied.

Open your eyes.

Observe the difference between the room as you sensed it and the room as you see it.

## space tuning

Quietly walk into a space.

Give some time to the space to accept your presence.

Tune to the space.

Observe yourself becoming more and more of the space.

Once you can feel yourself as one with the space, reinforce the qualities which you can find in the space.

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Walk into a space as you normally would.

Carry on as you normally would.

Feel the space tune to your state of being.

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Walk into the same space twice and see it respond to the different qualities you embody.

# cochlear body

To be done wherever you are.

Settle.

Focus on the sounds surrounding you.

Pour all your attention to the sensations of listening.

Activate the specialised tissue of your cochlea.

Inhale, feel your cochlea expand a little in size.

Exhale, focus on feeling the increased sensitivity of your cochlea.

Slowly, allow your cochlea to take over the surface of your entire body and become ever more sensitive.

Continue breathing and listening until your entire skin is part of your cochlear system.

Focus on whole body listening, your auditory attention distributed everywhere on the surface of your body.

Allow your new cochlear skin to register the sound pressure patterns from your face, back, knees, toes, hands.

When you are satisfied, allow your cochlear skin to recede back to your inner ear.