

## “Listen In”

### a monthly Deep Listening® online gathering facilitated by Jane Rigler

Deep Listening® activates creative, communal musical exploration through sounding activities and multi-sensorial experiences. This practice promotes listening attentively to all sounds in the space-time continuum. Pauline Oliveros (1932-2016), the founder of Deep Listening® inspired and welcomed communities around the world to collectively explore listening through our bodies, dreaming, memories and imagination. The results are wondrous musical performances in which all people are invited into the unfolding of sounds. All sounds are encouraged, even if a person is non-vocal or unable to produce sounds aloud: in fact, even the sounds of one’s imagination are embraced.

“Hearing is the passive or involuntary basis of listening. We can hear without listening. We choose to listen inwardly or outwardly to the past, present or future. Listening is actively directing one’s attention to what is heard, to the interaction of the relationships of sounds and modes of attention.” ~Pauline Oliveros

The key word here is *attention*. How does listening deeply develop our attention? And why is this skill of attentive listening important? The activities I facilitate encourage us to play with our memories, dreams, imagination, and share with our community. This *way into listening* connects us more deeply to each other.

“Listen In” online (Zoom) gatherings are private and welcome friends from all parts of the world to listen together through playful activities and Sonic Meditations which are non-hierarchical text “scores” that guide participants to sound together.

Sonic Meditations are an attempt to return the control of sound to the individual alone, and within groups especially for humanitarian purposes, specifically healing. Each Sonic Meditation is a special procedure for the following:

1. Actually making sounds
2. Actively imagining sounds
3. Listening to present sounds
4. Remembering sounds

Because of the special procedures involved, most all of the meditations are available to anyone who wishes to participate regardless, or in spite, of musical training. All that is required is a willing commitment to the given conditions. ~Pauline Oliveros

Held on the 30th of each month, contact Jane Rigler directly to be added to the monthly “Listen In” mailing list and get more information about these and other events.

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