

In the Throats of Trees

Stephanie Loveless

You are listening to the artist singing/sounding
with recordings of five species of trees
- larch, birch, pine, spruce, maple -
a small forest of sound.

Instructions for listening:

(Please take your time with each instruction
before moving on to the next.)

Relax your eyes and listen.

Bring to mind a tree you have known.

Imagine what it would be like to be that tree.

Breathe deeply as you listen.

Notice your breath moving through
you as you listen.

Listen to the air moving through
your branches and leaves.

Feel your roots stretching into the soil.

Feel your branches stretching into the sky.

Continue listening
(until you are ready to leave).

ohrenhoch der Geräuschlade, September 25 & October 2, 2016