sounding in / sounding out / sending on

for any number and type of voices

(for pauline - beloved teacher, mentor, collaborator and friend - after her world wide tuning meditation)

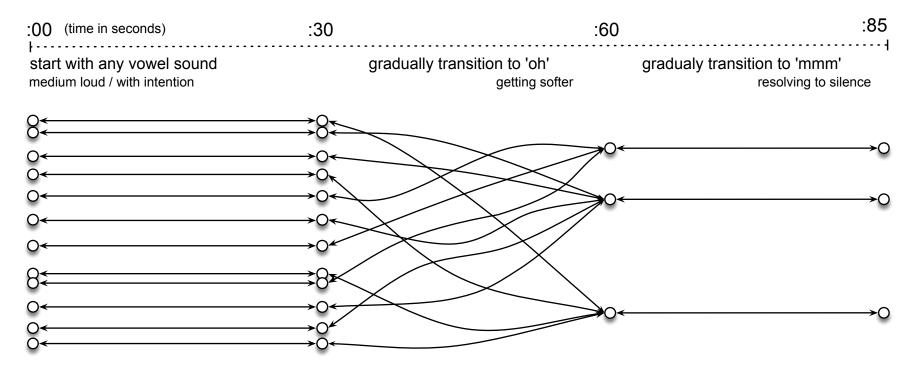
start with any vowel sound on any pitch

hold that pitch (breathing as needed) for 30 seconds

gradually transition to 'oh' over the next 30 seconds

as you do so, listen to the group and converge on a shared set of between 2 to 5 pitches then gradually transition to a humming sound using 'mmm'

repeat as many times as the group desires, or continue until the whole world is in tune



^{*} graphic score is for general reference only acoustic vocal sounds could be enhanced with subtle electronic / computer processing - elongation, layering and reverberation - thomas ciufo, november 2016