

TO ACCOMPANY THE HIGH RANGE, THE FOUR UPPER REGISTERS FORMED A HARMONY OF THE VIBRANT, AND A DEEP FREQUENCY HAD THE TONE OF A HORN.

“Pay attention to how you listen; for whoever has [a teachable heart], to him more [understanding] will be given; and whoever does not have [a longing for truth], even what he thinks he has will be taken away from him.” Luke 8:18

Let Those Who: February 25 – March 3

LISTENING / HEARING

“Hearing represents the primary sense organ – hearing happens involuntarily. But listening is voluntary.”

– Pauline Oliveros

“Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure.”

– Henri Nouwen

THANKS BE TO GOD.

1 Kings 19:11 The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.”...

THANKS BE TO GOD.

Then a voice said to him, “What are you doing here, Elijah?”

THANKS BE TO GOD.

After the wind there was an earthquake, but the LORD was not in the earthquake...

THANKS BE TO GOD.

When Elijah heard it, he pulled out and stood at the mouth of the cave...

THANKS BE TO GOD.

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind...

THANKS BE TO GOD.

And after the fire came a gentle whisper...

THANKS BE TO GOD.

After the earthquake came a fire, but the LORD was not in the fire...

Sonic Meditation inspired by
Pauline Oliveros' "Environmental Dialogue"

1. Find a place to be, either near to or distant from others. Begin by observing your own breathing.
2. As you become aware of the field of sounds from the environment, individually and gradually begin to reinforce the pitch or timbre of any one of the sound sources that has attracted your attention.
3. Reinforce the sound source either vocally or mentally. [Reinforce means to strengthen or to sustain by merging your own pitch/timbre with the sound source. This means becoming a part of what is perceived.]
4. Some sounds may be too fleeting to merge with. Let them go.
5. It is fine to wait and listen.

Additional step:

Use the following pages to write your own "score" for your meditation. Notate* using any shape or words that you engage with during prayer. Remember that prayer often comes not from what we can name, but what we can notice. Example>

