

# treephonia

## HIDDEN SOUND OF THE NATURAL WORLD

The aim of the following steps is to increase mindfulness and awareness of our surroundings in what we may think to be familiar locations.

### Step 1:

Think about a familiar place that you regularly visit.  
(the room that you are in right now, your garden, your local park, the route of a daily commute, etc.)

### Step 2:

Think about the sounds that you usually hear at this place. For example, this could be the noise of the traffic on the street whilst you walk to work, the hum of a car on the motorway, a buzzing laptop fan in your room, or the birds in the garden.

### Step 3:

Next time you go to this place, try to take a note of 3 sounds that you hear there.  
(i.e. birds, lawnmower, traffic).

Enjoy listening to the qualities of the sounds.

Are they loud or quiet? Far away or close to you? High or low pitched?

Are they fast or slow? Long or short? Do they repeat or only sound once?

Repeat this across the course of a week, taking note of 3 sounds that can be heard each day.

### Summary

Any environment we are in and where we are positioned within that space has its own unique combination of sounds. We can choose to observe the sounds as products of the objects which created them, or as purely abstract sonic objects, paying more attention to their musical qualities. Regardless of how we 'choose to listen to them', however, the sounds will always be characterised by the people, animals or objects which create them. As we listen in a more focused and critical way, similarities and differences and interactions between sounds will emerge, and our experiences within environments will constantly evolve.

Repeating the above steps in different environments will help you re-discover these elements of the places around you and become more connected with sound in the natural world. As composers, we chose to convey our experiences via the medium of music for Treephonia, as this is the language that is most immediate to us.

Try thinking about 'your medium' (painting, drawing, dance, writing) and ways you might convey the changing landscape that you discover.

In the words of the composer John Cage, "Wherever we are, what we hear is mostly noise. When we ignore it, it disturbs us. When we listen to it, we find it fascinating."