

Live Experiential Practice - Digging Deep

Eliza Ladd Schwarz and sound collaboration with Paul Shuler - MacroformMusic.com

A. Share Principles and Context and Quotes

5 minutes

B. Group Warm-Up

5 minutes

Location, Space: STIR Pelvis, Swirl Spine, (360 degree turning) (Scoop, Dig Gather with arms, still, drop, see)

Hands on Heart, BREATH to move, move heart in space, (what is lodged?)

Above and Below: Stand, to ground, circles (DIG), sound, return to stand, heart UTTER to Sky

*Place your palm(s) on your heart / chest, breathe big enough to move your chest, in and out like an ocean movement, establish relationship - heart / hands; move heart different directions in space
what is lodged there? what needs to be moved, washed, unearthed?

*Stand, lower down to your knees and touch the ground in front of you, stir three circles with your hand on the ground, sound, stand back up, repeat 3 times
what are you aware of? what has arisen?

* Swirl and move your pelvis, spine, limbs, and joints in every direction, then scoop your arms in space and gather. After you have moved for a bit, imagine that your arms are full of material, become still and drop all that you are carrying in a pile before your eyes
what do you see and hear in that pile that lays before you?

C. Our Act of Creative Collaboration: take roles, set up spatial configuration

5 minutes set up

A searching, an in the moment gesture of community, play, communion

we do minister, we do tour ground

Taking on roles and spatial configuration and relationship

Heightened awareness of sound and silence, stillness and movement, listening and time

Equal parts influence and resistance, supporting and holding ones own - in terms of Time and Space

MOVERS: repetitive action of standing, lowering, circling and touching earth with hands, back up to heart, sound to sky, repeat (stay in line and location)

DIGGERS: working with tool, bucket, stones - develop sound (digs, bucket, up and down, pour into other bowl), repeat sound and movement (traverse across area) (diagonal?, horizontal?)

STONE WRAPPERS: lay cloth, wrap stone, carry to another area, unwrap, repeat (moving walkabout)

VOCAL SOUNDERS: (standing in clump or line) Hands on heart, watching and then humming, toning

WALKERS IN PLACE: (stand in line behind movers, in place) - slo mo walk to run back to slo and still

LIGHT SHINERS: moving quick darts then land still, shining light on various aspects of the work

WITNESSES: write on wall paper? hold a stone? say / sing a word, simply witness

COACH / LIVE DIRECTOR: I may voice coaching during the work

BEGIN - work with the accompanying 15 minute soundtrack OR not,

10 or 15 minutes

END - ALL come to relative stillness, eyes closed as comfortable, join into group hum and tone sound song offering release, then come to silence

D. Debrief

5 minutes

*What are you aware of - within? without?
stand, breath, listen, allow, articulate*

*The space that is created, atmosphere - sound and movement, what arises?
the turning of the world, self substance, the searching of sound and
movement*

What images or sounds or words arose for you?

Were you able to 'lose yourself' in a practice, a repetition of sound and movement?

How did / do you respond the sounds from the soundtrack? or from your own work?

Were you surprised by what arose?

Is there something deep or specific that you unearthed that you would like to share with another?

How do you relate your work to the following themes:

literal, metaphorical, material, ethereal

searching / stirring

practice / prayer / focus and attention

repetition and ritual

gestures of depth

creative and or communal practice / process

coming into presence through physical engagement

digging into history, origin, self, beyond self

locating the self between earth and sky and in the environment / place /

nature world traditions of - bury, dig, ritual, ceremony,

the marking with sound and movement of life / death cycle,

physicality of prayer

VERBS:

STIR CIRCLE SCOOP UNEARTH EXCAVATE

TURN OVER SCRAPE OPEN TOUCH

KNEAD (bread) SCOOP (soup) CULTIVATE (turn earth)

SWAY STIR CIRCLE DIG PROD SMELL TOUCH FEEL

CARRY DRAG PULL PILE LET GO DROP

SCRAPE CLAW SCRATCH UNBURY

UNEARTH EXCAVATE OPEN

POLISH SIFT SWEEP STIR CLEAR

PRACTICE PRAY LISTEN

MARK