

Sonify yourself

You can perform it alone or in a group of people.

The goal of this score is to sonify your body movements, that is to find a sound that represents, describe or guide your body moving.

Your body is the starting point, than comes the sound.

Find a quiet place, where no one can disturb you, and at least forty minutes of free time.

If you do some energy work, start doing your normal routine, until your body is completely relaxed.

Otherwise do some stretching and relax your body for at least 15 minutes.

When you are ready, stand with your feet shoulder-width apart, with your back straight and with your knees slightly bent.

Do some minutes of deeply breathing in your belly and let your thoughts flowing and watch them without following them.

When you feel like, start to move, really slowly, as you were in water.

If you do some energy work, do some exercise that you like; if you are a dancer, a martial artist, an actor or you are somehow involved in some kind of body movement that you like, just use your knowledge here.

If you are not in any body movement practice, just move your body slowly and spontaneously: it doesn't matter what kind of movement you do, it's just important that you move not too much, slowly and comfortably.

Now start to find a sound for your movement: you can imagine it or doing with your mouth, or using sounds that surround you. What's important, it's that you find a connection between your movements and some sounds. You can repeat sounds, divide the movements in different little or big parts, even find just one sounds for your entire movement.

Really important it's that you find the sounds out of your movements, the body is the instrument and the director.

Go on and experiment: find the combination of sounds and movement that you like best.

Variation (optional)

Repeat the session and find the best sounds for your movements.

When you are happy with it, record the session or produce the sounds with the help of a computer. Play the resulting audio file and repeat the movements: now use the music as a guide for your body.

by Marcello Lussanna