

Listening Exercises

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Exercise 1 – Borrow Each Other's Ears

(with a group)

Find a place outside. Listen in silence for ten minutes. Discuss what you heard with each other. Listen for another ten minutes. Discuss again what you heard. Repeat as many times as necessary.

Exercise 2 – Someone You Don't Understand

(alone)

Listen to someone you don't understand.

Exercise 3 – Listening with Your Feet

(alone or with a group)

Go outside. Walk through the woods or the city and listen not only with your ears but with your whole body. What do your feet, your eyes, your arms hear?

Variation: Listen only with your feet or another body part.

Exercise 4 – Listening to Time

(alone or with a group)

Get up very early. Find a place outside and listen there for a while. Write down what you heard afterward. Return later and listen again, writing down what you heard once more. Repeat as many times as necessary.

Variation: Return in different seasons.

Exercise 5 – Listening to a Tree

(alone)

Choose a tree. Sit near the tree. Listen to the tree from sunrise to sunset.

Exercise 6 – Drawing Sound

(alone or with a group)

Record the sounds in your house or somewhere else for five minutes. Listen to the recording as many times as necessary and draw what you heard.

Variation: Play the score afterward on a musical instrument.

Exercise 7 – A Conversation without Words

(in pairs, with humans or other earth beings)

Have a conversation without words.

