

Lələʔnəŋ Listening On Land

Tina Pearson 2024

Lələʔnəŋ Listening On Land is a practice score that invites people to consider onland listening for the **Lələʔnəŋ Listening-With** project www.listening-with.ca hosted by Open Space in the traditional lands of the WSÁNEĆ (Saanich), ləkʷəŋən (Songhees), and Wyomilth (Esquimalt) peoples, April 22 - June 2, 2024. The score can be used by anyone, individually or in a group.

This score is adapted from *Toward a Reciprocal Listening*, commissioned by [New Adventures in Sound Art](#) for World Listening Day in 2020.

Consider a place in your local environment that is familiar, and safe, where you can spend time, and where you can observe and sense the presence of its biosphere; its plantlife, its animals and insects, its rock or soil, its waters or waterways.

Even if your local environment is in the middle of the city, you might know a place where you can observe and sense the presence of the wind, the sun, dirt, birds, flies, clumps of grass.

After arriving near your chosen place, pause to take a moment for your body to settle:

In stillness, observe your breath cycle.

Allow a pause in the spaces between your inhales and exhales, inviting a deeper breath rhythm and a connection with your parasympathetic nervous system.

Feel your feet and their connection with the ground.

Let your eye muscles relax, with your eyeballs resting gently in their sockets.

Let your attention slowly scan your inner body landscape, from head to toes.

Allow any needed shifts, sighs, relaxations.

Is it possible to

Listen from your inside your breath

Listen through your skin

Listen through your eyes

Listen through your hands

Listen through your feet

Listen from below your feet

Listen from above your head.

Continuing to be aware of your breath rhythm and your opened sensations,

Let your attention slowly move outward to the details of the place where you are.

Can you sense the environment's textures, smells, sounds, shapes and colours?

Can you sense the vibrations and resonances of this place, the ones beyond hearing?

Consider silently, or aurally, saying hello.

Consider asking permission to be present in this place.

Let your asking resonate toward the lifeforms you may have sensed.

Listen, and wait for a sense of recognition, invitation, welcome.

You might find one, you might not.

Slowly move further into the place.

Let your movements and gestures be sensitive and deliberate.

Listening and sensing can come in the space between footsteps, the space between the foot's rise from the surface and fall back into ground, the movement of the hands, the shift of the head.

Imagine the movements, sounds, smells, textures and vibrations of lifeforms beneath surfaces.

Listen for the breath, voices, movements of the possible lifeforms that dwell here.

Imagine the intricacies of the living systems inside other systems.

Listen for the ancestors of these living systems,
large and small, the lifeforms that came before.

Now and then return to focus on your breath rhythm, and feel your feet on the ground.

Listen for the residues of the people who may have dwelt in this location long ago.

Listen for how they might have listened, and how they might be listening now.

Consider and sense your own ancestries, even if you are not sure of them.

Imagine the ways your ancestors listened within their ancestral environments, whether they are from here or from a different place.

Consider ways of being and ways of listening that your ancestry might bring to this place where you are now, how it might inform you or need balance or healing.

Consider listening from the perspective of a life-form in the environment:

a leaf, a fly, a bird, a worm, a tree branch, a fungus.

Consider asking what wants or needs to be listened to.

Consider the perspective it wants or needs to be listened from - distant, near, above, below.

Settle your attention on what comes.

Listen with an expanded sense of listening, listening beyond hearing.

Listen without need.

Listen in confidence - as an intimate listening between this place and you.

Return to stillness and a focus on your breath rhythm, letting it be deep.

Allow any needed shifts, sighs, relaxations.

Observe and recognize any sensations and emotions.

Perform (intone silently or aloud, move) a gesture of recognition or gratitude toward the lifeforms of this place. Your gesture might include an intention - an intention of return, of action, of continued listening, or other intentions.

Thank you for listening. Please email <listening-with@openspace.ca> if you have any questions or comments.