

WHAT DOES POST-FOSSIL FUEL SCOTLAND SOUND LIKE?

———— Sonic Meditation Invitation ————

You are invited to undertake this Sonic Meditation.

Search for a place that calls to you and gently settle into it.

Keep full awareness of where you are as you close your eyes.

Move your attention across your body and relax tense muscles.

Breathe deeply as your body calms and opens to receive sound.

Give your attention to everything that is sounding. How do the sounds hit your face, torso, arms, legs, and the back of your neck?

How many of the sounds come from things or relationships that rely on petroleum or fossil fuels? What do they sound like?

How many of the sounds come from things that do not need to rely on petroleum or fossil fuels? What do they sound like?

Is there a balance between the kinds of sounds or is something dominating your attention?

What do the sounds do? What reactions do you have to them?

What would it sound like if petroleum and fossil fuels were absent from use in the place where you are sitting?

Tell someone about what you listened to or write it down.