

VOICE MEDITATION

for voices and/or instruments

Sit or lie down and start listening.
Settle your breath and after a while,
imagine a pleasant, warm and quiet sound
in every time you exhale.
Send that sound from the top of your head
through your body
to the bottom of your feet
during a single exhale.
Keep your breath steady.
Occasionally chant the sound aloud.
Keep pauses as you will and just listen.

If performed for the audience, performers should sit in a circle and
imagine sounds individually, occasionally produce sounds aloud.
Illuminate stage by a dim blue light.