

Birthday Song for Pauline Oliveros

(For any number of performers: sitting, standing, lying down,
flying, or otherwise moving freely.

(Duration: 85 sec.

Give yourself a deep breath & continue, breathing naturally.

Listen with/in your heart for the sound(s) of an ancestor's voice
saying your name, singing to you, laughing,
or making any other sound.

Cradle this sound in your heart with your listening.

During any one breath, allow the sound to be expressed
with your voice (or continue sounding internally).

Can you imagine releasing the sound in all directions,
to the edges of the omniverse and beyond?



(Notes: I developed this practice during a time period in which
four beloved family members and two dear friends transitioned into non-physical.
This sonic meditation became a touchstone for my healing process and a source
of great joy. Here's to celebrating the eighty-fifth anniversary of your birth
and your infinite listening, Pauline! ~ Jennifer Wilsey, November 2016