

Pauline is with us

*Bang!*

Make a sound.

Relax your body,

Especially points of contact with sound making.

Allow resonance to move through your body.

Listen as if from a distance.

Concentrate on the sound as

Something that you are collaborating with and

Not something that you are controlling.

*... then the accordion comes in*

*- Ellen Fullman 1/4/2017*