

The Mind's Voice for Pauline Oliveros  
by Thollem McDonas

For 2 or more human beings and a timekeeper.

Duration: 85 seconds or more.

In two parts.

This is a fully participatory experience.

Everyone in attendance 'performs' their own version in their minds, simultaneously with everyone else.

Part 1

Set a timer for desired duration.

Lie down in corpse pose (on your back), in fetal position, standing up or sitting up as straight as is comfortable.

With eyes closed and a slight smile, listen to Pauline's voice in your mind.

Listen to the nuances of her voice: her intonation, her pacing, her phrasing, her timbre.

Let your body absorb her voice fully.

Let Pauline's voice spread out throughout the space to intermingle with everyone else.

Let it continue to spread throughout the planet, the universe, the multi-universes.

Let yourself be within it.

At the end of the agreed duration the timekeeper takes an audible deep breath and exhales audibly.

Each person then takes an audible deep breath shortly thereafter followed by an audible exhalation (in their own time).

Part 2

Set a timer for desired duration.

Lie down in corpse pose (on your back), in fetal position, standing up or sitting up as straight as is comfortable.

With eyes closed and a slight smile, listen to your mind's voice.

Listen to the nuances of your mind's voice: your intonation, your pace, your phrasing, your timbre.

Let your body absorb your voice fully.

Let your mind's voice spread out throughout the space to intermingle with everyone else.

Let it continue to spread throughout the planet, the universe, the multi-universes.

Let yourself be within it.

At the end of the agreed duration the timekeeper takes an audible deep breath and exhales audibly.

Each person then takes an audible deep breath shortly thereafter followed by an audible exhalation (in their own time).

Thank you!