

Bush-Bathing

Description: An holistic approach to integrating three-dimensional sound images, environmental awareness, and body/spiritual awareness. A technique based on methods of mindfulness.

Steps:

1: Prepare

- Study the attached reference materials
 - Hall: The Hidden Dimension; Bachelard: The Poetics of Space; Pauline Oliveros: Sonic Meditations and Deep Listening; Relevant Zen, yoga or other mindfulness guides.
- Choose a pristine natural environment as free as possible from urban noise.
- Prepare sitting mats and cushions
- Prepare by undertaking 5min of your standard daily practice. E.g. Zazen, yoga, TM, prayer, etc.

2: Observe

- Sit in a chosen natural environment.
- State your intention (out loud):
 - My intention is to travel from the orbit of human gesture to the realm of the transcendental through the music I make.
 - I invite awareness, a lack of ego, health and wellbeing, universal wisdom, a sense of belonging and connectedness with all things.
- Perform a zoned analysis of your environment (see Hall)
- Construct a three-dimensional multi-sensory image of your environment with you at the centre.
- Emphasise non-visual parameters such as sound, touch and smell.
- Get comfortable with your 3-D image, then begin to isolate and develop each component part.
- Use your subjective imagination to abstract affordances of sound, touch or smell, allowing the materials themselves to perform the transformations (see Bachelard).
- Explore your transformed image.

3: Bathe

- Bring honour to the moment
- Quiet noisy mind
- Breathe from your stomach
- Become aware of your breath
- Count your breaths if necessary (technique)
- Shelve problems if necessary (technique)
- Relax a little more with each exhale
- You may enter a state of samadhi
- Bathe in your three-dimensional image

4. Take it With You

Sound Therapy Exercises

- Recognise the change that has taken place in you.
- Take it with you as you exit your meditation.