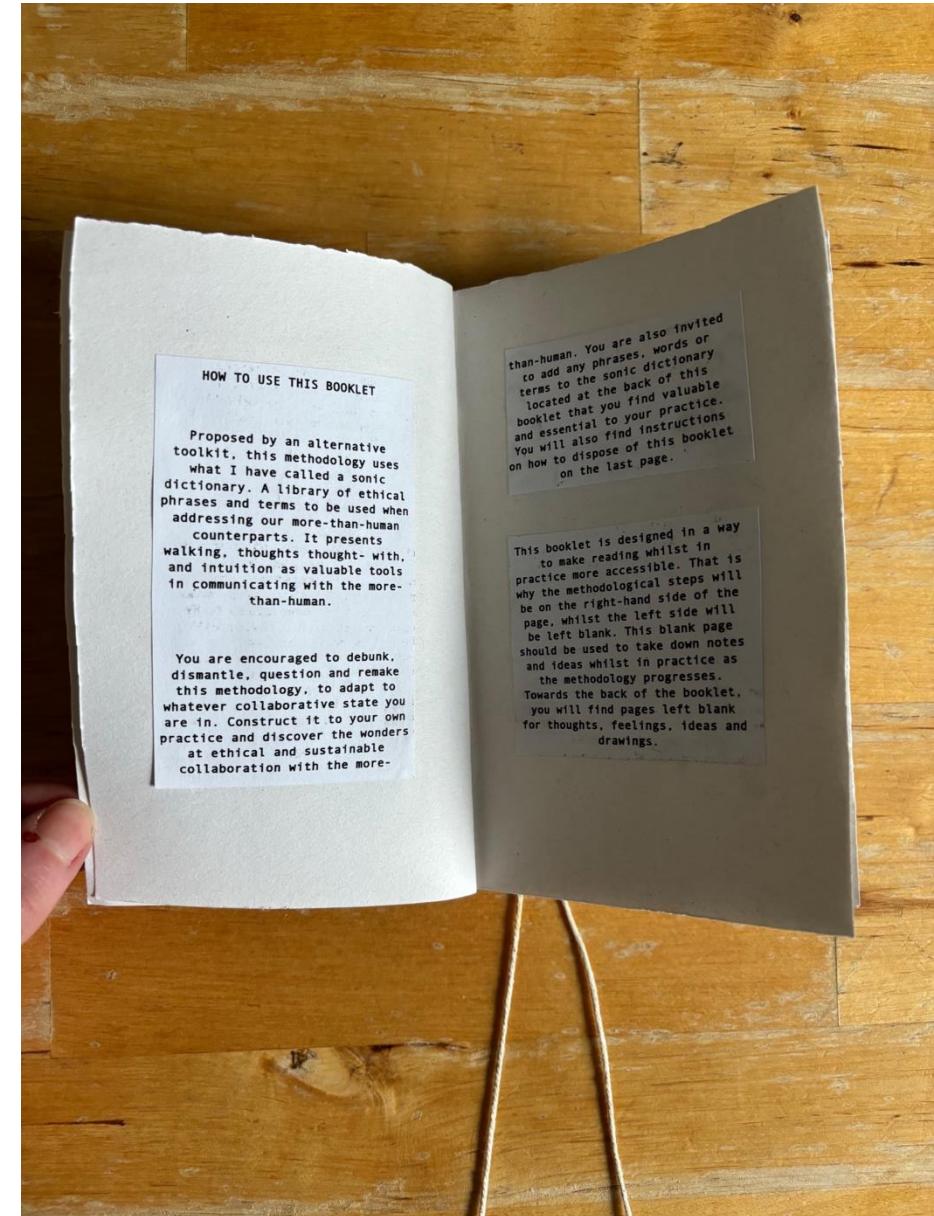
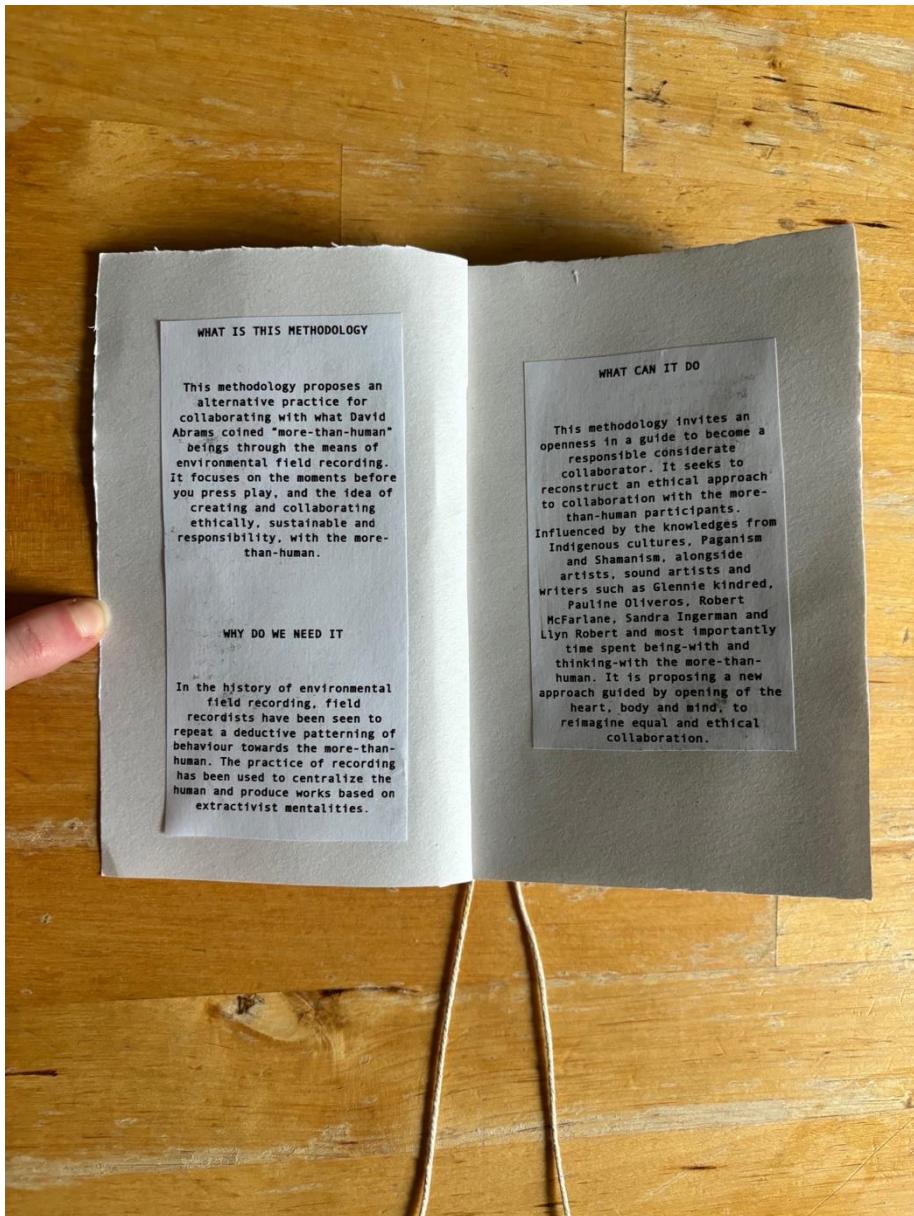


TRAVEL BOOKLET – A METHODOLOGY TO COLLABORATE WITH THE MORE-THAN-HUMAN



Please click on the link to listen to the audio of my final outcome. As you listen, please go through these slides

<https://youtu.be/B6NFgHKYHcs?si=3aUIZPvUMLgGbgrw>



LOCATION

Try to localise your sonic experiences by exploring lands and the more-than-human in your immediate vicinity. If you can, trying walking to the location, the walking will allow you more time for thought and preparation. If you cannot walk, try cycling or taking public transport. Try your best not to drive, but if driving is your only option, try doing something later in the week such as leaving food out for the birds, cycling or walking to work, or simply substituting something from your daily life that week for a more sustainable option to compensate for this drive.

Is it important and useful for you to know and understand more about where you live and who you live with. This localised collaboration will engage you with your community, allowing for frequent visits constituting to a deeper and more personal collaboration with the more-than-human participants. It is also important to be conscious of where you visit. Is this space protected, will you be interfering with the local ecosystem in a negative way by being there, what should you be careful not to step on or take. Make sure to take time for researching into your given location to make sure you fully understand how to best approach and protect what is already there.

WALKING

Many of us walk to clear our minds, to escape something and to jump out of a thought. You are invited you to walk directly into your thought's feelings and intuition, this will be the first step at opening your mind for your collaboration. Walking is a practice which enables us to know and to understand, through walking we think-with and know-with our surrounding, two legs carrying us to sound, two legs carrying us to collaboration.

Step 1. Once you have arrived at your location, I want you to practice noticing as you walk. This will help you to start to engage with the more-than-human.

Notice the season are you in

Notice the wind, rain, sun and soil

Notice the more-than-human beings that surround you

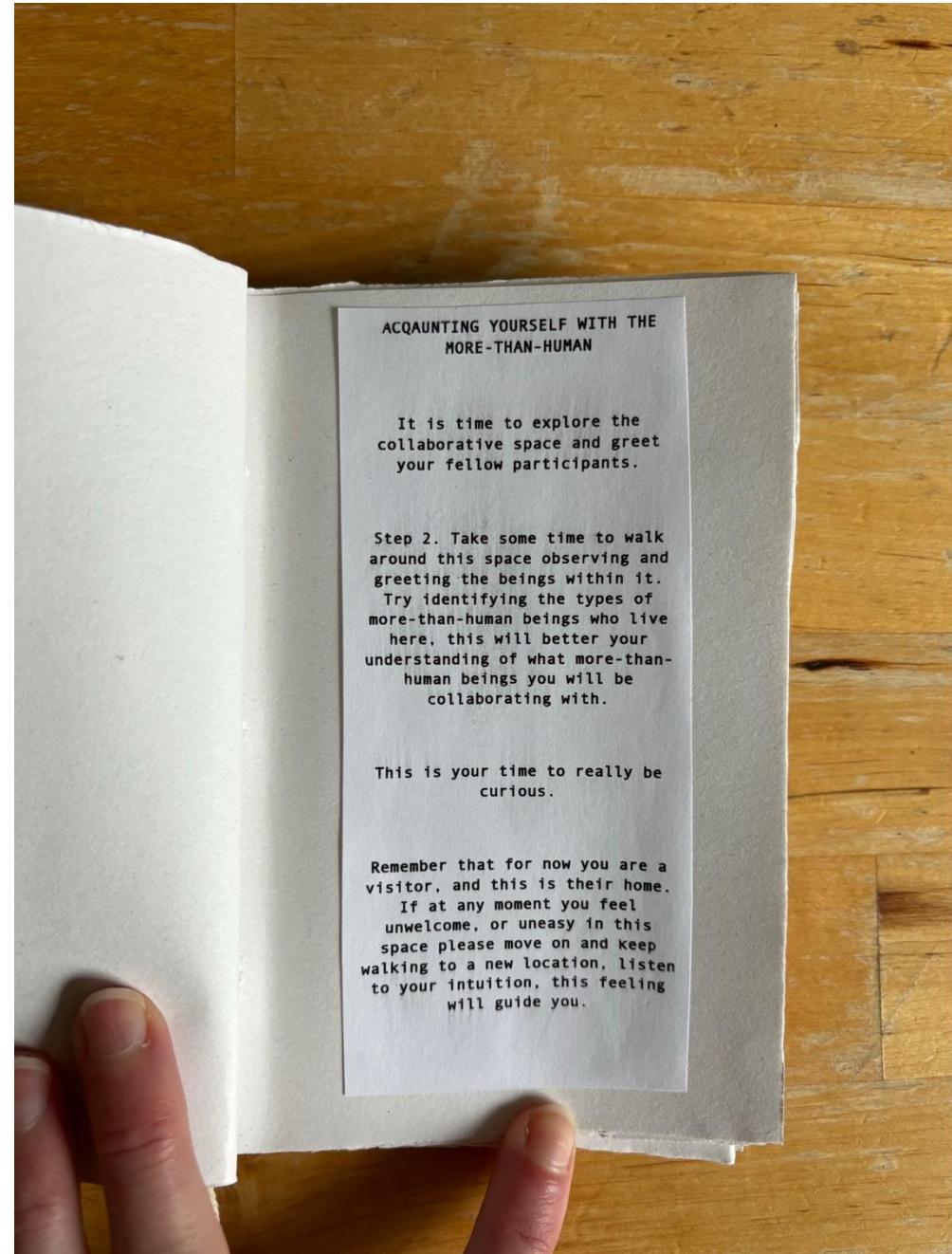
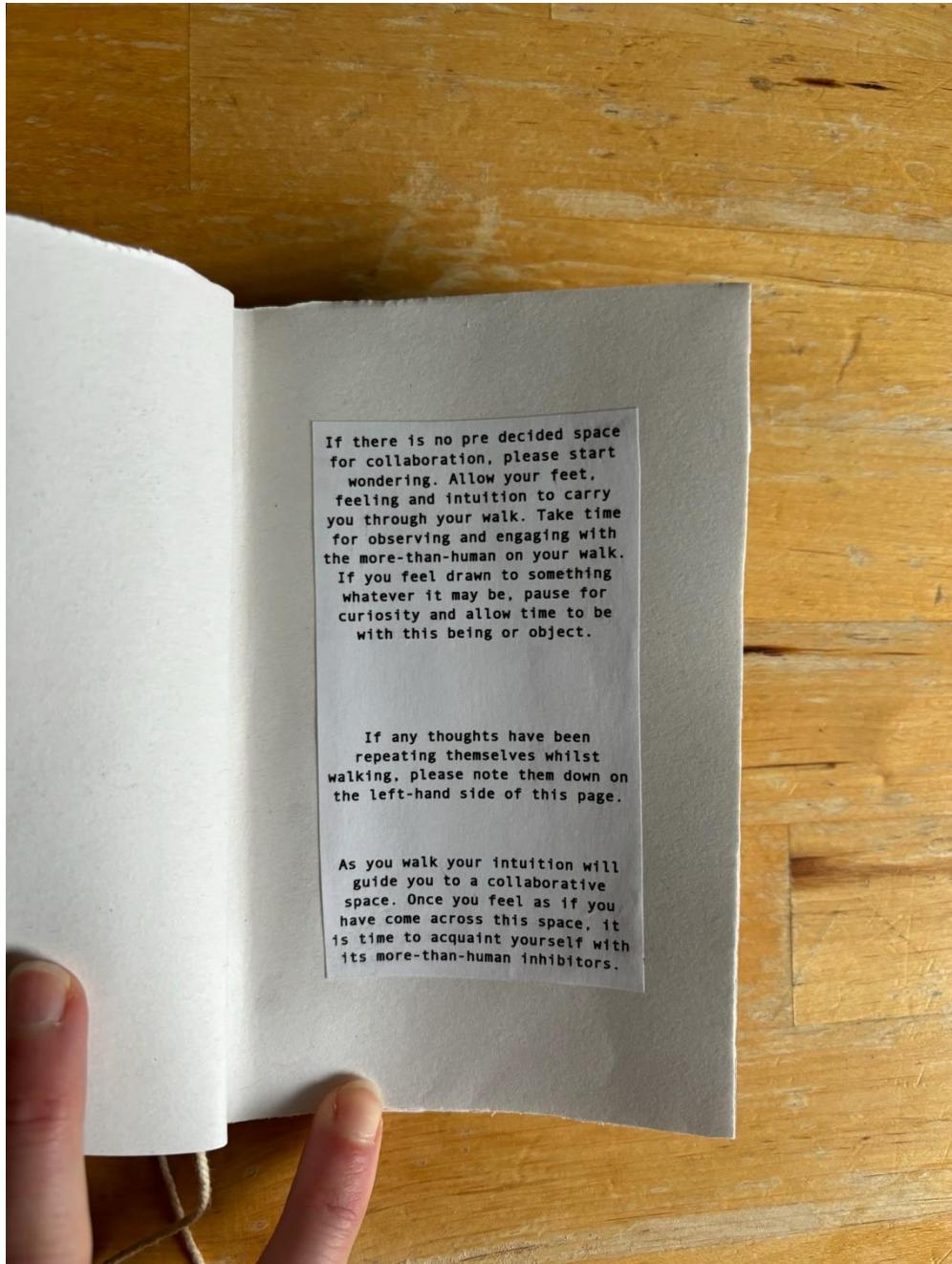
Notice what you're hearing and more importantly what you are not

OFFERING

At the end of the exercise, you will be leaving an offer as a thank you to your more-than-human participants for collaborating with you. This offering can be something brought from home, such as native wildflower seeds, but I encourage you to find one on your walk, as this item be it a rock, flower, twig, petal will already be native to this space so wont lead to unneeded disturbances. Once this item shows itself to you pick it up and hold it in your hand as you walk. As you

hold it focus on the idea of gifting and thanks. Hold this item close to you until the end of this exercise.

If there is a certain space on your walk that you know you want to collaborate with, please start walking slowly in its direction. Take an unknown route if this space is familiar to you. Take time for observing and engaging with the more-than-human on your walk. If you feel drawn to something whatever it may be, pause for curiosity and allow time to be with this being or object.



FINDING YOUR ROOTING GROUND

Step 3. As you have now acquainted yourself and greeted the landscape, naturally wonder around the space eventually finding a spot to stand or sit which feels comfortable. This will be your position of collaboration.

If at any moment you feel unwelcome, or uneasy in this space please move on and keep

Walking to a new location, listen to your intuition, this feeling will guide you.

As you stand or sit, please take some time to fully look around your position (what do you see, hear, taste, smell and feel).

If you are comfortable enough to take your shoes and sock off, please do so now, enabling you to become in direct contact with the earth - if not please place your bare hands on the earth, interact with the soil and get your hands dirty, feel the resonance of the Earth vibrating through your palms.

After some time has passed, please sit or stand upright, rolling your shoulders back, imagine your chest and heart opening to the space.

Now take 5 long deep breathes with your eyes closed. Slowly breathe in through your nose, imagine your lungs expanding and the air slowly sinking down to your stomach. Gently push the air lower and lower, holding it in the pit of your stomach. Do this for as long as feels comfortable, then exhale at a slow pace through your mouth imaging the air slowly releasing from the pit of your stomach, squeezing it out as much as you can until feels comfortable.

After the 5th breath, with your eyes still closed, gently start to move your fingers and toes, slowly reactivating your body, and when you feel ready, take a deep breath in and on the out breath open your eyes.

Please note any reactions to this breathing exercise or observations on the left-hand side of this page.

Now that you have found your rooting ground it is time to root and open yourself to the space.

ROOTING YOURSELF

Now that you have calmed your nervous system, you next need to route yourself to the Earth and the more-than-human beings who reside in it.

Step 4. Take time to now look around your space, observing where the trees and rooted beings are in distance to you. repeat out loud or in your head - 'Hello trees I see you and I greet you, hello plants I see you and I greet you, hello land I see you and I greet you, hello all that lives below my soles I feel you and I greet you.

Whilst standing or sitting upright imagine a beam of light coming down from the sky into the crown of your head, filling your mind with light. Begin carrying this feeling through your body, filling your body with warmth. With every breath in, feel the light moving within you.

Now imagine your knowledge, kindness, love and spirit growing roots from your brain. Feel these roots passing down the back of your throat, spreading downwards through your lungs and filling your heart, through your stomach and into your legs. Imagine these roots passing through your sole's connection to the ground and finally joining with the Earth. Feel your roots growing out to the fellow rooted beings around you, joining with them making you strong and tall, embedding you within the earth.

Feel your love, warmth, spirit and knowledge passing through this rooted system into the ground below.

Now out loud or in your mind tell the land that you are thankful to be here and that you greet all beings around.

If you have any questions or prayers of thoughts for the land this is a good time to say or ask them.

It is now time to open your whole body for listening

If at any moment you feel unwelcome, or uneasy in this space please move on and keep walking to a new location, listen to your intuition, this feeling will guide you.

OPENING YOURSELF FOR LISTENING

Now that you have rooted yourself with the land it is time to open yourself for listening.

Step 5. Keeping upright in your rooted position with your eyes closed, start to spread your hands out wide opening your palms to the space, envision the palms of your hands as ears, move them around you to listen in different directions, hold this listening and repeat the same action for your feet, feel them listening to the Earth below you.

With one deep breath in, roll back your shoulders and imagine

your chest and heart opening to the land as your next ear, listening through your ribcage, heart and organs.

Keep listening with all of your ears, you are almost there.

Slowly start to open your eyes. Begin envisioning yourself listening through the eyes, move them in the direction you want to listen in and feel all of your ears moving with them.

Listen very carefully now, as you have now become an active listening body. Every part of you including your thoughts, feelings, body and knowledge is now ready and rooted into an open connection with the more-than-human.

If at any moment you feel unwelcome, or uneasy in this space please move on and keep walking to a new location, listen to your intuition, this feeling will guide you.

CREATING AN OPEN COMMUNICATION PATHWAY

Now that you have a clear connection to the more-than-human through your rooted system and opening of all your ears, it is time to create and open communication pathway.

Step 6. Take a few moments to be still, deeply breathing in and out, inviting all beings to communicate with you through your rooted system and open ears.

Start listening through all your ears and your thoughts body and intuition to everything around you. Feel the presence of the more-than-human, if you find your thoughts wondering, take a deep breath in to remind yourself to listen deeper.

Are there any voices, thoughts or sounds that are being repeated. If so, please write these down on the lefthand side of the page, this may be the more-than-human trying to communicate with you. Once again if at any moment you feel unwelcome, or uneasy in this space please move on and keep walking to a new location, listen to your intuition, this feeling will guide you.

COLLABORATING

Once your communication pathway is open it is time to ask the more-than-human if they would like to collaborate with you. In your head or out loud introduce yourself and ask, 'would you like to collaborate with me today'. If at any moment you feel unwelcome, or uneasy in this space please move on and keep walking to a new location, listen to your intuition, this feeling will guide you.

Listen to your intuition, you should be able to tell if the more-than-human are ready for collaboration.

Step 7. Please ask the more-than-human in your head or out loud if they would be okay with you recording this collaboration.

Now gently take out your equipment and set it up ready for recording.

Before you press play repeat the breathing exercise shown in finding your rooting ground to once again calm your nervous system and open yourself for collaboration:

Now take 5 long deep breathes with your eyes closed. Slowly breathe in through your nose, imagine your lungs expanding and the air slowly sinking to the pit of your stomach. Gently push the air lower and lower. Do this for as long as feels comfortable, then exhale at a slow pace through your mouth imaging the air slowly releasing from the pit of your stomach, squeezing it out until feels comfortable.

After the 5th time, with your eyes still closed, gently start to move your fingers and toes, slowly reactivating your body, and when you feel ready take a deep in and on the out breath slowly open your eyes.

Note down what you see hear and feel

As you record don't be afraid to make yourself known. Remember that these sounds are all a part of your collaboration.

If at any moment you feel unwelcome, or uneasy in this space please move on and keep walking to a new location, listen to your intuition, this feeling will guide you.

Once your collaboration feels as if it has come to a natural end, now stop the recording process.

Remember your root communication system is connecting your creativity and thoughts to the Earth's; this is how the more-than-human will collaborate with you. Through this system, in your head or out loud ask the more than human if you can press play.

THANKING AND LEAVING

Now that your collaboration has ended it is important to show your gratitude to your fellow participants.

Step 8. Before packing away your equipment it is time to thank your collaborators. Out loud or in your head. Repeat 'thank you for collaborating with me today'. Take time for silence and stillness giving recognition what you both created. Write down notes and thoughts of this experience for reflection. Please now pack away your equipment.

You now need to disconnect yourself from the collaboration and the space in order to leave. Repeat this breathing exercise:

Now take 5 long deep breathes with your eyes closed. Slowly breathe in through your nose, imagine your lungs expanding and the air slowly sinking down to your stomach. Gently push the air lower and lower, holding it in the pit of your stomach. Do this for as long as feels comfortable, then exhale at a slow pace through your mouth imaging the air slowly releasing from the pit of your stomach, squeezing it out as much as you can until feels comfortable.

After your 5th breath, feel your roots gently letting go from the more-than-human beings it joined itself to, slowly recoiling back up through the soles of your feet, through your legs, up to your chest and past your heart, into your throat and back to your mind.

Now once again thank your collaborators. Thank them for inviting you into their space and thank them for collaborating with you today.

To show your thanks it is now time to leave the offering you collected at the start your walk. Please place this offering on the position in which you collaborated with giving back to your collaborators. Leave this gift as an appreciation of your gratitude.

Now leave this space ending your collaboration. Make sure that you take everything that you came with, checking the surrounding space for any littering that can be taken back with you.

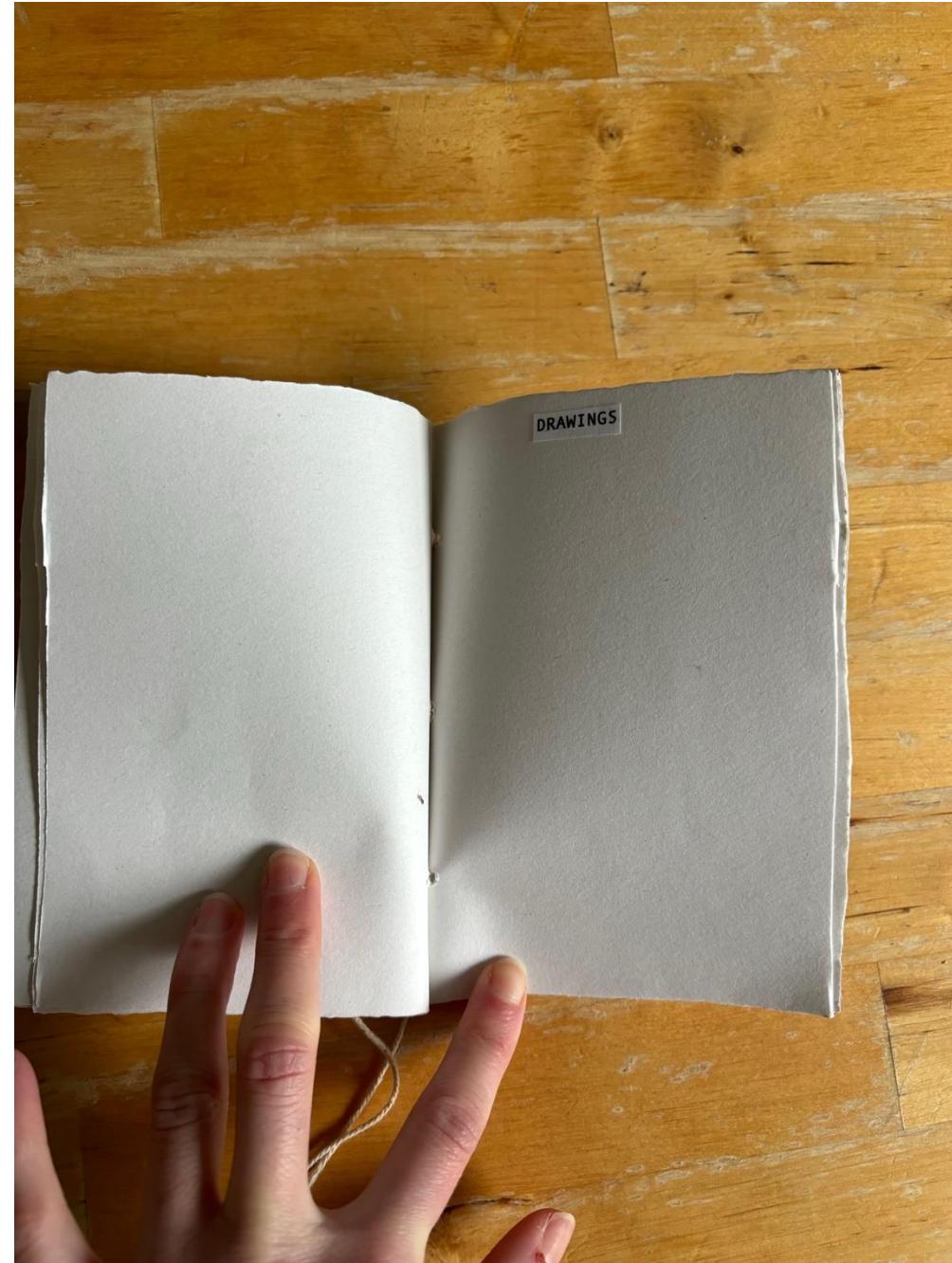
RESPONSIBILITY OF POSTPRODUCTION AND SHARING COLLABORATION

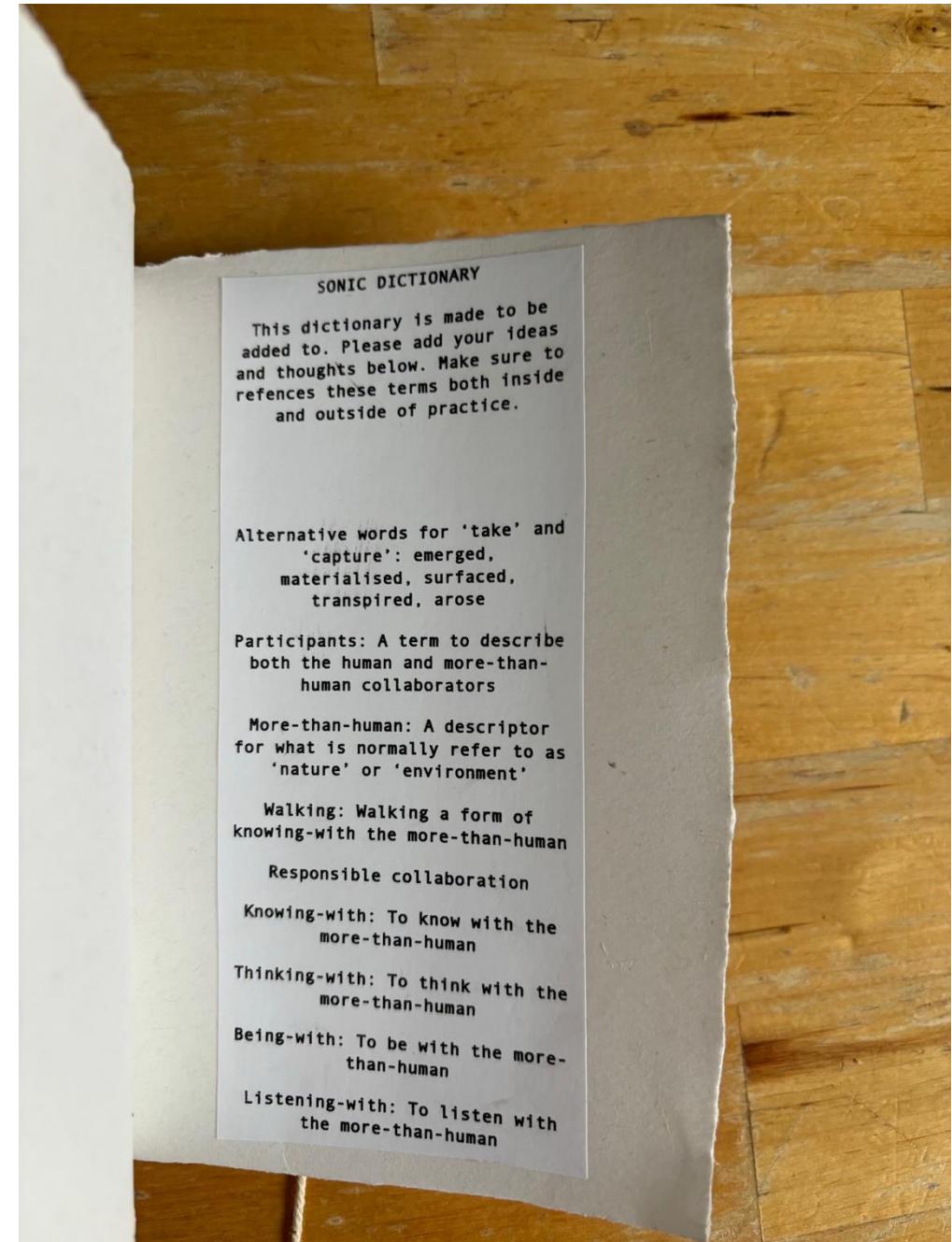
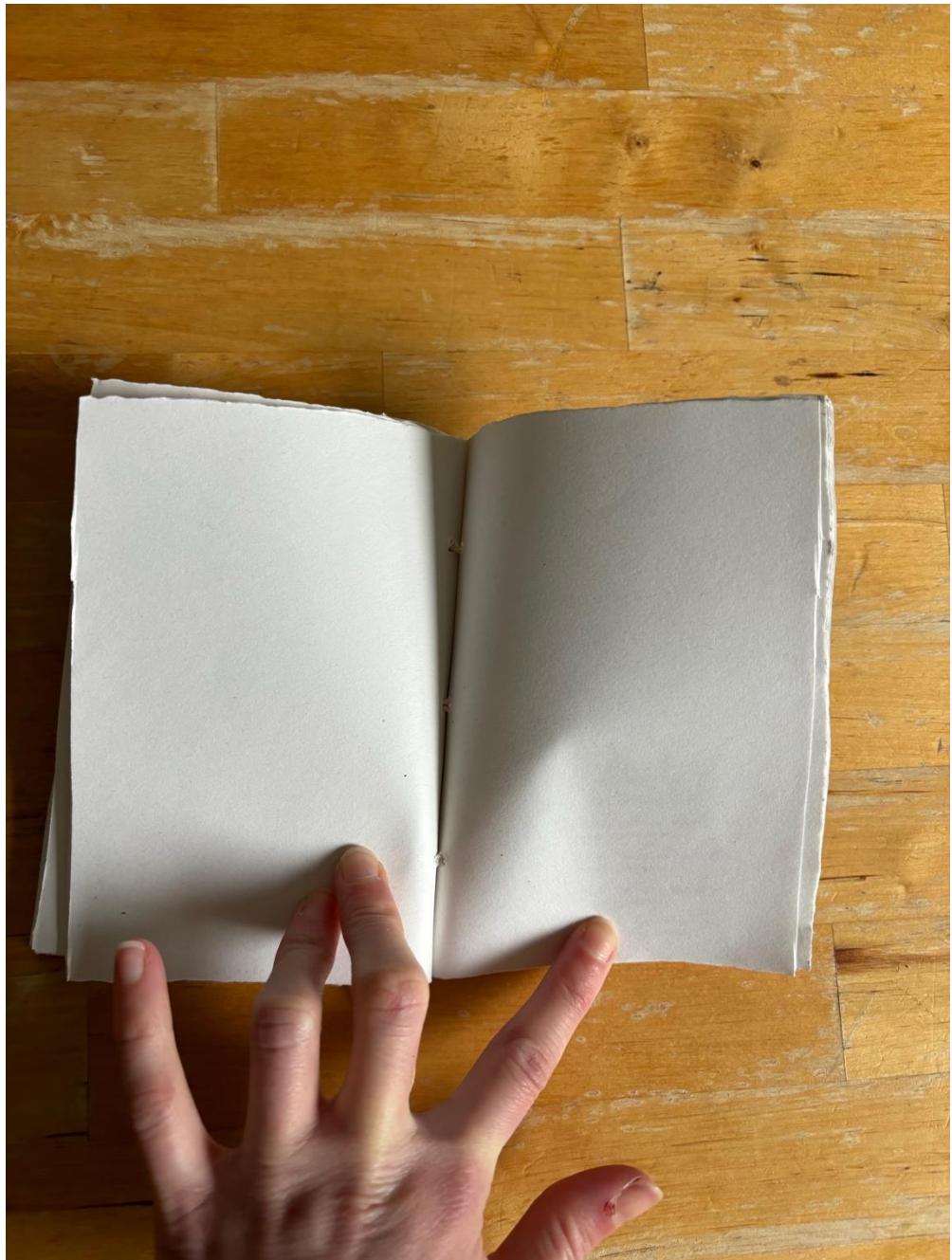
Please be responsible when editing and sharing this collaboration. Remember that your sounds are also a part of this collaboration. Reconsider editing a tummy rumble, hand movement or cough out, allow the collaboration to be truthful to how it was. Ensuring to be true to the perception of the space.

When sharing these collaborations, always credit your collaborators and the land in which they took place, as these collaborations were made with them. Be responsible with sharing the location. If this was a protected area, consider leaving out of the credits the exact location. Still credit all the more-than-human beings who were active participants within the collaboration.

Consider the platform in which you share these collaborations on. Do they in any way directly affect the more-than-human in a negative way. Consider more sustainable and ethical options for sharing these works.







SONIC DICTIONARY

This dictionary is made to be added to. Please add your ideas and thoughts below. Make sure to reference these terms both inside and outside of practice.

Alternative words for 'take' and 'capture': emerged, materialised, surfaced, transpired, arose

Participants: A term to describe both the human and more-than-human collaborators

More-than-human: A descriptor for what is normally referred to as 'nature' or 'environment'

Walking: Walking a form of knowing-with the more-than-human

Responsible collaboration

Knowing-with: To know with the more-than-human

Thinking-with: To think with the more-than-human

Being-with: To be with the more-than-human

Listening-with: To listen with the more-than-human

