

Text score for person alone in a room with at least one window.

Stand in front of a window.

Align yourself with its center.

Listen to the things you can see.

Take a deep breath
on the exhale

hum until you run out of breath

Count while you hum

hum again and add one more count.

hum again and add one more count.

Stand still.

See the things you can hear.

Text score for more than one person, but less than five, in a room with at least one window.

Stand in front of a window.

Hum.

Hum again.

Hum again until you lose your breath.

Listen to what is indoors.

Listen to what is outdoors.

Listen for the sound of your blinking eyes.

Listen for the sound of the wet parts of your mouth.

Listen for the sounds the body makes without intention.

that *your* body makes without intention.

You are standing in a room, that room is in an apartment, or a house, or a business, or a building or a home.

The structure has its own sounds, listen.

See what's outside the window.

Close your eyes and listen to what's outside the window.

Hum.

Hum.

Hum.

Hum.

Text score for more than five people in a room with at least one window.

Stand in front of a window.

Hum.

Hum again.

Wait for everyone to stop humming.

Listen to what is indoors.

Listen to what is outdoors.

Listen for the sound of your blinking eyes.

Listen for the sound of the wet parts of your mouth.

Listen for the sounds the body makes without intention.

Listen for the sounds of the bodies around you.

Hum again until you lose your breath.

You are standing in a room, that room is in an apartment, or a house, or a business, or a building or a home.

The structure has its own sounds, listen.

See what's outside the window.

Close your eyes and listen to what's outside the window.

Hum.

Listen and hum together:

Hum.

Hum.

Hum.

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Listen to the things you can see.

Take a deep breath
on the exhale

hum until you run out of breath

Count while you hum

hum again and add one more count.

hum again and add one more count.

Stand still.

Listen for the sound of your blinking eyes.

Listen for the sound of the wet parts of your mouth.

Listen for the sounds the body makes without intention.

You are standing in a room, that room is in an apartment, or a house, or a business, or a building or a home.
The structure has its own sounds, listen.

See what's outside the window.

Close your eyes and listen to what's outside the window.

Hum.