

Cellphones are synonymous with tuning out and being disassociated from the present. This “sonic meditation” allows participants to improvise vocally while exploring an outdoor space with others. It is an opportunity to walk while singing, observing the constantly changing sounds of other singers and phones. It is also an opportunity to listen to the effects of physical space on certain sounds as well as the evolving responses of other singers. It invites focal listening (to one’s own cellphone) as well as global listening (to the other voices, other cellphones and surrounding sounds).

The cellphone, using a free app ([echoes.xyz](https://echoes.xyz)) plays a series of GPS triggered sounds as participants walk through each zone. Instructions are given (sonically) at the beginning of the walk, inviting singers to either sing in unison or on any other note anytime in response to the sonic prompts they receive from their phone. The prompts are easily programmable on the Echoes app. In one case, the words “here” and “now” were sung on extended tones and played in different zones around a park area. Gradually participants began to explore interacting with each other. It is social singing while being outdoors, ideally in a public space giving everyone “equal footing” on the area. (GPS is not as effective indoors).

See video below

See image gallery below

#### ACTIVITY BREAKDOWN

Where: Any outdoor area with any particular interest, geographically, socially, logistically

Duration: 20 minutes would be a minimum

Participants/Target Audience: Anyone who loves group singing and listening.

Group Size: Any size is possible. The greater the number, the more vocal and cellphone prompts, enriching the sonic possibilities.

#### INSTRUCTIONS:

- Find a site that you would like to explore vocally with others, one that you enjoy being in.
- Use the app <https://echoes.xyz/> to create your own walk by creating “zones” of any size filled with any sound you like, on a loop or just once.
- invite participants to download the free app which plays your walk when entering the designated zones. One can stay in any zone for any length of time.
- Participants sing along in unison or any other note anytime in each zone.
- other sonic meditations can be created from different kinds of sonic prompts to elicit different kinds of vocal responses.