

Ripples in the Pond

a score for dialoguing sound

Adapted from the Quaker worship for the Sound Studies Book Club

1. Choose a sound text

This could be an article, poem, book chapter, blog or similar, as long as it centres on sound.

2. Circulate the text with the group

Circulate the text at least two weeks in advance so everyone has time to read it.

3. Arrivate at the space

Switch off phones and take a moment to ground yourself. A group member will welcome you on arrival and answer questions.

4. Enter the space

Sit silently where you like. Chairs will be in a circle with copies of the text and score on a table in the centre of the room.

5. Listen to the room

For one hour we hold the text through silence, attentive listening, and gentle sharing.

6. There is no need to struggle

When thoughts wander, notice, accept and return to the text.

7. Share if you like

Anyone may share thoughts and insights on the text. If moved to speak, stand and address the group as 'Friends'.

8. Let the ripples settle

Do not respond to other people's sharings. Let their words turn over in your mind and the space.

9. There is no need to share

Sharing is optional; holding the text together with care is the purpose.

10. Shake hands + invite reflection

The meeting ends when two people shake hands. After, space is offered to reflect briefly before leaving.

11. Leave the space

Go well, go slow, carry the space with you into your day.