

GIGANTIC HEART

on top of [var1] from the previous text, imagine the beating of a gigantic heart, sounding from [var2] and pulsating at a fixed moderate rate. after about 15-25 beats, the heart should stop for a while, revive gradually, accelerating to a rate slightly slower than before, and then after another 15-25 beats, stop again and die. click NEXT when it is dead.

CHAOTIC SEQUENCES

[var1] from time to time but somewhat irregularly, coming in waves of increasing and decreasing density. as the density decreases, imagine a fast, chaotic pitch sequence, whose each individual step comes from a different [var2]. each sequence should last for a few seconds. count at least seven sequences before clicking NEXT.

LONG CREAKS [var1] a series of long slow creaks coming from [var2], some of them sounding simultaneously, others separately. one of them should be particularly slow, as if it is extremely stretched, continuing much longer than all the others. during this exceptionally long creak, recall once again [var3] from the previous text, imagining that [var4]. when that long creak ends, an additional creak should follow it, also considerably long but still somewhat shorter, slowly fading out while [var5]. afterwards, click NEXT.

DULL NOISE

[var1] with a soft dull noise, intermittently interrupted by a few pauses, but persistently continuing, and explore for a while this unusual imagined situation in which nothing is audible except that dull noise. afterwards, click NEXT.

DIFFERENT SIZES

consider how the physical structure of the room affects the sounds around you, and assuming that after a few seconds the size of the room drastically and unexpectedly changes, bring back to your mind [var1] from the previous text, imagining that [var2]. then, change the size of the room once again to a third, different size, and alternate between the three different sizes for about a minute. afterwards, click NEXT.

MELODIC THREADS

suppose that [var1]. imagining that long threads are loosely hung from [var2] from which the sounds come, follow the twisted shapes that the threads make on the floor, as if they were contours of melodies hummed by breathy voices, forming a polyphonic texture of growing complexity. after about a minute, when the texture is complex enough, imagine a large crowd surrounding you, creating a loud noisy tumult. immerse yourself in the sound and click NEXT after about half a minute.

BUMP REMINDERS

[var1] the sounds around you. whenever you hear a sound with a definite attack, recall for a few seconds [var2]. after about a minute and a half (or a minute if even the slightest bump does not occur), imagine a long faint downward glissando and click NEXT.

JERKY CHIRPS

transform [var1] from the previous text into fast jerky rhythms of chirp-like sounds, starting and stopping seemingly and following reciprocally the changes in the loudness of the sounds around you (if it is too homogeneous, let the jerky chirps come in slow steady waves). [var2]. click NEXT after about a minute.

BURST OF NOISE

[var1]. assume that they pass through several guitar amplifiers and raise the distortion level of these imagined amplifiers gradually and slowly. at the same time, repeatedly mute the the amplifiers for increasing time intervals yet at a steady rate, creating almost a pulse and ending after a minute or two with a short burst of noise. then click NEXT.

AGITATED RUBBING

imagine a soft but agitated rubbing sound, whose timbre varies between a smooth swishing to a dirty grating, produced by "cleaning" [var1]. click NEXT when [var2].

HIDDEN LOUDSPEAKER

imagine that a small loudspeaker producing [var1] is hidden [var2]. walk around and try to find where the sound comes from. however, whenever you get close enough, imagine that the loudspeaker suddenly changes its position [var3]. try at least twice before giving up and click NEXT.

INNER SILENCE

finally, stop listening to any sound, both physically and mentally, and try to imagine for about half a minute complete silence no matter how loud it is outside. the end.