

Workshop Protocol

1:00-1:10PM Meet the Objects Welcome to the workshop

Take 10 minutes to meet the objects. Please be gentle - these are fairly fragile. You can touch them- some may respond with sound if they feel like it. You can also simply observe them. Imagine that the surround sounds you are hearing are connected to the objects.

Definition of Co-regulation: The term Co-regulation refers to an interpersonal process in which sentient beings continuously attune to and respond to the needs of others. This occurs in a coordinated pattern so that positive emotional states are maintained.

Prompt

Please form three groups. Each group will work with a set of objects. Experience the audio you hear as a conversation among them. Within the set, choose an object you feel drawn to. Sit quietly for a few minutes observing and listening.

Notice the full spectrum of sounds you can hear among the objects, nearby, and at a distance. Spend a moment trying to discover the limits of what you can hear, and how it changes.

From the full spectrum of sounds that you can hear, what sound emerges as the voice, or voices, of the object(s) you have chosen.

Activity:

Take 5 minutes to journal (or voice record) in response to the following questions:

- What drew you to this object/set? For example, was it based on sound, texture, form, location, or maybe something else?
- Do particular objects utilize sounds to communicate with you? Do they communicate in other ways? How are they different, or the same as stones or grass, or breezes, for example?
- What actions might you take, if any, to be in a more reciprocal relationship with your set? Perhaps handle or reposition them, contemplate their existence more extensively, speak to them, move about them, take them someplace special? Something else?
- If you lived with your set what space(s) would they occupy in your home?
- What are your expectations, if any, that your set can offer you something?

Final regroup Report back and discussion.

