



Listening Meditation

Walk around Walney paying attention to minute sounds, the crunching of stones or grass under foot, the distant sounds of birdcalls or mechanical sounds, the wind blowing on the beach, or down small gulley's.

Gently push back all thoughts of the day, your life, things you have to do. Focus on listening to the details all around you.

Now take a seat, or lie down. For five minutes open your ears to everything, hear all the sounds around you and the sounds inside you.

Focus in on one sound, pay attention to it; listen for differences in tone, pitch and timbre. What makes it different to other sounds around it, why does it sound different? What does it add to the overall soundscape?

Turn over to compose.

Composing Walney Island

Write a short story or poem about the sound you are listening to you. It can be a real or imagined event.



Collect objects that inspired your writing such as dried grass, stones, sand or leaves. The materials should make a sound when moved on a surface, or crunched between fingers.