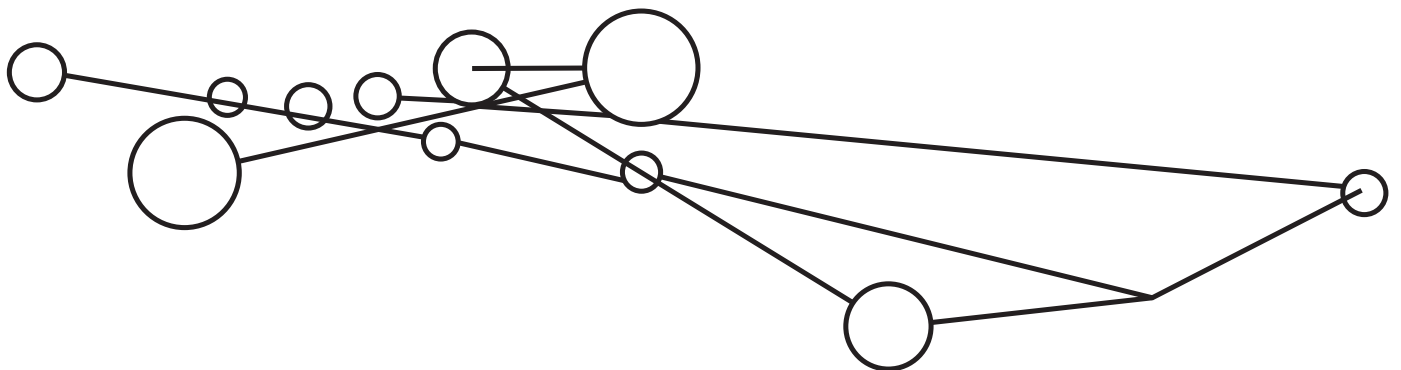


The sounding house

Exhibition's instructions manual

A curatorial project of David Vélez for auditum



The sounding house is a curatorial project created by David Vélez which invites the listeners to reinterpretate their houses with 11 sonic art pieces created to be activated using mobile phones. The pieces aim to put everyday objects, spaces and actions in resonance.

To activate the pieces we advice to download the archives to your phone from bandcamp using the QR codes and links found in every instruction. We advise to put your phone on airplane mode. You can also stream them from your browser or bandcamp app and turn off notifications and calls rings.

For more info visit:
www.auditum.co
<https://auditum.bandcamp.com/>

Important recomendation:

“Brillo en tercera persona” should be interpreted by people over 15 years old or by children under the supervision of an adult.

La estela también desaparece (versión hogareña) Alma Laprida



(Argentina)
www.almalaprida.wordpress.com

Sound piece for cell phone to be heard while drawing. Basic drawing elements will be required -a couple of sheets of paper, pencil or black and / or colored pencils, pens and / or markers, among others-. Drawing can be done anywhere in the house -even in the bathroom-. The stele also disappears is a piece for performers, a deck of cards with instructions, paper, pencil, pens and charcoals, where the link between the gesture of drawing and rhythm is explored. This is an adaptation made especially from the invitation of La casa suena. Guest performer: Zottoh.

Instructions

Download or stream using the QR code or the following link:

<https://bit.ly/2PO83QM>

This sound piece for cell phones was created to accompany the moment of drawing. Some of us - like me - never know what to draw. If this is the case, just holding a pencil and scribbling circles and more circles or zigzags without lifting it from the sheet for a long time is enough; it is more important to concentrate on listening to the sound of the act of drawing than to focusing on what is being drawn. Does drawing slow or fast sound the same? Does it sound the same as you press the pencil harder against the sheet?

It is recommended to have more than one item on hand to draw (black or colored pencils, pens, markers, crayons, even charcoal) and interchange them throughout the piece to perceive the difference in the sounds that one or the other makes. to be heard while drawing. Basic drawing elements will be required (a couple of sheets of paper, pencil or black and / or colored pencils, pens and / or markers, among others). Drawing can be done anywhere in the house.

**Jungle soundscape for houseplants
(Paisaje sonoro selvático para plantas de casa)
Kate Carr**



**(Aus-RU)
www.katecarr.bandcamp.com/**

Give your plants an aural adventure into the life they might have led with this jungle soundscape. Let the insects buzz, the birds chirp and the raindrops fall

Instructions

Download or stream using the QR code or the following link:

<https://bit.ly/2PL887J>

(Organize your houseplants in a circle. Sit in the middle of the circle. Place the phone next to you on the floor. Listen

Ritual para distancia social física

Ana María Estrada Zúñiga

(Chile)

<http://cerosilencio.blogspot.com>

This piece consists of a series of instructions (scores) that invite us to interact with the cell phone as a recording and sound transmission device. The intention is to reflect on the connection between the voice-listening-body and our affections, considering that when we talk about affection, it involves not only our affections, in an emotional sense, but it also involves the things that affects us, when they have an effect on us and our corporeality. The telephone works as the material device that allows for this affective relationship with myself and with others to occur. The piece is thus formed, as a ritual that seeks to consciously activate a network of affections and to invites to an emotional listening to oneself.

Instructions

Hello! To develop this experience, I need to ask you to generate certain conditions and to prepare some simple materials.

Find a place in your home where you can be alone.

If you cannot comply with the previous point, ask the people with whom you live in this space, while you are making the scores, avoid circulating around the place and remain silent.

Place your mobile in a central place in this space.

Clear the space around the cell phone, so you can circulate and move without problems.

Choose a musical theme that is to your liking, to have it available in one of the actions that we will carry out.

Have a pencil and paper handy.

Try to wear comfortable clothes.

Print or transcribe your scores so you can easily play them (ideally avoid reading them on a screen). You can see them here: [to prepare some simple materials.](#)

Print or transcribe your scores so you can easily play them (ideally avoid reading them on a screen). You can find them in the following page or use any of the following links:

<https://archive.org/details/ritualparadistancia>

<https://issuu.com/davidvelrod/docs/partituras>

A

- Choose 2 or 3 people who you think will be able to respond to you soon and to whom you would like to listen, and send them the following text message (you can vary it):
"I want to hear your voice. Please send me an audio message".

B

- Use your phone to record the following message and send it to me by audio from

WhatsApp at
+56 9 4909 6223

First part:

- Hi, my name is (how do you like to be called)
 - I am in (region, city, country)
 - I ' m in a room that is (describe it in more detail possible)
 - Put down the phone for a moment.
 - Take off your shoes and stand up.
 - Take 5 deep breaths.
 - Feel the ground you are stepping on and with it, the soles of your feet.
 - Pick up the mobile again and walk slowly, while still feeling the ground and your feet on it.
 - While you continue walking slowly listen to the loudspeaker the message that you recorded previously.
 - Continue walking feeling your breath.
 - Now as you walk, record the Second Part of this message and between each phrase breathe deeply 5 times, without stopping recording with your cell phone:
-I want to tell you not to forget to breathe.
-Breathing is important, because it helps us feel present.
-Breathing is important because.... (Give your reason)
-I feel (say how you feel)
- End of message.

- Leave the phone in a central place and put play to listen to the messages recorded, while slowly walking around your phone.
- How does your voice feel?
- Choose 3 to 5 people close to you with whom you would like to share the experience and forward them the two messages you recorded.

C

- Place your phone in a central place in the room you are in.
- Find the song that you were previously asked to choose and play it.
- Move around the phone, dancing as you feel and humming the song out loud (don't sing the lyrics, but choose one or more sounds with your voice to follow the melody)
- Try to define 3 movements with your body that you can easily remember.
- When the song is over, keep moving and humming the song as if it keeps ringing in your head.
- Little by little slow down your movements and intensify your sounds, until the melody of the song fades out in your head.
- Try to perform the 3 movements you have defined, slowly, but very marked, exaggerating them, while letting out one or more sounds from very deep inside.
- You are no longer humming and dancing to a song, you are moving in ways new to you and you're letting out the most intense sounds that you can make.
- It is possible that one or more emotions arise when doing this exercise, let it flow and make it part of your dance =) If it gives you joy you can laugh, if it gives you sadness you can cry, etc ... Follow what your movements and your voice guide you.
- When you want to quit, stop at one point and hug yourself very tightly, saying:
"Thank you"

D

- Check if you have received audios from the people you contacted in the score A.
- Lie down on the floor and listen to the messages on the loudspeaker with your eyes closed.
- What do you feel when you listen to this person's voice?
- What word would define this feeling?
- Send him an audio message in response to his, and only say the word you selected.

E

- Choose one of the people from score A or B and call her by phone now!
- Talk about what you just did.
- Improvise, feel, listen.

F

- Send me a 1 minute audio message on WhatsApp (+56 9 4909 6223) and share your impressions.
- Thank you for participating in this experience!

Ana.

Imitando atentamente a las plantas

Beatriz Eugenia Díaz

(Colombia)

<https://issuu.com/artesvisualesmincultura/docs/piraizdelaunidad-bed-willianca11>



Accelerated rhythms come from outside. News arrives, figures that grow, curves that rise. They sow the fear, they arrange chaos. They also promise wonders. Nothing will be the same, the virtual reigns, the presence is a thing of the past, new technologies allow synchronous and asynchronous meetings and communications. They make us believe that we can reinvent life. Also slow rhythms come from within. Peace comes, we have the cosmos, we can grow harmony. Unconsciously and under the influence of the moon, we connect with the beings of the plant kingdom. We convince ourselves that it is not time to invent or reinvent, it is time to contemplate life.

Instructions

Download or stream using the QR code or the following link:

<https://bit.ly/3gWSS3K>

(Continue to the next page)

Imitando atentamente a las plantas

Beatriz Eugenia Díaz

(Page 2)

This is an audio to be heard on the cell phone, without headphones, at night, in bed, with the light off.

What you will need:

A cell phone.

A container.

Your body.

Bed.

The room.

Home.

The earth.

The Sun.

The Moon.

The night.

The light off.

The calm.

Take your cell phone with you.

Look for a pot or metal jug that has a mouth that is 10 to 12 centimeters in diameter and that is 14 to 17 centimeters high. In the absence of a metal container, you can choose a container of another material, with more or less the same characteristics.

Try putting the cell phone in the pot or jar. If the phone (once it is placed obliquely, diagonally, leaning against the walls of the container is completely inside) you have chosen the appropriate container.

When it is time to put the phone in the pot, check to make sure that it is in a diagonal position, with the screen facing up, and that the speaker is free and pointing down. It is important that the speaker of the cell phone is near the bottom of the container, at the bottom.

Check that your phone is charged.

Take twenty minutes and twenty seconds so you can relax in your quiet bedroom, in your bed, with the lights off, listening to this audio.

Go to your room with the phone and the jug.

Look at the panorama: the space, the bed, the furniture, the objects; the plants, the people, the animals, the objects.

If you find other living things in the room, invite them to share the experience. If you find other beings, animate or inanimate, invite them. Do not rule out the possibility that what you considered inanimate is encouraged.

I will continue to address you. You decide whether to share these instructions with the beings who accompany you.

We were in the room.

Imitando atentamente a las plantas

Beatriz Eugenia Díaz

(Page 3)

Set up the stage.

Like the bird that weaves a nest to lay and hatch its eggs, prepare the bed, like someone who is preparing a nest. Think that you will be born, exist and be reborn in your bed.

Is there a piece of furniture next to your bed, near the headboard? A nightstand, a chest, an armchair, a seat? If there isn't a piece of furniture next to the head of your bed, put a piece of furniture there or a pile of objects.

On top of the bedside table, the chest, the seat, the armchair or the pile of objects, put the container (jug or pot).

Now... the moon. Where is the moon? Can you see the moon? There are nights when the moon comes in through the window. We don't always have that fortune.

If possible, gaze at the moon for a while.

Can't you find the moon? On your cell phone you will find an application (or you can install one) that will help you locate the Moon.

If you have to leave the room to look at the moon, leave the room, look at the moon for a while. If you can't see it, feel it. The moon is there even if you don't see it.

Do you know what phase you are in? There are web pages where you can consult it.

If it is a full moon night then planet Earth will be between the Sun and the Moon. Remember that you are on planet Earth. Sit between the Sun and the Moon. Feel the light of the Sun reflected by the Moon.

If it is a new moon night, the Moon will be between the Sun and Earth. Remember that you are on planet Earth. Feel the proximity of the Moon, feel its darkness, feel how the Moon feels facing the Sun from the back, hiding his light, be one with the moon's darkness.

If it is a crescent moon, feel the light grow within you.

If it is a waning moon, feel the light dwindle within you.

Come back.

Now on Earth, in the house, in the room, in bed, in connection with the Moon, with the Earth, with the Sun, and with the beings that accompany it, get ready to listen to this audio.

I advise you to adopt a comfortable body posture. Remember that the audio lasts twenty minutes and twenty seconds.

Imitando atentamente a las plantas
Beatriz Eugenia Díaz
(Page 4)

You can choose to cover yourself or not, with the blankets. You can choose to lean on your pillow (or pillows) or not. You can choose to interact or not, with the beings that accompany you. The important thing is that you feel the comfort settling in your body.

No rules.

You can remain awake or fall into a state of deep drowsiness.

Take your cell phone, play this audio, put it in the container, feel the change in loudness.

With the cell phone playing this audio inside the container, the container on the cabinet next to the head of the bed, you now lying in your bed with those who accompany you, in your room, at home, on this planet Earth, please turn off the light, like when you go to sleep.

Settle down. While listening to this audio, call for calm. When it arrives, the time has come to carefully imitate plants.

Becomings

Gil Sansón



(Venezuela)

<http://www.elsewheremusic.net/gil-sansoacuten.html>

Becomings presents electronic transformations of birdsong. It's designed to be a home sound art installation, to be played through the speaker of a cellphone or earbud headphones, as it deals with the higher end of the frequency spectrum. The title makes reference to the concept of animal becoming, developed by Gilles Deleuze and Felix Guattari. It's up to the listener to decide the sound projection for the piece, but the artist expects the piece to be presented in a garden-like environment; placing the cellphone within a home garden so that it becomes an addition to the environment is desirable. If the garden is relatively big, the cellphone should work fine. If the garden is small, with only a few pots and plants by the window, the earbuds will act as proper speakers to diffuse the sound.

Instructions

Download or stream using the QR code or the following link:

<https://bit.ly/3kCtMcF>

It is advisable to place the cell phone in a home garden so that it becomes a sound that adds to that of the environment. If the garden is relatively large, the cell phone should work well. If the garden is small, or with just a few pots and plants by the window, the phone's earphones will act as ideal speakers to project sound.

* In case of using headphones to listen, they should not be placed on the ears but should be used as small speakers.

Première perturbation + Seconde perturbation Bruno Duplant

(France)

<https://www.15questions.net/interview/fifteen-questions-interview-bruno-duplant/page-1/>

These two pieces (which act as subtle atmospheric disturbances) aim to reinforce the feeling of security, of cocoon, by staying locked up at home, in these turbulent times of planetary pandemic.

Instructions

Download or stream using the QR codes or the following links:

Première perturbation (Primera perturbación)

<https://bit.ly/3ajC44t>

This piece was composed to be heard in conjunction with the sounds of silverware and glasses during meals, celebrating the importance of the dinner ritual during isolation.

Seconde perturbation (Segunda perturbación)

<https://bit.ly/3fVx9Yy>

This composition seeks to be heard from bed and works like a lullaby. The second of the disturbances reflects on how anxiety has had a negative effect on sleep patterns.



1



2

Brillo en tercera persona

Maria Leguizamo

(Colombia)

www.marialeguizamo.com



Sound composition based on Au clair de la lune, the first known recording of a human voice made by Édouard-León Scott de Martineville) in 1860. Au clair de la lune or Al clar de luna, is a 17th century French song with no known author. Its lyrics speak about Lubin, a character who is looking for a pen to write “a word” but apparently cannot find it because “his candle is dead”, the light has run out. His research begins by asking his neighbor Pierrot, who tells him that he has no feathers but suggests that he show up at the neighbor’s house because sparks seem to shine in his kitchen. At the end the neighbor’s door closes behind her and Lubin in what seems to be the meeting of different searches being in the dim moonlight. The imprint of our volatile gestures serve as a mirror and evidence of our presence, but above all, of its nuances. I imagine that the reflection of a voice in trembling lines on a smoked surface was a way of restraining and holding on to that which inevitably eludes us. I also imagine that this was what Édouard-León Scott de Martineville was longing for when he devised the phonautograph.

For Brillo in the third person I wanted to involve the dance in some way, because I think that it is also a kind of mirror that confirms that something sounds and resonates in us. Inspired by the song, I looked in the candle - its flame and brightness - for a dance and apparatus to see the sound. My affection for the phenomenon of the human voice led me to obsess over that first voice reflex that Scott de Martineville’s phonautograph, drew. This is the backbone of the audio track and the main interlocutor of a babbled and hummed conversation from which you can participate in the darkness of a candle. In an attempt to get closer to the body that Au clair de la Lune sang in this first recording and from which just a little bit of sound reaches us, I found a meeting portal through the vibration of that first voice recorded in the year 1860.

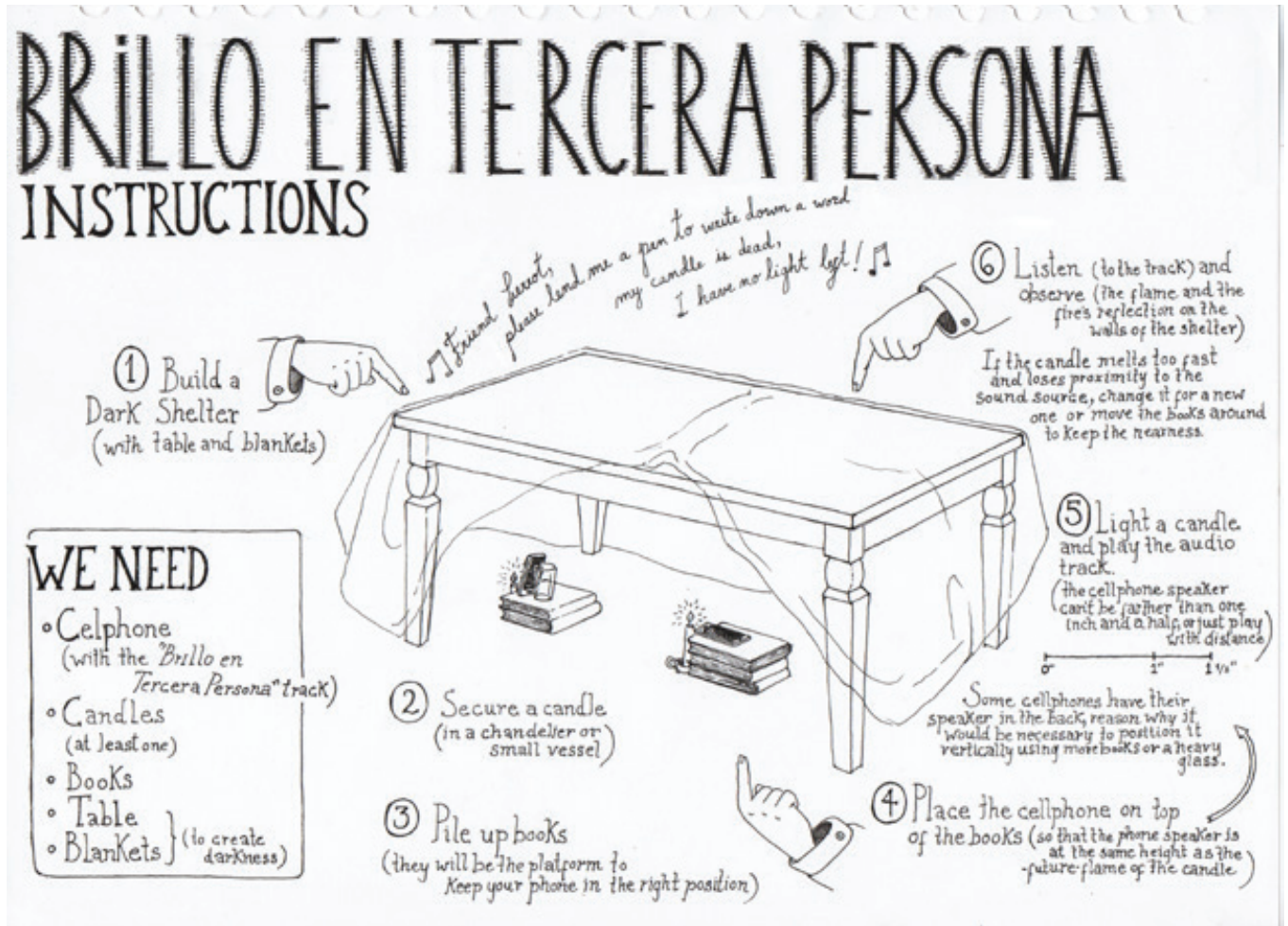
Under the moonlight
One can hardly see.
We look for the pen,
we seek light.
Looking this way,
I don’t know what we found,
but I do know that the door
of them closed

Instructions

Download or stream using the QR code or the following link:

<https://bit.ly/2XTFg1E>

Follow the instructions illustrated on the drawing:



21 people in my bathroom

(21 personas en mi baño)

Monty Adkins



(Reino Unido)
www.monty-adkins.com

Vocalists: Lyn Adkins, Terry Adkins, Victoria Allen, Girilal Baars, Franc Chamberlain, Matt Conroy, Nomi Epstein, Epa Fassionas, Sam Hodgson, Dina Ipavic, Sebastien Lavoie, Bea Harrison-Ledger, Kate Harrison-Ledger, Calle Francisco López, Rob Mackay, Adam Melzer, Rachel E Mann, Garret Scally, Jennifer Taggart, tawlijim, Carrie Williams.

As a child I loved singing in the bath. Singing may be a bit of an exaggeration – what I loved was finding the nodal point of the room and exiting it and listening to it resonate. Now, at a time when Covid-19 has stopped us from singing together, I invite you to sing for 19 minutes in your bath with a virtual choir via your smartphone. 20 friends from around the world each provided me with two sung notes, recorded in their own bathroom. I have extended these to form long harmonic pads over which you are invited to improvise your own songs and melodies, tuning in and out at will.

Singing is good for you! Singing has been demonstrated to improve mental health and wellbeing. Singing not only lowers cortisol and relieves stress and tension, but studies have also shown that when people sing, endorphins and oxytocin are released by the brain which reduces anxiety levels. Oxytocin also enhances feelings of togetherness which explains reports that singing also improves depression and feelings of loneliness. Singing also has a physiological effect on the body. Immediately after singing, studies have shown that singers have higher levels of the protein immunoglobulin A, an antibody known to benefit the immune function of mucous membranes. Studies have also shown that singing can help people suffering from long-term chronic pain and can have a real impact on the amount of pain relief medication used by participants.

Instructions

Download or stream using the QR code or the following link:

<https://bit.ly/3a15i35>

Place the phone in a convex kitchen or fruit bowl to aid amplification. It may be necessary to steady the bowl with a cloth as in the pictures below.

To sing along with the 19m audio in your bath and relax.



Amma's Samayal Arai (La cocina de mi madre) Supriya Nagarajan



(India / Reino Unido)
www.manasamitra.com

Clarinet: Isobel Mortimer

Growing up in India, my senses were tuned in to the fragrant spices, herbs and flavours of a vegetarian South Indian kitchen and are still fresh in my memory. My mother sang along as she cooked and/or chanted “shlokas” or hymns and I do that now in my kitchen every day. My piece is a tribute to my mother and a coming together of my South Indian heritage with my western lifestyle in the UK. An important element of this work is capturing some of the sounds outside the kitchen. Today I hear wood pigeons, magpies and thrush outside my kitchen but my childhood was filled with the music of parrots, sparrows and distant peacocks which I miss.

Instructions

Download or stream using the QR code or the following link:

<https://bit.ly/33SKYVh>

This piece is to be enjoyed as one cooks in the kitchen and one can only imagine the beautiful sunny Indian garden and kitchen with its bounty of smells, sounds and sights.

El oído interior/ El oído del Alma

Xareni Lizzarraga

(México / USA)

www.entropycinema.com/xareni-lizzarraga



During this long period of isolation that we are living, spaces for contemplation have emerged to listen to our body, its thoughts, its breathing, our surroundings and perhaps some of us have managed to listen to the soul that transports us and allows us to receive subjective messages that sensitize our being. Allowing ourselves this space is essential to calm our minds and reconnect with our interior.

Instructions

Download or stream using the QR code or the following link:

<https://bit.ly/33TBcCp>

Before starting this tour, find a quiet place at home where you can lie down and stay a moment alone, your body and breathing will be an important part of this listening. Place your cell phone in a glass cup, make sure that it does not completely enter the glass, now place it 20 cm above where your head will be lying, lie down in a comfortable position, preferably looking up with your arms open at the sides and hands pointing upwards. This moment is for you, allow yourself to navigate and free yourself with this practice. If for any reason you want to experiment you can incorporate the sounds of your breath at any time, let it be part of the sonic harmony and notice how the sounds just disappear like your thoughts.