

A Series of Text Pieces

For Kirkos Ensembles' *For Private Use*

Designed with lockdown in mind, I wanted to create pieces where anyone could take part and explore everyday objects and ideas within the home. These pieces can be experienced privately or performed in any context and location. You can document your response via sound/video clips or photographs to be shared online as part of a collective response.

By Susan Geaney

Light a Candle

This is a sonic and visual meditative piece that can be experienced privately or performed as a solo or group for any duration. Be still. Take a Breath. Listen. Be Playful. Watch. It is important to capture the sound of the breath and flickering flame in performance.

strike a match

light a candle

watch the flame as it settles in the air

scan the shape of the still flame

take a breath

gently blow at the flame and watch it stir

listen to the flame flutter under your breath

watch the flame whirl, flap and dance as you exhale

take a breath

extinguish.

Music for the Kitchen Table

This is an improvised piece for 1-5 players in any length. Take some time to explore the sound of each glass. The table should be smooth enough so that glasses can glide easily. It is important to capture both the visual and sonic elements in performance.

Gather a selection of different sized drinking glasses

Turn them upside down on a table

Glide each glass along the surface of the table

Listen to the richness in sounds created with each glass

Play with the speed, duration and dynamic

Improvise a piece

Music for the Kitchen Table 2

This piece is for 1-5 players in any number of iterations. Each player can begin and end at different times. A timer may be necessary if doing more than one iteration.

Rub a dry sponge gently in circular motion on your kitchen table for 15"

Pause for 5"

Resume for 10"

Pause for 10"

Resume for 20"

Pause for 5" and repeat or End

Shadow Play

This is a visual meditative piece that can be experienced privately or performed as a solo or group in any duration. Be curious and playful in your exploration of different opaque and translucent objects/materials.

Turn on a lamp in a darkened room

And face in the direction of a blank wall

Take an object and cast its shadow against the wall

Observe the silhouette of the object as you gently move
it through the light

Watch the shadows glisten and shade as you move

Take another object and repeat.

Pg. 39

This is an improvisational storytelling piece that can be experienced privately or performed as a solo or group (max 5). If a group of 5, then each person continues the story for 1 minute and passes on.

Find a book and open to Pg.39

Read the first complete sentence aloud

Continue the story for 5 minutes

Visualise yourself...

This is a visualisation piece to be listened to and experienced privately. This visualisation is to be read out or recorded by observing pause marks (|).

Visualise yourself walking barefoot through soft and fluid sand |
Reaching down you cup both hands in the cool sand
and listen as it slowly escapes between your fingers |
Walking towards the shore, the loose sand gradually solidifies beneath your feet |
You feel the flame of the sun caress your skin |
You can smell and taste the sea in the air |
The water is calm, silky and shiny |
A bird skims across the surface to a smooth landing |
A swell of fresh water gushes against your feet |
You look down to see your feet fading beneath the sand |
Water ebbs and flows as it rises to your knees then thighs |
You gaze towards the horizon that seems eternal |
And take the plunge to quench your thirst |

Lockdown Moments

Each line represents an action that you can respond to directly, indirectly, privately, solo or as a group.

Go for a walk a 6am. Go for a walk in the dark.

When you feel overwhelmed, go outside and touch a leaf

Plant seeds. Watch them grow into seedlings. Water them. Talk to them. Play music for them.

Watch them grow into plants. Observe the symbiosis

Close your eyes for a moment and listen to your surroundings

Inhale, hold, exhale, hold, repeat.

Make yourself a cup of tea, walk outside, listen, take a breath, take a sip

Stretch your hands high up in the air and sound out for 6 iterations

Get a basin of hot water and soak your feet

Listen to the water dripping into various vessels you find around the house

Write a love letter to yourself. Write a love letter to nature.

Feed the birds. listen to the birds.

Get out a blank piece of paper and draw/sketch/paint a self portrait.

Rub your hands rigorously together for 1 minute. Pull palms a slight distance apart and feel the energy radiating between them

Rub your hands rigorously together for 1 minute. Pull palms a slight distance apart and place your face into your hands and breathe.

Play with water.

Name your ego and draw a picture of it.

Sit and observe any feeling that is flowing through you right now- Sit with the feeling and notice where it is being felt and held within your body-Sit and observe until a new feeling arises.

Find an array of deserted objects. Create something new using these objects.

Play with sand. Play with water and sand.

Go for a cold shower.

Eat whatever you like, whenever you like.

Listen to an album start to finish.

Share a Lockdown moment.