

# Solidarity Through Sound and Time

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## Instructors

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We are both Undergraduate students at UCLA's School of Arts and Architecture, majoring in the Department of Design Media Arts.

Our projects are focused on exploring the audio potential and the idea of desolation, systematic design, order, chaos, and consciousness. We are both very excited to teach and work closely with students during Sci | Art Lab and Studio 2020.



# Sound and Time

To understand time, we must first understand the silence. In this workshop, we are going to challenge the conventional ways of thinking about sound and music by paying close attention to everything we hear. If we agree that sound is the opposite of silence, and we consider that absolute silence is unreachable, knowing that even in the anechoic chamber, we can hear our beating, heart beating, and blood streaming. As John Cage stated, “There is no such thing as an empty space or an empty time. There is always something to see, something to hear.”

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# Mindfulness and Sound

Take a moment right now, pause, and just listen. As we allow our minds to settle into hearing, we start to see that sounds have the same nature as sensations in the body and thoughts. They appear and disappear, and each time one disappears, that sound doesn't leave a trace. There is silence until another sound appears.

Any sound can be the object of our focus in mindfulness practice. Even the most annoying sounds, like a horn blaring outside, an alarm clock beeping, or people yelling, can be perceived differently when we bring mindfulness to them. The annoyance of those sounds doesn't come from the sounds themselves; it comes from our interpretation of those sounds as "bad." When we bring mindfulness to it, we shift our relationship from aversion to curiosity, allowing the sounds to rise and fall, lessening their negative impact.

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# About the Workshop

*“Wherever we are, what we hear is mostly noise. When we ignore it, it disturbs us. When we listen to it, we find it fascinating.” - John Cage*

In this workshop, students would have the unique chance to reconsider their ideas of what constitutes sound and music. Throughout the day we are exposed to countless amount of sounds and noises, but it is only valuable if we can isolate these specific sounds and separate their relationship from memory to their pure tonal structure. Everyday life is more interesting, when we become aware of it.



# Workshop

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## Materials Required:

- Smart Phone or any other device with audio recording capabilities

## Materials Optional:

- Headphones
- Any attachable microphone to enhance the quality of audio

[Example microphone that works for iPhones](#)





## Steps

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In this workshop the most important element is to experiment and have fun while exploring the sounds in our environment.

The final goal is to collaboratively create a music composition using the samples collected by students all over the world.

We will work together to explore all the different techniques that we can use to edit and manipulate the original sound.





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## Example

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This is the example of simple audio recording where the natural forces such as wind are moving the plant and changing the sound. In this short video there is a lot to hear if we pay a close attention, we can hear wind, moving plants, and other noises. We can recognize all four characteristics of sound: frequency, amplitude, timbre and duration. Therefore, this is not the recording of silence because the silence has only duration.