

Plugged - performance instructions. Adam Basanta 2016.

1. Take a pair of earplugs. They are yours to keep.
2. Squeeze one ear plug and insert it into your right ear.
Listen to the sound of expanding foam.
Notice the way in which the left side of your head feels heavier.
3. Squeeze the second earplug and insert it into your left ear.
Listen as the room around you fades into the background, the high frequencies slipping lower as if drowning in a thick liquid.
4. Search for the boundaries of a newly articulated interior.
Turn your ears inward. Imagine them rotating like two satellite dishes, until they point towards the exact point between your temples.
5. Take a deep breath through your nose, and exhale through your mouth. Take a deep breath through your mouth and exhale through your nose.
Listen to the timbral shift as air flows through different pathways.
6. Breathe deeply through your mouth. Observe the hints of pitch as you slowly change the position of your lips, tightening them to a circular "O", expanding them to wide "Ah".
7. Close your eyes. Attend to your own movement further towards your interior. Did you hear the sound of your eyelids close?
8. Touch your teeth together, one tooth at a time. Each tooth has a different tone, like two calcified xylophones. Play a melody.
9. Touch your left back molars together lightly.
Slowly drag your lower jaw from left to right while touching your teeth gently, one tooth at a time.
Listen to the sound traveling from the tip of your teeth, and through your jaw. Your insides in stereo, feeling wider than the dimensions of your head.
10. Gather saliva in your mouth, and swallow it. Trace the sound as it moves from your larynx through to your upper jaw.
11. Look up slowly. Arch your neck side to side. The mechanics of your body sound. They creak.
12. Place your fingers lightly between your upper jaw and ear. Low rumbling rhythms. The sound of blood flowing through a hydraulic system?
13. Fold your earlobes over the exposed ends of the earplugs, as if to cover them.
Listen to your pulse, a delicate low thumping located right under your left ear.
14. Tap gently on the soft tissue between your neck, lower jaw, and ear. An interior resonance changing as you tap with the tip of your finger, near the nail, and the pad of your finger. You are a drum.
15. Close your eyes and quietly hum a low tone. Locate the sound inside your head, visualize the exact spot in your mind. Move the sound to the precise point at the center of your head, between your temples.
16. Breathe five deep breaths through your nose. Remove your earplugs very slowly. Listen only to the elements of sound you could not hear before.
17. How clear are the detailed high frequencies in the room around you? The sibilance of speech, movements in the distance, the sound of air flowing around you. You cannot hear yourself anymore, and you feel lighter.