

"SOUNDS FROM THE INSIDE"

In this piece, the traditional passive spectator becomes without any instrument, his own interpreter and listener. Nobody can hear what he hears; he listens his inside sounds.

The score (on slides for a performance) is a guide in the inside sounds choice. It shows how to provoke voluntary those sounds and how to take conscience of the involuntary inside sounds. Finally the score brings back the performer to his external environment, in making him aware of this environment.

Someone operates an oscillator; very, very slowly from medium range to inaudible at the beginning of the piece and from inaudible to medium at the end.



"SOUNDS FROM THE INSIDE"

Richard Martin

Wesleyan 1970



IN THIS PIECE  
THE TRADITIONAL PASSIVE SPECTATOR BECOMES  
WITHOUT ANY INSTRUMENT  
HIS OWN INTERPRETER AND LISTENER  
NOBODY CAN HEAR WHAT HE HEARS  
HE LISTENS TO HIS INSIDE SOUNDS



NOW YOU HEAR THE SOUND OF AN OSCILATOR  
WHICH FREQUENCE KEEPS GETTING HIGHER.

WITH THE PALMS OF YOUR HANDS  
YOU BLOCK AND UNBLOCK SIMULTANEOUSLY YOUR EARS  
YOU MUST CHANGE THE RHYTHM  
UNTIL THE SOUND OF THE OSCILATOR BECOME INAUDIBLE



FORGET ALL THE EXTERIOR SOUNDS  
AND CONSIDER ONLY THE SOUNDS  
HAPPENING INSIDE YOURSELF



SWALLOW YOUR SALIVA AND LISTEN

TRY AGAIN AND CHANGE THE SOUND

SWALLOW WITH YOUR MOUTH OPEN

SWALLOW WITH MOUTH AND NOSE BLOCKED UP



BLOW YOUR CHEEKS AND LISTEN

BLOW YOUR CHEEKS AND SWALLOW



BREATHE STRONG, NORMALLY, SOFT

BREATHE FAST AND SLOW

BREATHE THROUGH YOUR MOUTH, YOUR NOSE

VARY THE WAY AND LISTEN



CHATTER YOUR TEETH SOFTLY  
WHEN OPENING AND CLOSING YOUR MOUTH  
AND LISTEN



CLAP YOUR TONGUE SOFTLY  
WHEN OPENING AND CLOSING YOUR MOUTH  
AND LISTEN



BLOCK UP YOUR EARS WITH YOUR FOREFINGERS  
AND LISTEN



WITH YOUR EARS BLOCKED UP  
SWALLOW YOUR SALIVA AND LISTEN  
TRY AGAIN AND CHANGE THE SOUND  
SWALLOW WITH YOUR MOUTH OPEN  
SWALLOW WITH MOUTH AND NOSE BLOCKED UP



WITH YOUR EARS BLOCKED UP  
BLOW YOUR CHEEKS AND LISTEN  
BLOW YOUR CHEEKS AND SWALLOW



WITH YOUR EARS BLOCKED UP  
BREATHE STRONG, NORMALLY, SOFT  
BREATHE FAST AND SLOW  
BREATHE THROUGH YOUR MOUTH, YOUR NOSE  
VARY THE WAY AND LISTEN



WITH YOUR EARS BLOCKED UP  
CHATTER YOUR TEETH SOFTLY  
WHEN OPENING AND CLOSING YOUR MOUTH  
AND LISTEN



WITH YOUR EARS BLOCKED UP  
CLAP YOUR TONGUE SOFTLY  
WHEN OPENING AND CLOSING YOUR MOUTH  
AND LISTEN



TURN ROUND YOUR FOREFINGER IN YOUR RIGHT EAR  
KEEP GOING AND DO THE SAME THING IN YOUR LEFT EAR  
ADD SOME TONGUE CLAPING  
AND TEETH CHATTERING TO THAT  
THEN CLOSE AND OPEN YOUR EARS VERY RAPIDLY  
WITH YOUR FOREFINGERS



CLAP YOUR EARS WITH THE PALMS OF YOUR HANDS  
AND LISTEN



CLOSE YOUR MOUTH  
BLOCK UP YOUR EARS AND YOUR NOSE  
AND TRY TO PRODUCE SOME SOFT SOUNDS  
AS LONG AS POSSIBLE



BLOCK UP YOUR EARS  
CLOSE AND OPEN YOUR EYES  
AND TRY TO LISTEN TO THE SOUND OF YOUR LASHES



CLOSE YOUR EYES AS TIGHT AS YOU CAN  
TO TRY TO PRODUCE A SOUND IN YOUR EARS



BLOCK UP YOUR EARS WITH THE PALMS OF YOUR HANDS  
AND PRODUCE SOME SOUNDS  
BY DRUMMING ON THE BACK OF YOUR NECK  
WITH THE TIPS OF YOUR FINGERS



BLOCK UP YOUR EARS WITH THE PALMS OF YOUR HANDS  
AND SCRATCH YOUR HEAD  
WITH THE TIPS OF YOUR FINGERS



CLOSE YOUR EYES  
TRY TO HEAR THE ABSOLUTE SILENCE  
LISTEN FOR IT IN YOUR HEAD



BLOCK UP YOUR EARS  
AND LISTEN TO YOUR NATURAL RESPIRATION  
WITHOUT TRANSFORMATION



BLOCK UP YOUR EARS VERY STRONGLY  
WITH THE PALMS OF YOUR HANDS  
AND TRY TO PERCEIVE THE PULSE OF YOUR TEMPLES



PUT YOUR HAND ON YOUR HEART  
AND TRY TO PERCEIVE ITS PULSES



FIND OUT THE RHYTHM OF YOUR PULSE  
BY FEELING YOUR WRIST  
AND TRY TO SWALLOW AT THE SAME RHYTHM  
IF YOU ARE UNABLE  
WINK YOUR EYES AT EACH PULSE



LISTEN CAREFULLY AND TRY TO PERCEIVE  
ALL OTHER SOUNDS INSIDE YOURSELF  
LIKE DIGESTION NOISES  
NERVES CRACKING  
YOUR NERVOUS SYSTEM NOISE  
THE SECONDARY NOISE OF THE RESPIRATION.....



CONTINUE TO LISTEN TO YOUR INSIDE SOUNDS  
AND TRY TO HEAR THE RESPIRATION OF YOUR NEIGHBOR



LISTEN TO ALL CHAIR OR MOVEMENT NOISES  
YOU CAN HEAR IN YOUR IMMEDIATE ENVIRONMENT



LISTEN TO THE LIGHTING NOISE

(NEON, PROJECTOR...)



LISTEN TO THE HEATING OR CLIMATISED AIR NOISES



LISTEN TO ALL SOUNDS  
OUTSIDE OF THE ROOM YOU ARE IN NOW  
PEOPLE WALKING IN CORRIDORS  
NOISES IN OTHER ROOMS  
TRAFFIC NOISE, SIRENS, AIRPLANES.....



NOW TRY TO LISTEN  
TO ALL THOSE SOUNDS OUTSIDE YOURSELF  
LIKE A SYMPHONY



THIS EXPERIENCE IS OVER  
WHEN YOU HEAR THE OSCILATOR  
FOR THE SECOND TIME