

C.P. Date 2/19	Category 32	Type 1	Level 3
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# UNIVERSITY OF CALIFORNIA EXTENSION, SAN DIEGO

## COURSE PROPOSAL

☐ ADDED CLASS

Academic Department GENERAL INTEREST	In. Account No. 6-220333	- 20300	Programmer ML Walshok	Quarter SU 75
	Ex. Account No. 6-611672	- 20300		

EDP No. G0012	Short Title	Max Enrollment X 25
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Title SONIC MEDITATION
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Number 861.5	Units ( ) (Formerly)
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Course Description
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Sonic Meditations were composed by Pauline Oliveros of the UCSD Music Department for the purposes of finding significant musical activities which both musicians and non-musicians could engage in together. Each Sonic Meditation is a special procedure for the following: (1) actually making sounds; (2) actively imagining sounds; (3) listening to present sounds; (4) remembering sounds. Sound making during the meditations is primarily vocal, sometimes hand clapping or other body sounds, sometimes using sound producing objects and instruments. Sound imagining is encouraged through the use of various questions designed to trigger auditory fantasy. Some of the meditations involve body movement as well. The term meditation is used simply to mean dwelling with or upon an idea, an object, or lack of object without distraction or divided attention. The meditations are excellent as supplementary studies for musicians, or as preparatory training for persons wishing to study music. They are also excellent as mental/physical relaxation exercises. Brief theoretical explanations will be offered but class time will be devoted primarily to Sonic Meditations. Loose comfortable clothing is recommended and a mat for sitting or lying on the floor.

Prerequisite
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Fee:	Credit : \$
	Non-Credit : \$ 33

Teacher Ms. Oliveros	Days Mon. & Wed.	Time 7-8 a.m.	Meetings 12
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Beg. and End Dates 6/23-7/31	Holidays 0	Meeting Location Wrestling Room, Gym,
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Makeup Meetings 0	Hours per Day 1	Days per Week 2	Total Hours 12	UCSD
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Teacher's Name Pauline Oliveros	Degrees
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Position Associate Professor, UCSD Music Department, UCSD
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Business Address ( ) Check if Mailing Address Q-037	City & State	Zip	Business Phone ext. 3230
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Home Address ( ) Check if Mailing Address 1602 Burgandy, Leucadia, Cal. 92024	City & State	Zip	Residence Phone 753-7400
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Compensation \$262.50	Approval OK	Oath	Room Permission
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I UNDERSTAND THAT THE TERMS OF THIS COURSE PROPOSAL ARE SUBJECT TO FINAL ACADEMIC APPROVAL BY THE UNIVERSITY OF CALIFORNIA.

IMPORTANT: For additional employment information, see your Instructor's Manual.

(KEEP THIS COPY FOR TAX PURPOSES.)

INSTRUCTOR'S SIGNATURE

DATE



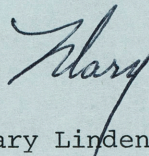
July 15, 1975

PAULINE OLIVEROS

When I saw you in the office the other day, I felt so badly about the mix up with your Sonic Meditation class that I wanted to send along a personal note. Cathy and I have been so busy with research and administrative responsibilities in addition to programming responsibilities that unintentionally your class was not given as much attention as we usually give to our summer programs.

We are pleased that the Composer's Workshop worked out so well and look forward to working with you on other programs in the future. I am so sorry that Sonic Meditation had to be cancelled.

Warm personal regards,

A handwritten signature in cursive script, appearing to read "Mary", written in dark ink.

Mary Lindenstein Walshok

MLW:ct