

## Deep Listening Ear Training L1 - The Fan

### The Process

#### A Signet Ring & A Circle of Soft Wax

In the first part of this process, a musical expression makes a musical impression, like a royal seal impressed by a signet ring into a circle of softened wax. In the second part of this process, that musical impression becomes the basis for a new musical expression, the seal turning inside out and becoming a new signet ring.

#### Internalizing DoDo (Unison)

Okay, let's do this! First things first, I'll arrive on the scene. I'm here and am grateful for this chance to develop creative being. In this first session, our intention is to internalize *the tonal center - Do*. *The Tonal Center* is the foundation of tonal harmony. It is where all musical tones emerge from, always abide in relation with, and eventually return to.

To begin, activate the drone, which is Do, and listen. Listening is the foundation for receiving an impression. It prepares the wax. Remain present with a relaxed focus, and sing what you hear. Sing Do. *Resonate in relation* with the drone. This action brings the wax and seal into contact, making an impression. A resonant memory. The quality and depth of that impression will correspond with the quality and depth of both your listening and your resonance.

This simple relationship between Do and Do is called Unison, or DoDo.

#### Audiation

*Resonance in relation* (singing along) prepares the ground for *audiation*. Basically, *audiation* means hearing a tone in your mind's ear, or inner singing.

Okay, so this time, bring your attention to the drone, and instead of singing the tone out loud, produce it in your head so you are *audiating along* with the drone. Do this for a

while. Go back and forth between *singing along* and *audiating along*. This helps establish and stabilize our inner impression.

*Audiating along* prepares the ground for *audiating alone*.

Now, while *audiating along*, shift the drone / tone slider gradually to the right so the drone fades out and eventually you are *audiating alone*. It's subtle, but notice how this involves *inner listening* as well. Experiment with fading the drone in and out to calibrate and refine how well your internal pitch remains in tune with the drone. As you continue engaging with this process, you'll gradually increase the clarity and stability of these resonant impressions.

*Audiating alone* prepares the ground for *integrated expression*.

Our last step is to sing the pitch from memory. I call this *integrated expression* because it requires an integration of thought and action, using mental resonance as the basis for physical resonance. To do this, we'll start where we left off, *audiating alone*. Now, with the drone volume all the way down, sing Do from memory. Again, fade the drone in and out to help calibrate the accuracy of your pitch. At this point you've gone through an entire process of transforming an impression into expression, and internalizing the Tonal Center, Do, is the essential basis for all musical expression!

## **Summing Up**

Here is a visual summary of the process as a thread that you can travel back and forth along, each time strengthening and refining *The Conduit* of musical impressions and expressions. I suggest writing this out to keep in front of you for reference as you make use of *The Fan* (and *The Tower and The Moons*).

*Listening <-> Singing along <-> Audiating Along <-> Audiating Alone <-> Integrated Expression*

## Session Two - Internalizing DoSol (P5)

We're back! To this creative moment. And I'm glad for it. Our intent this go-round is to internalize the relationship DoSol. This involves a daring leap from internalizing a single tone to internalizing a pair of tones in resonant relation. We'll go step by step, and I think you'll find that it's quite possible. To begin with, activate the drone, then activate Sol, and listen. Hear the relationship DoSol. Listening helps soften the wax to receive sound impressions.

Recall the conduit. We'll use it as a guide for this process.

*Listening <-> Singing along <-> Audiating Along <-> Audiating Alone <-> Integrated Expression*

*Step 1) Listening <-> Singing Along*

First, resonate Do while also including Sol in your field of attention. Then resonate Sol while also including Do in your field of attention. Alternate between these two actions a few times, bringing wax and signet ring together.

*Step 2) Singing Along <-> Audiating Along*

First sing along with Do while audiating along with Sol. Then sing along with Sol while audiating along with Do. Alternate between these two actions a few times, fortifying the subtle seal we call resonant memory.

*Step 3) Audiating Along <-> Audiating Alone*

Now sing along with Do while audiating along with Sol. Shift the slider to the left, decreasing the volume of Sol. Fade the external pitch in and out to help calibrate and refine the accuracy of your internal pitch. Then do this in the opposite direction - sing along with Sol while audiating along with Do, then shift the slider to the right, decreasing the volume of Sol. Experiment along these lines, developing confidence in your inner singing of Sol.

*Step 4) Audiating Alone <-> Integrated Expression*

For this step, begin with the drone on. Listen to Do, give yourself the command, "Sing Sol" and let it happen. If it doesn't yet happen, go back along the conduit and continue developing.

Once you have a hang of this, in order to help generalize your new skill, start from different tonal centers, singing Sol from memory in relation with each new Do. And do it on the spot, without any effort to figure it out.

*Step 5) Revisiting Step 3 with DoSol as a whole*

We have two ears, but only one mouth. I've heard this indicates we should listen more than we talk. In this context it means we can only sing one tone in a pair. That said, we can audiate multiple tones simultaneously, and we've already laid the foundation for this skill.

Begin by listening to DoSol. Audiate along with DoSol. While audiating DoSol, decrease the volume on your device. Fade DoSol in and out to help calibrate and refine the accuracy of your inner impression. Little by little, you'll earn the royal signet ring of DoSol. (Although you can't sing two tones at once, you can play them together on any number of instruments!)

At first, you may just get glimmers and glimpses of the possibility of internalizing multiple tones. That's enough! That's the seed for the tree and the leavening for the dough. Little by little, these impressions and expressions will clarify, strengthen, and become the basis for your unique creative expressions with which folks are sure to be impressed.

*Closing Ceremonies*

Acknowledge you've done well. Enjoy a little celebration, and rest.

**The Rest of the Fan**

The process detailed above applies to every interval/texture along the spectrum from consonance to dissonance. I'd suggest taking 15 about minutes to go through the whole fan.

**Bringing it to your instrument**

At each segment of the fan, extend all that you're in the process of internalizing to your instrument.