

Alex Mah:

0:00 Indoor Score - Secret Window Duet

This track is not for connecting to a specific park. It is for you to do indoors, at home or wherever you find yourself. And I do hope you find yourself through this practice.

This score is called “Secret Window Duet” and it is born out of a scary time when we spent way too much of our lives indoors.

0:38 You may feel like lingering on one question for a while and you can do so by pausing the track. I will also take occasional pauses, so don't worry if there is some silence. There may be moments where you'll want to take out one or both earbuds. In fact, I would encourage you to try both of these things whenever you'd like.

1:07 If possible, find yourself a window you can look out of. If you cannot find a window, perhaps there is another place you can focus your attention, like a picture or even a clock or a bookshelf. From this point on, I will just refer to this thing you're focusing on as “your window”. Feel free however, to change windows at any time.

1:37 When you look out your window, do you see anything moving? A bird or swaying tree branch? If there is no movement, can you imagine how something you see might move?

1:53 *The thing is, there is always movement and there is always sound. We are on a moving earth and we are noisy creatures.*

2:05 In the smallest possible way, let that movement from your window into your own body. That could look like a tilt of your head or a slight shift of weight.

How does that feel?

2:27 How would it feel to repeat it or find one more slight movement?

*Remember you are a body with various components: joints, muscles, skin, and bones.*

What are the indoor sounds you can hear? Is there a refrigerator or fan? Possibly a TV in another room? Let that be your musical score.

3:08 *There is always sound and there is always movement*

3:14 Is there a way you can change your orientation *to* or distance *from* the window?

How does a slight movement feel from here? Are you still connecting to your window?

3:35 Are there any sounds coming from the window? You could open it or briefly bring your ear up to it.

As you focus your attention on these sounds, allow them to affect how you move.

Does that change the speed or intensity of your movement?

4:05 *Remember you are a body, always moving and always making sound*

4:15 Thank you for taking part in this practice. At this point, you're free to let your body continue moving and making sound however you need to.