

Alex Mah:	0:00	The track you're about to hear is part of Earth Witnessing, an audio project for Vines Art Festival that invites you to engage with this park through this audio track, using each of your senses to connect to the earth. First a word about the land this park is on.
Kwiigay iwaans:	0:21	[Land Acknowledgement Spoken in Skwxwú7mesh Sníichim]
Sound Effect:	0:40	[Park Ambience and Bird Chirping]
Alex Mah:	0:47	A reflection on land based art: as settler on these lands, it's my responsibility to know about history and what it affords me. For this reason, it is important to me to consider the past and use it as a lens through which I see the present and the choices I make. My practice of delving into the sensory world is my way of being most present. It is a practice of "listening first" with each of your senses, then moving conscientiously into the unknown.
Alex Mah:	1:28	My score consists of a series of questions designed to prompt you to tune into the park with each of your senses. You could try this alone or with a friend or two. 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 and listen to the park directly. In fact, I would encourage you to try both of these things whenever you'd like.
Alex Mah:	2:15	This is, "Listening to the earth listening to us... in New Brighton Park," For Pauline Oliveros

Alex Mah: 2:26 Where are you right now?

Can you tell by the sounds of the swimming pool, the train tracks, the panting of dogs, or waves on the beach?

Perhaps you aren't close enough to the shore. You might want to move closer or stay where you are.

As you breathe, can you smell the ocean?

Can you let the air travel into your lungs and return to join the wind?

Did you create that wind?

As you breathe again, can you send the wind in another direction?

Is there a tone resounding through the park? If you can't tell, try covering your ears for a few seconds and uncovering them. It might reveal itself. You might also close your eyes to sharpen your listening.

Can you hum that tone back into the air?

Alex Mah: 4:08 Does the water make a sound of its own?

Can you hear the grain elevator or the cargo ships?

Can you hear the sky?

What happens to the ambience when you turn your head?

Did the sound change or did your ears more clearly tune to it?

Remember covering your ears? Can you try closing your eyes, preparing them to see anew, as if you just woke up in this world?

Alex Mah:

5:06 When you're ready you can try opening them.

What if you try that again and, while your eyes are closed, take a deep breath through your nose?

Do you smell grass and earth, chlorine from the pool, or the salty ocean?

When you open your eyes, can you see what you smelled?

Can you taste it?

Are you sitting or standing or maybe lying down?

How are you in contact with the earth right now?

Can you hear through your feet or by touching another part of your body to the ground?

Can you extend your touch into the earth, through the topsoil? Can you connect into the depths of this place before it was a park?

And can you bring a little bit of that into today?

Alex Mah:

7:03 Thank you for listening to Earth Witnessing presented by Vines Art Festival. This is part of a series of six audio works related to parks in Vancouver. I hope this gave you a chance to deepen your connection to this place.