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step outside, alone or with others, and begin to walk in any direction

~ instead of your phone, bring paper and a pen! ~

as you walk, listen to what's around you - listen to the *sounds* and the *spaces between them*

when you meet a choice of paths, listen for what attracts you and follow it

when you meet a sound that attracts you, *spend some time with it!* how does it make you feel?

{ *write it down ?* }

continue on your journey being lead by the sounds

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imagine that you can listen to the sounds before they become words or things

can you stay in the moment of fascination, before you translate it into knowledge?

{ *can you draw them?* }

continue to walk... — — ... where have you ended up? what does your choice of paths reveal?

{ *write your thoughts...* }

once you're definitely lost, you can start to return back to the beginning

maybe your ears can lead the way

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