

# ONE SOUND ONCE

*One and only one sound  
will occur  
indivisible to the ear.*

First imagine silence.

When you are aware that a sound has occurred (predetermined or spontaneous, prerecorded or live, imaginary or real), focus attention on the space/time between the beginning of the silence and that single sound. Then continue to imagine silence while the equivalent space/time passes.

As an alternative, focus your attention on the sound to come during your imaginary silence. When the sound occurs, compare your imagined and the real versions of the sound.

## Group Variations

1. Each performer is prepared to make one predetermined or spontaneous sound once. Having noted the interval of time between the beginning of the meditation and the first sound, the performer offering the next sound should wait until an equivalent time interval has passed.
2. A circle of performers surrounds a conductor. The conductor illustrates the passing of time by making a smooth clock-like motion with her/his arms while turning slowly in

place. Each performer makes one sound once during the time the conductor is not facing her/his direction.

Dancers could be included to make one movement once.

3. Performers are prepared to make one sound together during the course of the meditation. The instant that the group sound occurs should be spontaneous. Performers who miss that opportunity should maintain silence.
4. Performers each make one spontaneous sound independently during the meditation. When all have sounded once, the meditation ends.