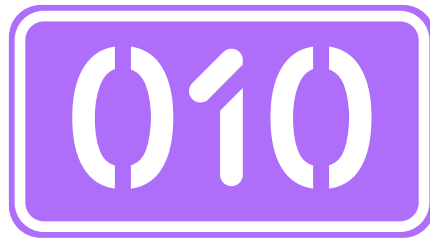


THE
PARKING
SPACES



A SERIES OF SITE-SPECIFIC
LISTENING EXPERIENCES TO
INVITE REST, ACTIVATION,
AND IMAGINATION AROUND
DOWNTOWN IOWA CITY

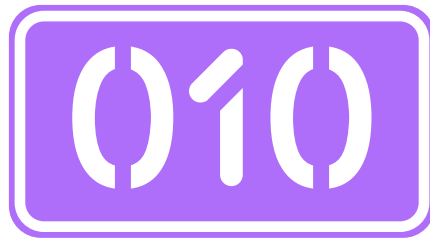
AUDIO TRANSCRIPT



CREATED IN COLLABORATION BY
STEVEN WILLIS, STEPHANIE MIRACLE, AND RAMIN ROSHANDEL

ILLUSTRATIONS BY SAYURI SASAKI HEMANN

MARY
MAYO



BESIDE THE CREEK,
UNDER THE BRIDGE

(OUTDOOR AMBIENCE)

MARY'S VOICE:

Parking **SPACE 010**. We hope you have found your way along the small creek and near to an overhead bridge. There is a mural here. Hmm, I never noticed that before. As you listen to Mary's voice, you are invited to breathe, to move, to speak, to hear your own voice. Do you dare?

Feel the earth beneath you breathing as it is warmed by the changing season. Feel the earth's breath move up through your feet into the throats of your two legs, up into your hips and pelvis, your belly and lower back, your chest. Feel the earth's breath warm your arms. Feel it in your neck and throat and fill your skull. Feel the muscles of your body soften around with every earth breath. Feel the air on your skin. Let your lips part and feel the breath fly in cool and clear over those lips and the breath fly out warmed by the deepness of you. Notice where in your body you feel the breath move you. Place a hand on your moving, breathing center and imagine that that is where your sound lives, under your hand.

Imagine sound lives in your belly breathing center, a pool of sound. Allow a bubble of that sound to burst up and out of you= huh. And another bubble- huh. And another- huh Allow a fountain of those bubbles to stream up out of you- huuuuuuuh Imagine the fountain of your sound pouring up and spreading in the four directions of this garden space. Let your sound splash the space around you as if your sound were watering the plants. And now gently bring your lips together and gather the vibrations of that sound onto your lips -huuuuhummmmm. Feel the vibrations of sound, the vibrations of you, on your lips. Taste them. Huuummmmm Feel how they begin in the pool of your belly and travel up to vibrate your face, your cheeks, forehead, skull. Feel them gather on your lips and skull and pour out in a stream, up and out of you. Huuummmmmmah. Speak your name feeling it begin in your belly pool of vibration and travel up and out over your lips. Do you know a poem or a favorite quote? Speak and feel your voice in your body. And see it land on the trees, the grass, the plants around you as if your words were vibratory wind blowing and being received by the plants around you.

010

