

Artist's Way Project

Scavenger Hunt

Listening Walk Edition

Listen to Find the Following -

Humming insects

Footsteps of different rhythms

Different bird calls

Cracking twigs

A basketball bouncing

The distant sound of a lawnmower

Frogs croaking

Distant traffic sounds

Crickets chirping in the evening

Skateboards rolling on pavement

Laughter

Peaceful silence: Take moments to appreciate the serene and peaceful moments of silence, allowing yourself to truly listen to the absence of sound.

Sensory Sound Map: Draw a map of your neighborhood or a nearby park. As you explore, mark different locations on the map where you hear interesting sounds. Add symbols or drawings to represent each sound you discover.



Scan this code to learn more!

The Artist's Way project is a city-wide exploration of the book Artist's Way by Julia Cameron. It is a dynamic and multifaceted art project that goes beyond the traditional boundaries of art installations and community events.

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Inner thoughts and emotions: Tune in to the thoughts and emotions that arise within you as you walk, allowing yourself to listen to your inner world.

Your breath: Focus on the rhythmic sound of your breath, using it as an anchor to bring yourself into the present moment.

Heartbeat: Take moments to listen to the steady beat of your heart, reminding yourself of the vitality within you.

Footsteps and movement: Notice the sound of your own footsteps and the way your body moves as you walk mindfully.

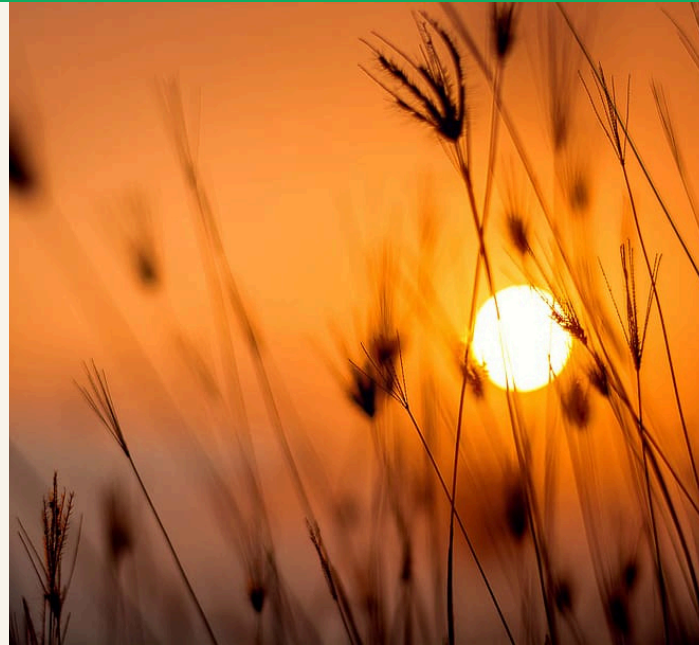
Surrounding conversations: Listen to snippets of conversations happening around you, without engaging or judging, simply allowing the words to pass through.

Ambient sounds: Open your ears to the background sounds of the environment, whether it's distant traffic, distant laughter, or the hum of nature.

Echoes: Pay attention to echoes bouncing off buildings or natural formations, appreciating the unique acoustics of your surroundings.

Synchronicities: Be open to meaningful coincidences or synchronicities that catch your attention, treating them as messages or signs to listen to.

Silence: Embrace moments of silence and stillness, allowing yourself to fully immerse in the absence of sound and finding peace within it.



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