



Activation

Set the tone for the game with this simple activation exercise.

Place the map on the ground and start the five-minute timer in the web app. Begin walking as slowly as you can around the map. Each player starts on a different side, aiming to complete one full circle until the timer chimes.

Observe how your thoughts and connection to your surroundings change as you move. Pay attention to small details — your balance, your heartbeat, scents in the air, and nearby sounds.

Guidelines

Use the *Earwitness* map and web app in order to play.

Pair up with a partner. Stay non-verbal, to fully focus on listening rather than making sounds.

The game starts with an activation exercise and then moves on to the main part where you explore and capture sounds, guided by prompts. Playing outdoors is encouraged.

Complete all the prompts on the map in one go or just a few. You decide when to end the game. If you're ready for more, explore additional prompts in the web app.

Feel free to adapt these guidelines to suit your experience.

Assign your roles: *Ear* and *Witness*.

01

The *Ear* selects a prompt and leads the way. As you listen and explore, find a sound that matches the prompt and let it lead you to its source. There's no set path, let yourself be guided by your intuition.

02

04

When having found a matching sound, the *Witness* captures it using the web app. It will turn the sound particles into tangible clouds and archive them directly on your device.

After recording, switch roles and choose the next prompt with the map. Continue until all prompts have been explored and recorded.

03

Once you're done, take a moment to reflect.

05

View the collected clouds of sound particles. Talk with your partner: How do you feel? Did playing change how you listen? Did you understand each other without speaking?

Introduction

As you listen, the particles of sound decide to be heard. Listening affects what is sounding. It is a symbiotic relationship. As you listen, the environment is enlivened.¹

¹ Pauline Oliveros on Quantum Listening. Particles of sound, called phonons, are not physical particles but a way to describe sound energy moving through material.

In this game, you are not just a listener, you are part of an intricate system where sounds and attention interact. Think of sounds as tiny particles, each one shaped by your focus. By listening deeply, you influence their movement and energy, creating a dynamic exchange between yourself, the sounds, and those around you.

Notice the layers of sound — the obvious and the subtle, the rhythms and the silences. Feel how your awareness shifts the way they unfold, like ripples spreading through a pond.

This is not just a game, it's a chance to explore how listening can transform your perception and the world around you. What will you discover as you listen? Let's begin.

Earwitness



Access the web app via this link: www.eclact-lab.com/earwitness. Use the *Save and Share* option to select *Add to Homescreen* for offline access. For an uninterrupted game experience, setting your device to flight mode is recommended.

00

Find...

**a murmur that is
always there**

**a sound that is
smiling**

**a sound that seems to be
sending a message**

**an unexpected
rhythm**

**a sound that feels
like a secret**

**a sound that
holds tension**

**two sounds blending into
a shared melody**

Tuning into the hum of existence — Slowing down is a powerful practice that invites us to attune to the subtleties of our surroundings. Through conscious movement and wandering ears, we open ourselves to the often unheard details of the world. It transforms walking into an act of deep listening and heightened awareness, connecting us to the environment and the profound interdependence of all beings and things.

Instructions

Print the map on A3 paper, double-sided, flipped along the short edge. Trim the edges following the crop marks. Begin folding with page 2 facing up, then fold and cut as shown.

