HEAR THE SILENCE

LONI LANDON

UArts SCHOOL OF DANCE

HEAR THE SILENCE

Hear The Silence

Loni Landon
Niall Jones, Thinking Partner

In partial fulfillment of the requirements for the degree of Master of Fine Arts, Dance

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The University of the Arts

ACKNOWLEDGEMENTS

Thank you for thinking alongside with me throughout this journey

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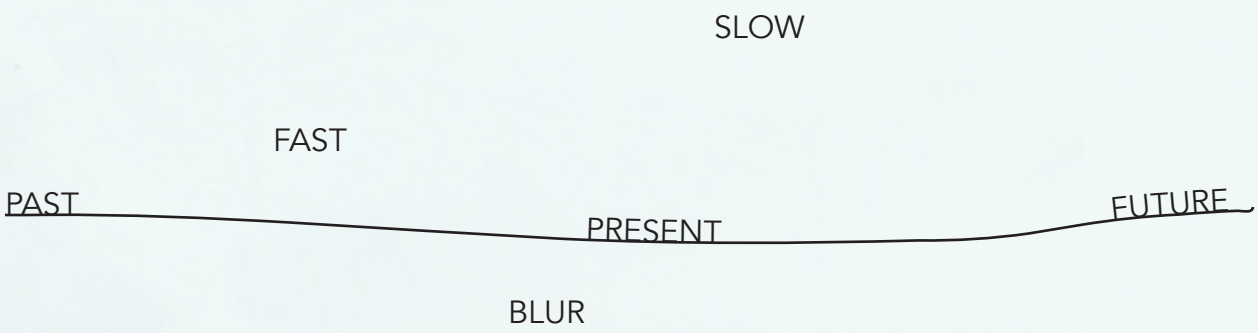
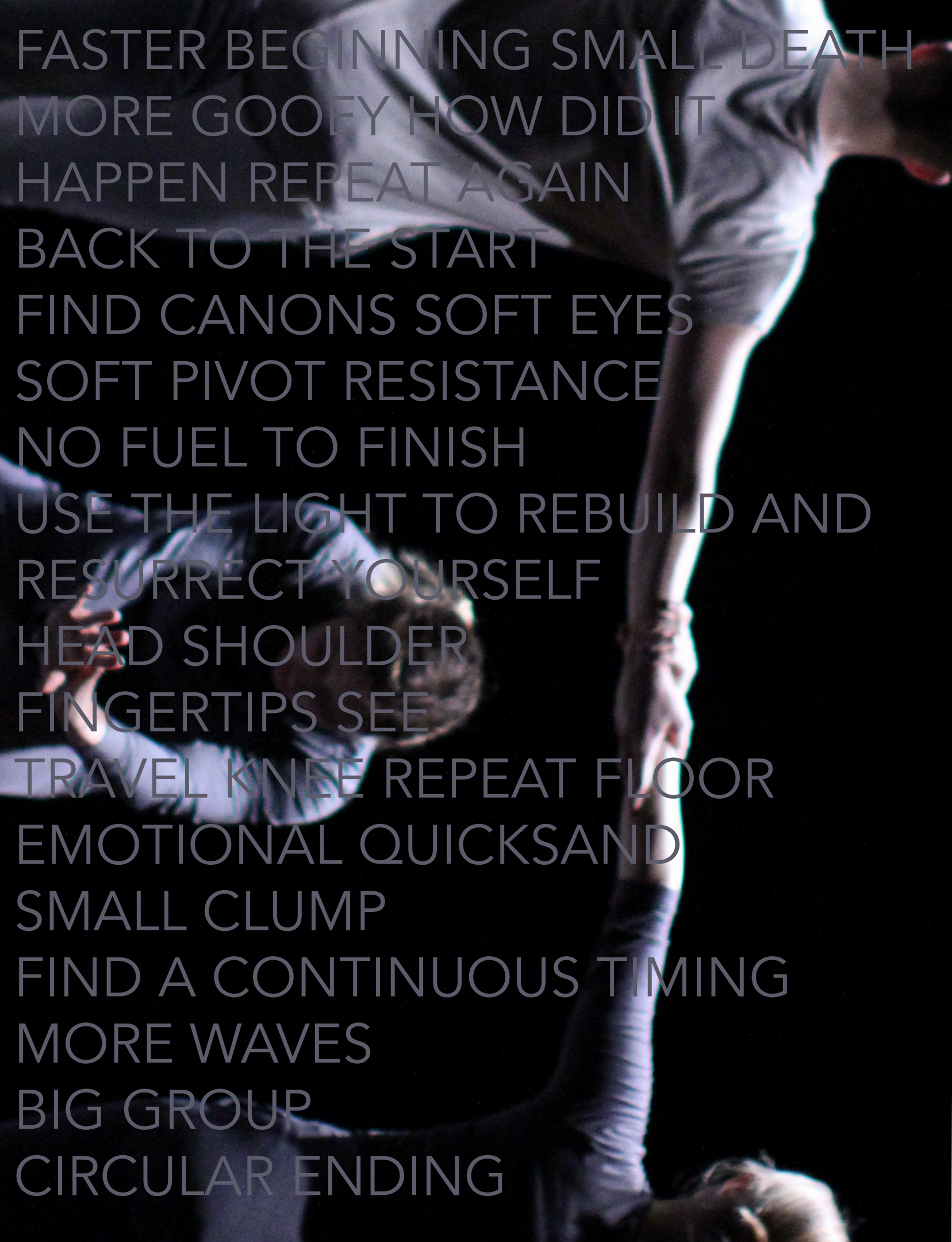
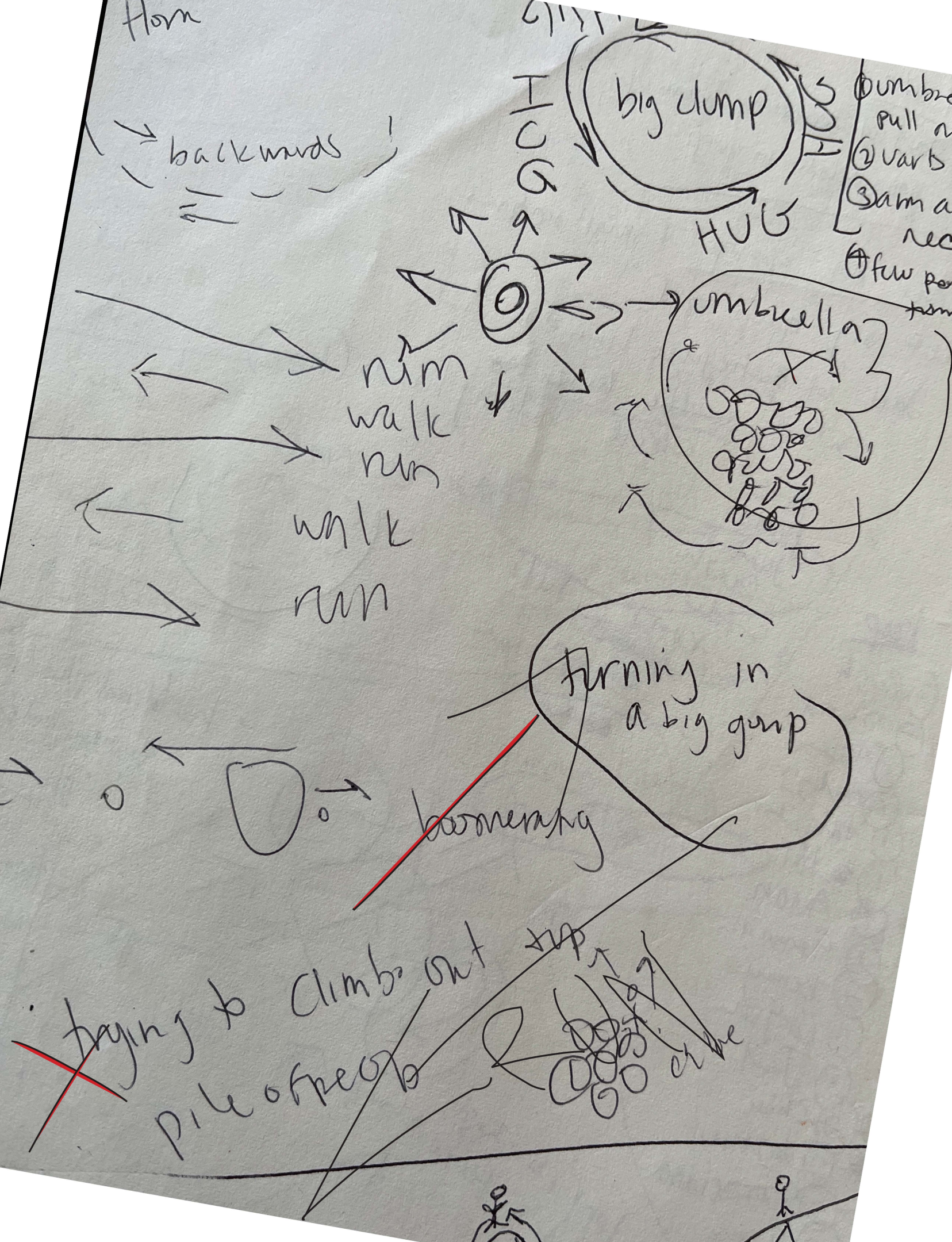
SOME KIND OF TABLE OF CONTENTS



THIS BOOK IS A DANCE. A REFLECTION OF A LIFE IN MOTION. TIME-TRAVELING CREATES A BLUR. MEMORY SOUND AND SENSATION ARE ALL INTERTWINED THROUGHOUT THE TIMELINE. THE REALIZATION OF THE NEED TO COUNTERBALANCE THE FAST-PACED NATURE OF LIFE, AND THE IMPORTANCE OF ATTUNING ONESELF TO THE RHYTHMS OF THE BODY AND THE POWER OF DEEP LISTENING.


FASTER BEGINNING SMALL DEATH
MORE GOOEY HOW DID IT
HAPPEN REPEAT AGAIN
BACK TO THE START
FIND CANONS SOFT EYES
SOFT PIVOT RESISTANCE
NO FUEL TO FINISH
USE THE LIGHT TO REBUILD AND
RESURRECT YOURSELF
HEAD SHOULDER
FINGERTIPS SEE
TRAVEL KNEE REPEAT FLOOR
EMOTIONAL QUICKSAND
SMALL CLUMP
FIND A CONTINUOUS TIMING
MORE WAVES
BIG GROUP
CIRCULAR ENDING


Horn
backwards
big clump
HUG
umbrella
run
walk
run
walk
run
turning in a big group
boomerang
trying to climb out
pile of rec
arrive

CULTURE
CITY OF NEW YORK

Lower Manhattan Cultural Council

The Playground is made possible in part
Arts Fund, supported by the New York C
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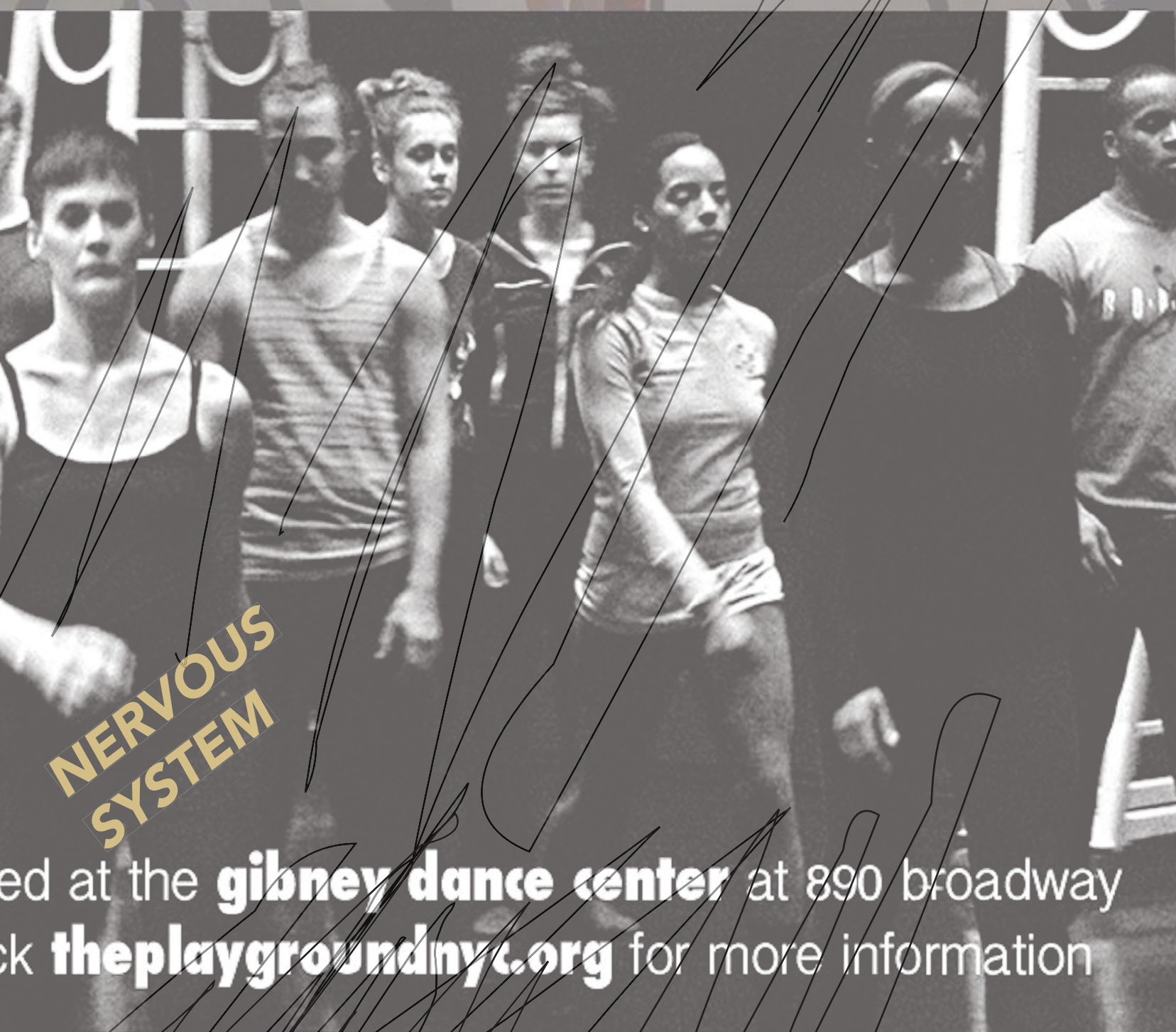
SUMMER SESSION
July 16-August 3
12-2pm

IM DOING THE MOST



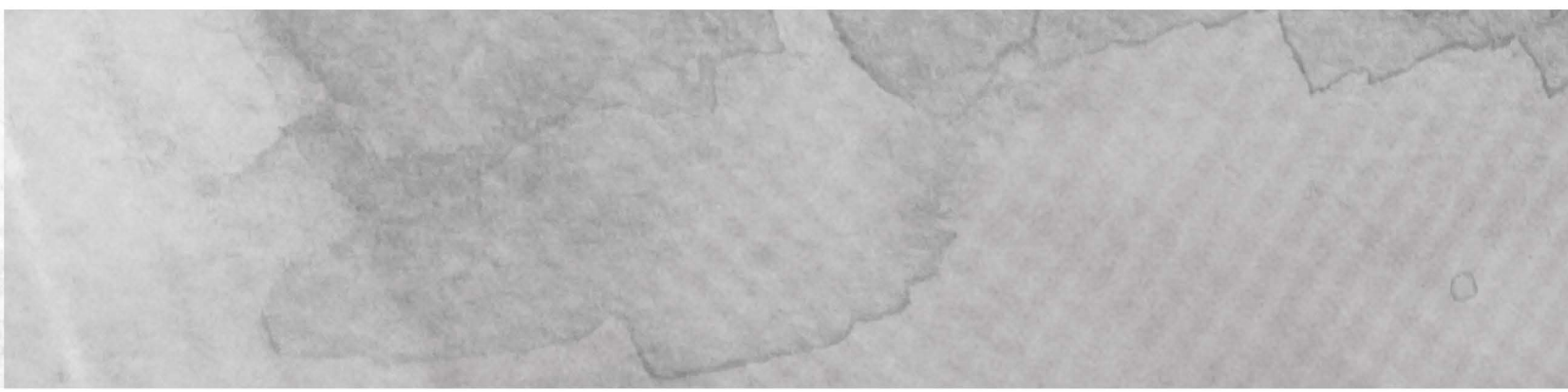
NERVOUS SYSTEM

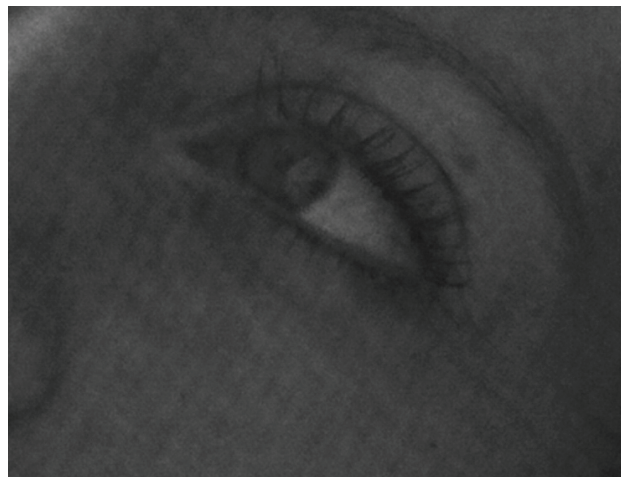
ed at the **gibney dance center** at 890 broadway
ck **theplaygroundnyc.org** for more information

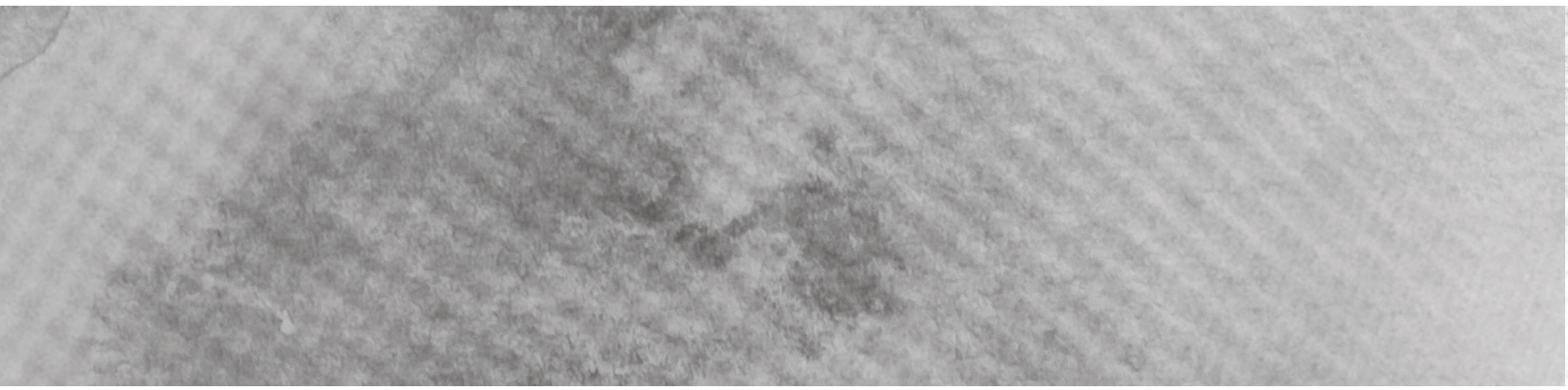
t with public funds from the Manhattan Community
City Department of Cultural Affairs, in partnership
by Lower Manhattan Cultural Council.

SLOW DOWN

artwor
emily tern
karime ar







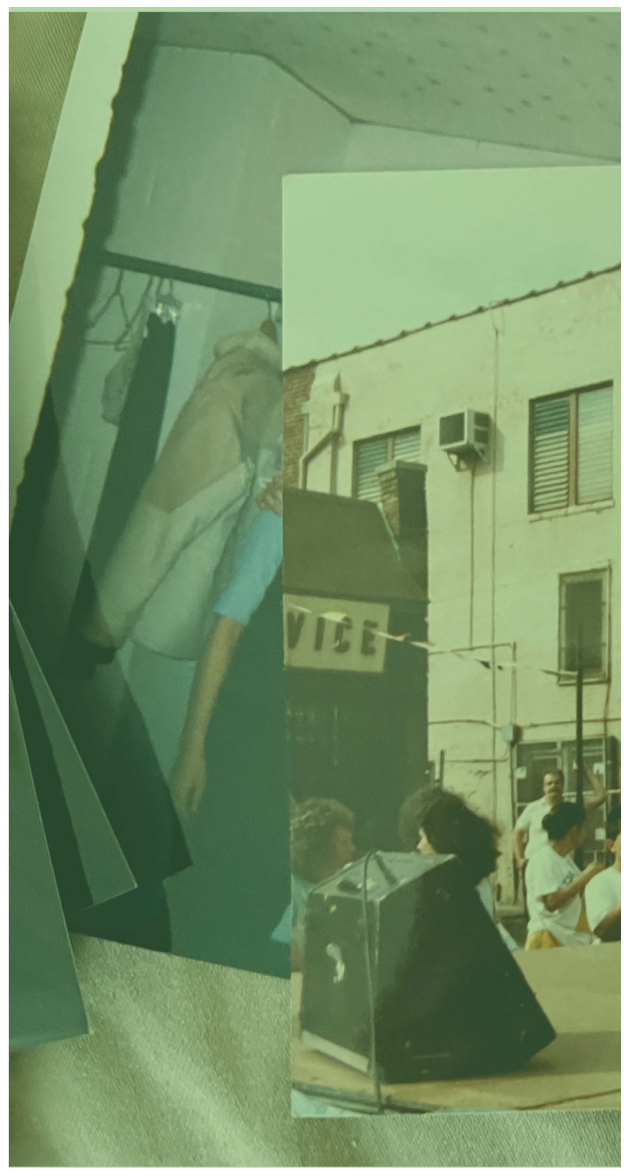
I am rushing to my next appointment. It is mid-day in the West Village. I already was in two different neighborhoods and not even 2pm. I'm doing the most. I make my way through a crowded street, there is loud construction and the construction worker cat-called me. I walk at a fast tempo. I dodge those solicitors on the street from Greenpeace. They want money. My cyclical thoughts are loud. “Don't be late” is on repeat. I have to go somewhere to find silence amongst the noise.

I’m doing the most.

No one looks up when they walk. The screeching sound of skateboarders, the saxophone, tourists taking selfies. I leave with my emotional armor on. Thick air. It's always there. The impenetrable layer is heavy against my skin. Like latex. It's humid and hot, so humid and hot. I have to walk fast through the Westside in the 30s, not my favorite place. There are people passed out on the sidewalk. Garment district workers are passing by with rolling racks of clothes. Where should I get lunch? I have to make it on time. It smells like Burger King, hamburger grease and onions. All of my favorite spots have closed. I have to make a return for a costume. The line is too long, nevermind. Clothes are everywhere. My mom calls, I can't talk right now. The local train is slower, but less crowded. Which studio am I in? Sweaty feet, I can't open the window. Feels good to move, left arm, head, leg. Reverse that twice.

Almost there.

VICE
DO NOT CRO
ONI
ANNON


VICE

BLUR

NOS

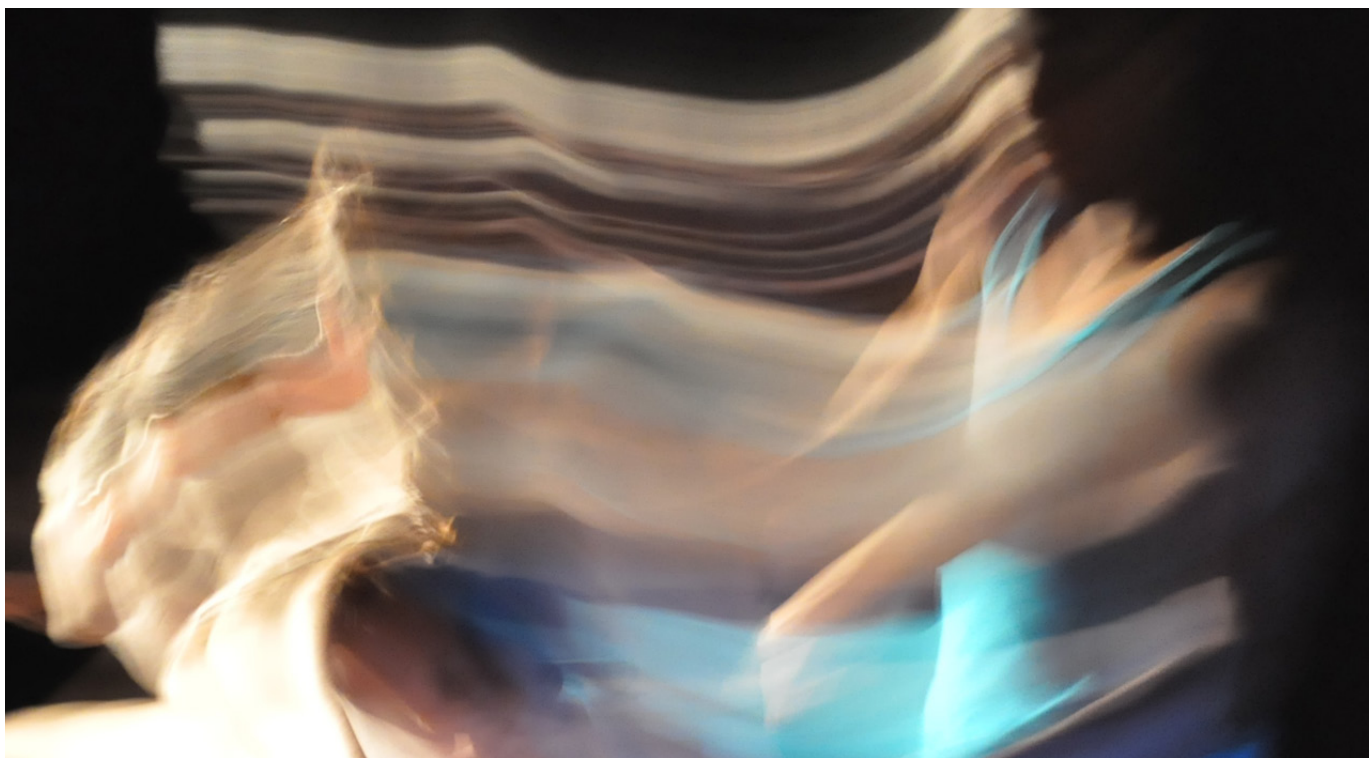
Before

After

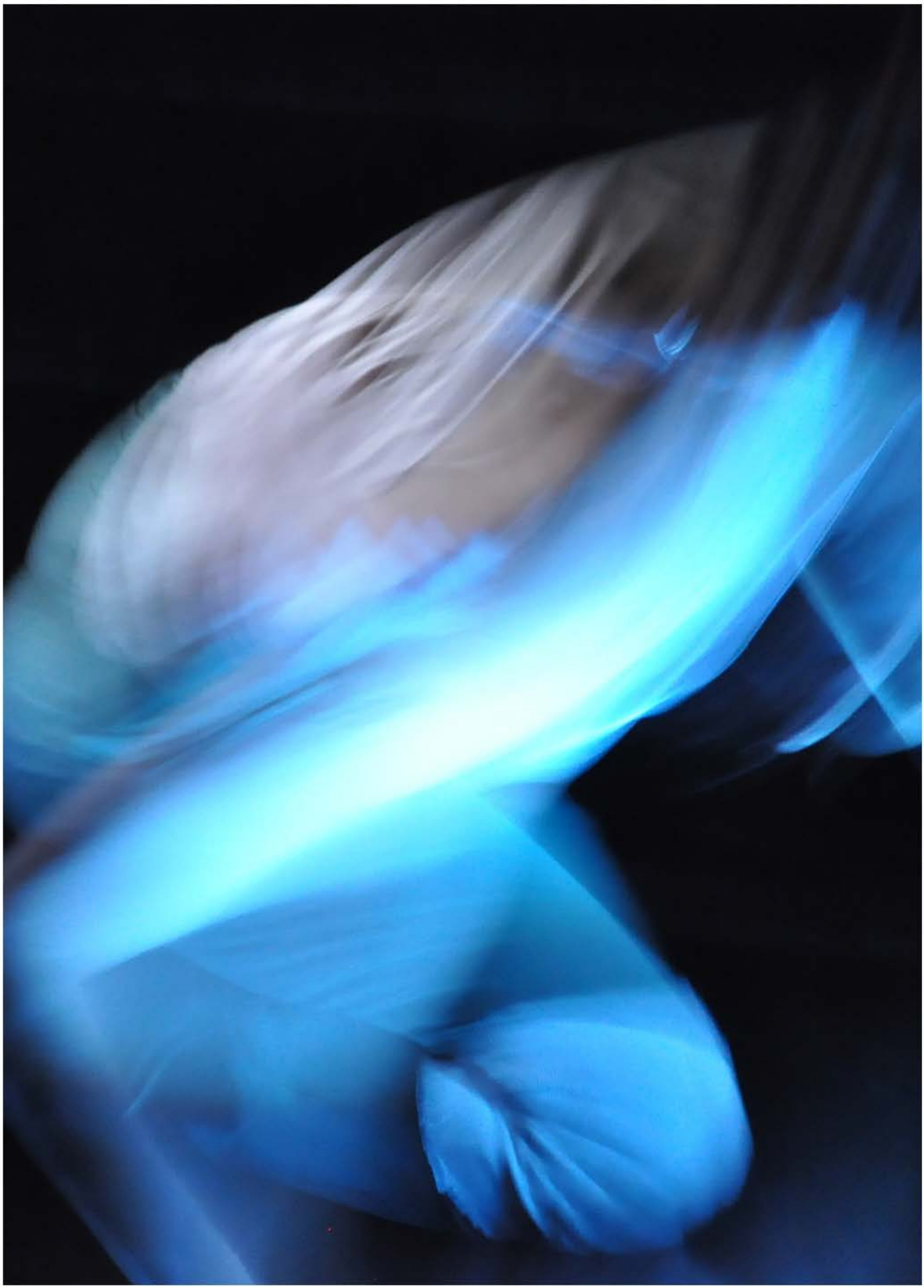
I rush to change clothes, I see someone I know but I don't want them to see me. I am determined to get in the room. I lay down for a few minutes before the teacher begins. We begin chanting and breathing. The vibration of the sound reverberates in my body. It's called sound toning. We repeat the vowels in a long extended breath…

"aaaaaaaa…..eeeeeeee…. oooooo…..uuuuuuuu….iiiiiii….."

it can feel silly but it does something. What is it doing? We continue with other breathing techniques and some yoga. My body twitches the remaining stress out. I connect to the sound bath waves of the music. I feel a calming sensation, clarity, and an overall sense that my well being is lighter. I reversed the way I arrived and started to walk home not bothered by any of the noise.

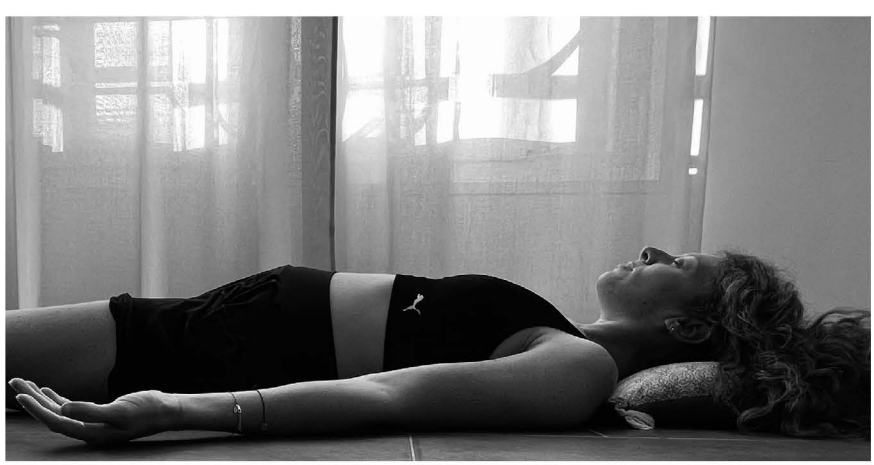


the ~~blur~~ of it all



take a few breaths
notice if you have tension in your tongue or mouth
stick your tongue out and place it behind your top teeth
slow down your breath
inhale for 3, 2, 1
hold
exhale 5, 4, 3, 2, 1
keep breathing
what sound do you hear?
is it from an internal or external source?

what if you could hear the silence?



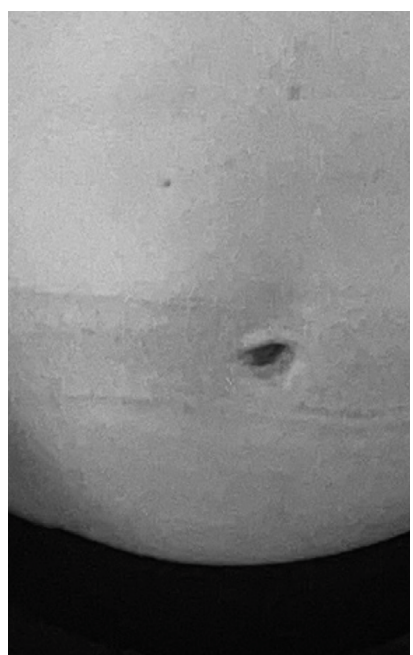
connecting to the rhythm of my breath I feel safe.
I am calm. I slow down. I am cared for

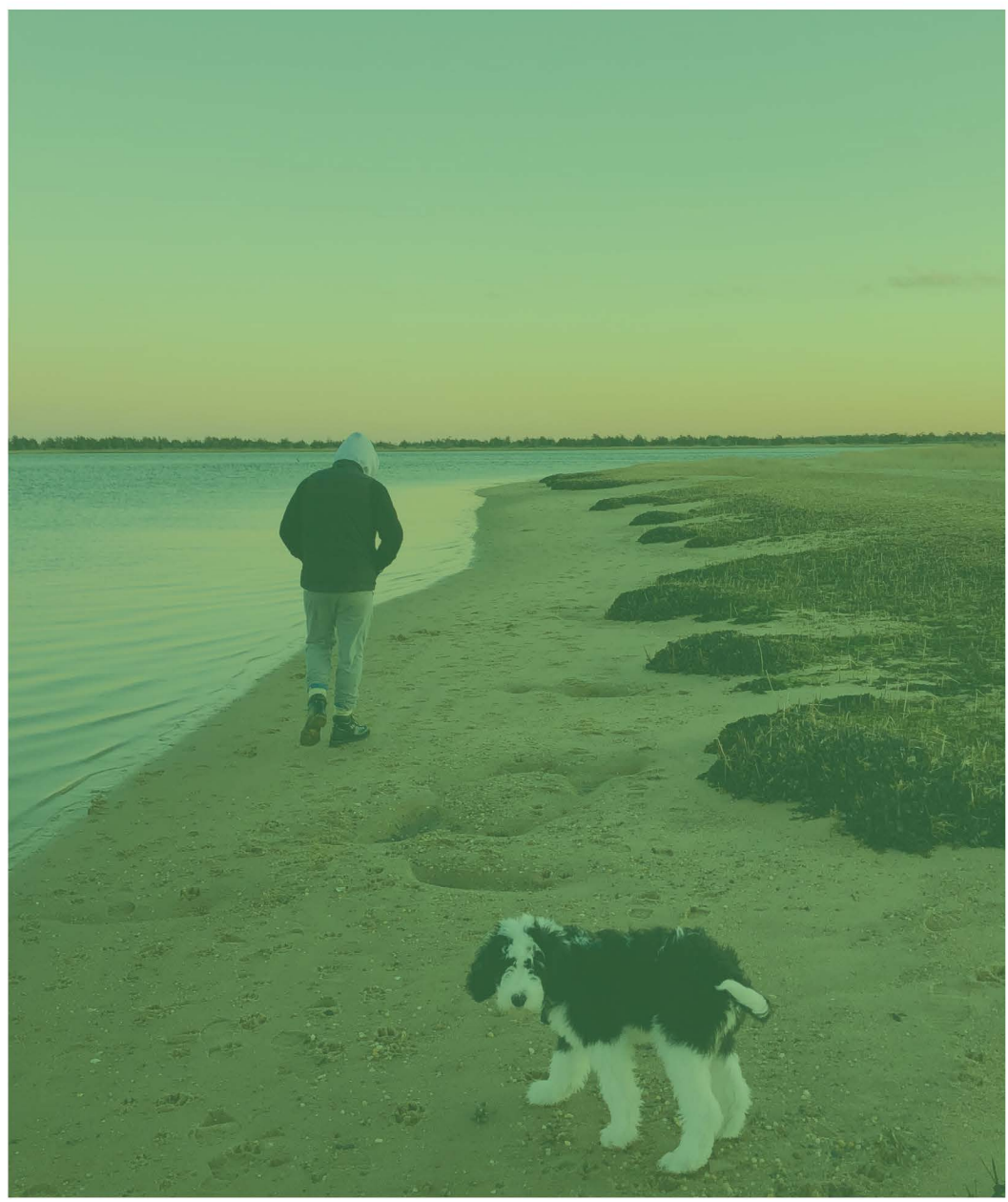
transported back to my childhood bedroom

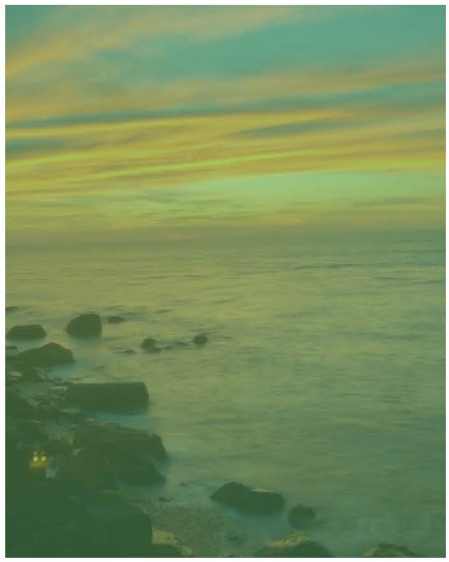
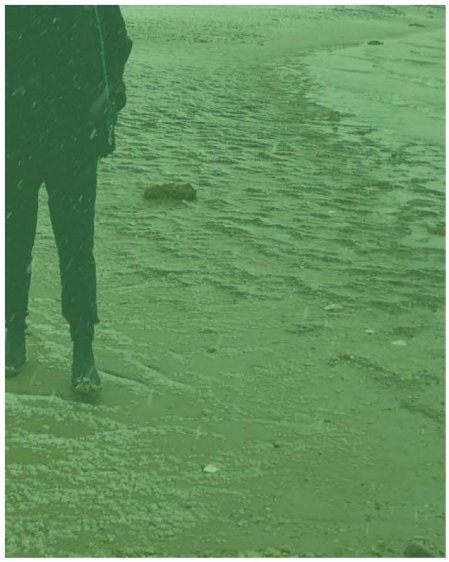
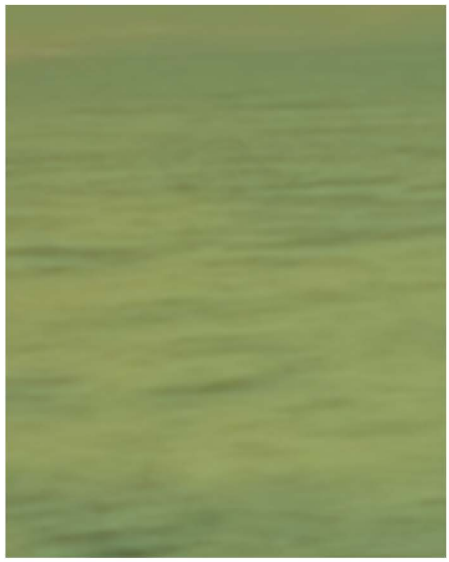
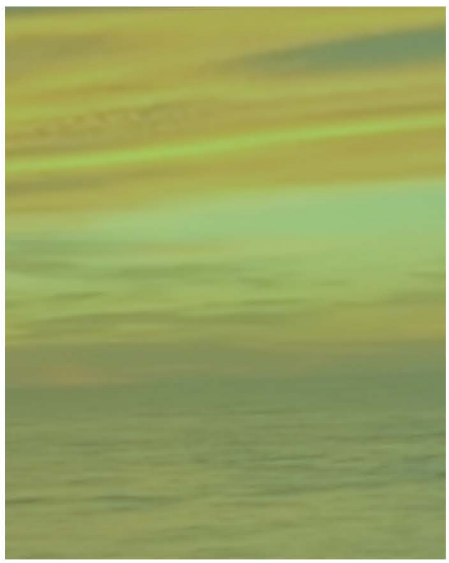
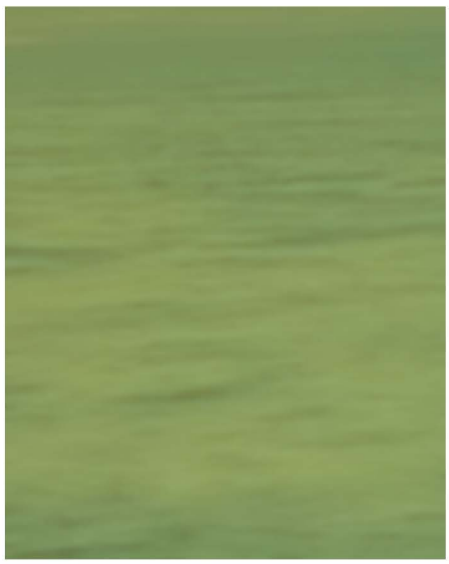
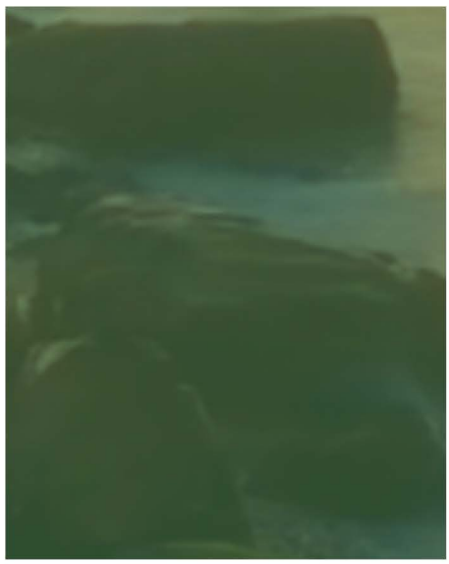
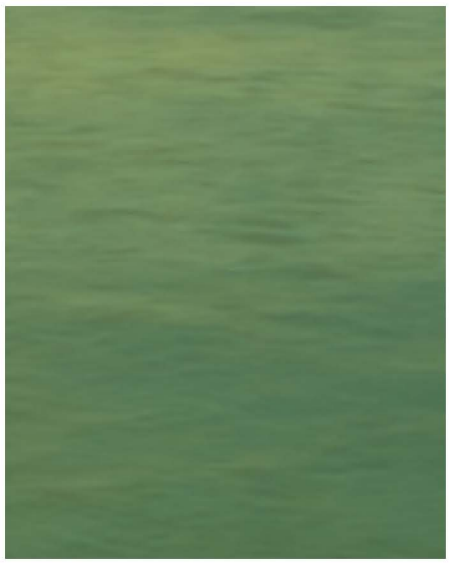
little again

Cabbage Patch Dolls and Lisa Frank stickers
my body is moving in the meditation of it all

I am receiving





It's not a real beach, but an inlet. It's a secret spot for locals only. You have to have a sticker on your car in order to park there. I just started to drive, I feel safe driving there, it's not that far from the house and hardly anyone is on the road

My dog likes to eat the mussels that wash up on the sand. He likes the foam, he keeps sneaking up to it and running away quickly. We walk to the end and back twice so we both exhaust ourselves. I feel the warmth of the sun on my freckled skin and smell the saltiness and dead rot of the fish that ended up on the shore.

There are hardly any waves, ideal for swimming. On our final lap back I take off my clothes and take a dip in the water with my underwear and sports bra on. No one is there. The water is warm and still, there are hardly any waves. It feels like a bath. The saltiness allows my body to float. My dog tries to swim out to save me. We both do the doggie paddle to get back. I take my underwear off when I get back on the sand and put my shorts on. Someone sees me in the distance. The sand gets stuck on my feet. The feeling of sand in shoes is like nails on a chalkboard. Rough, stubborn and sticky. I try to invent a new method of removing sand, I balance on one leg and slowly dip my extending foot into the water. I hurry to put in on my foot and quickly switch legs. My feet are now wet in the shoes but I don't pay attention to it.

I am waiting. I just wait. There is nothing I can do. I feel a slight pain in my right side. Not pain but discomfort. It's bearable. I feel my skin stretching to make space. My butt is getting bigger, it's coming out of my underwear. I never had big boobs in my life. My seventh grade self is so happy. They feel fake. I allow the changes to happen to my body, it makes me feel at peace. I am connected to the divine feminine and trust nature's way of remembering and then forgetting the process of birth. I feel grounded and my perfectionism is dissolving. I am practicing to slow down. I can't move fast. I am indulging in the slowness. I give myself permission to stay courageous to stay soft and slow.

Oh, courage.

WHAT INTERNAL NOISE DO YOU HEAR?
WHAT EXTERNAL NOISE DO YOU HEAR?
WHAT SOUNDS DO YOU REMEMBER?HOW DOES IT ALL TAKE SHAPE? HOW DOES IT ALL TAKE SHAPE?
WHERE AM I GOING?
SLOW DOWN
WHAT WAS THE LAST THING YOU HEARD?
WHAT INTERNAL NOISE DO YOU HEAR?
WHAT EXTERNAL NOISE DO YOU HEAR?
WHAT SOUNDS DO YOU REMEMBER?
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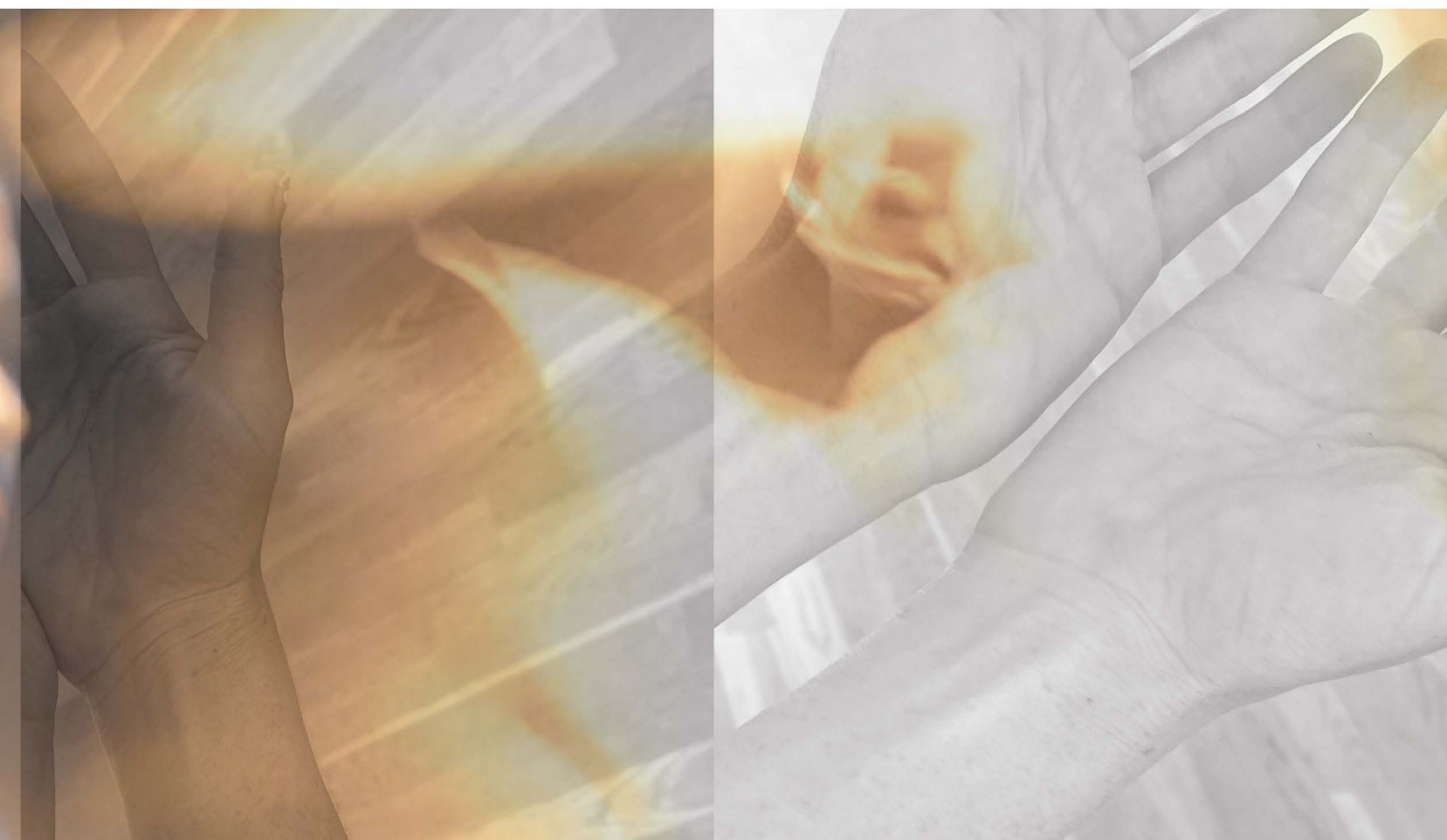
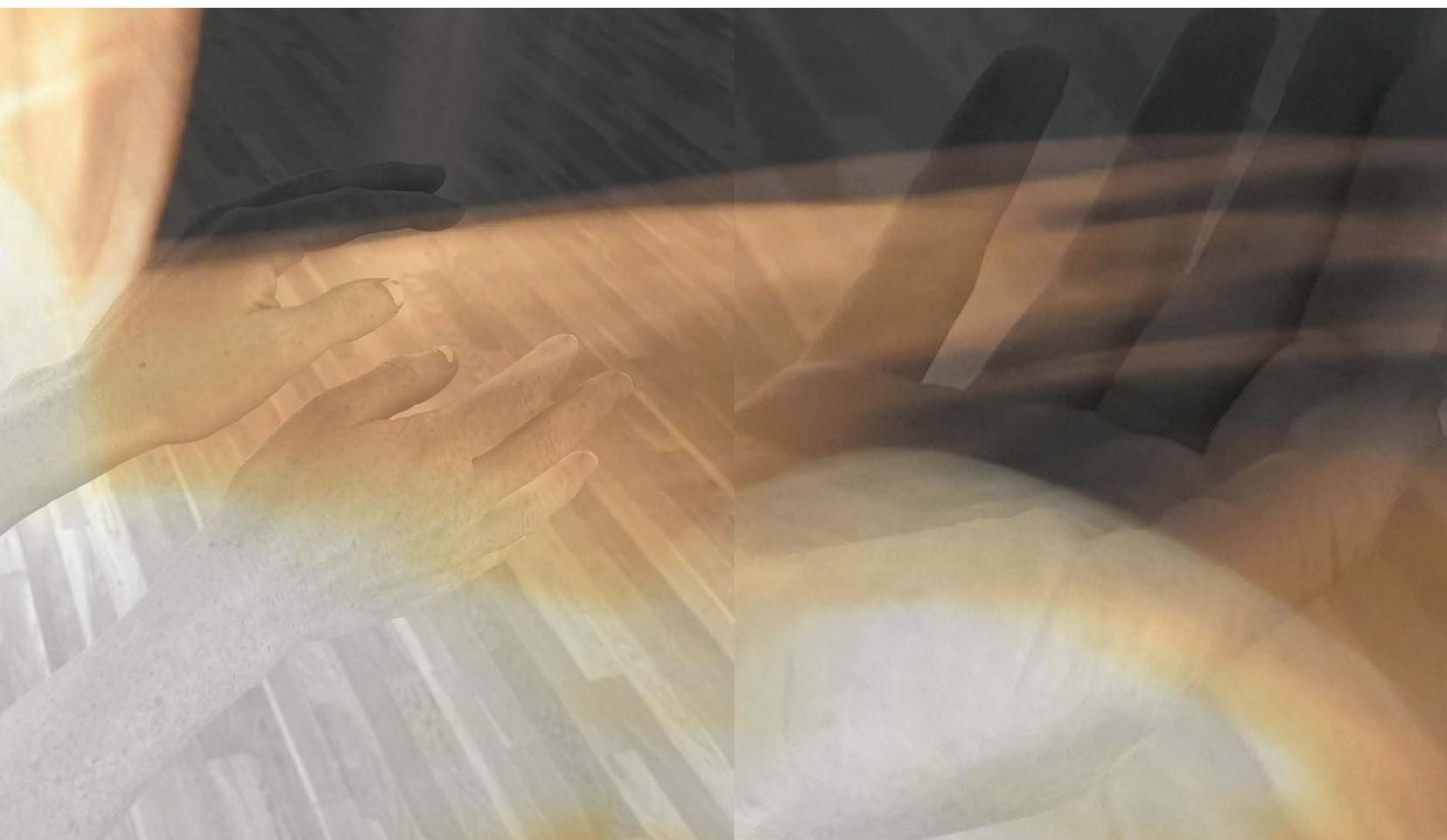
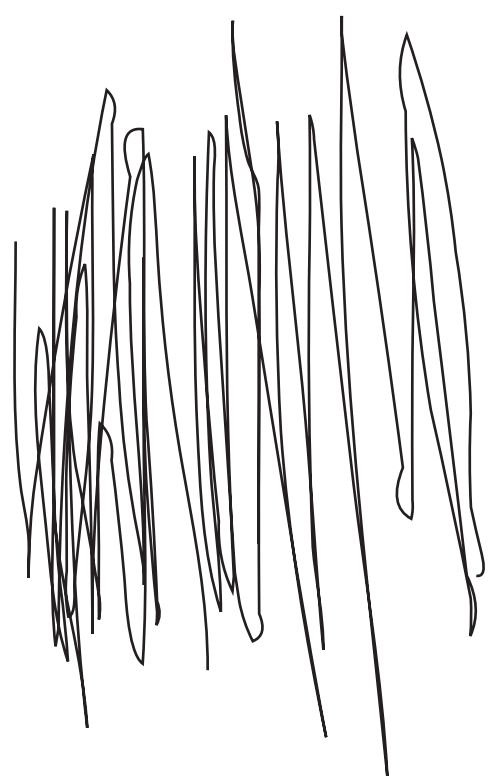




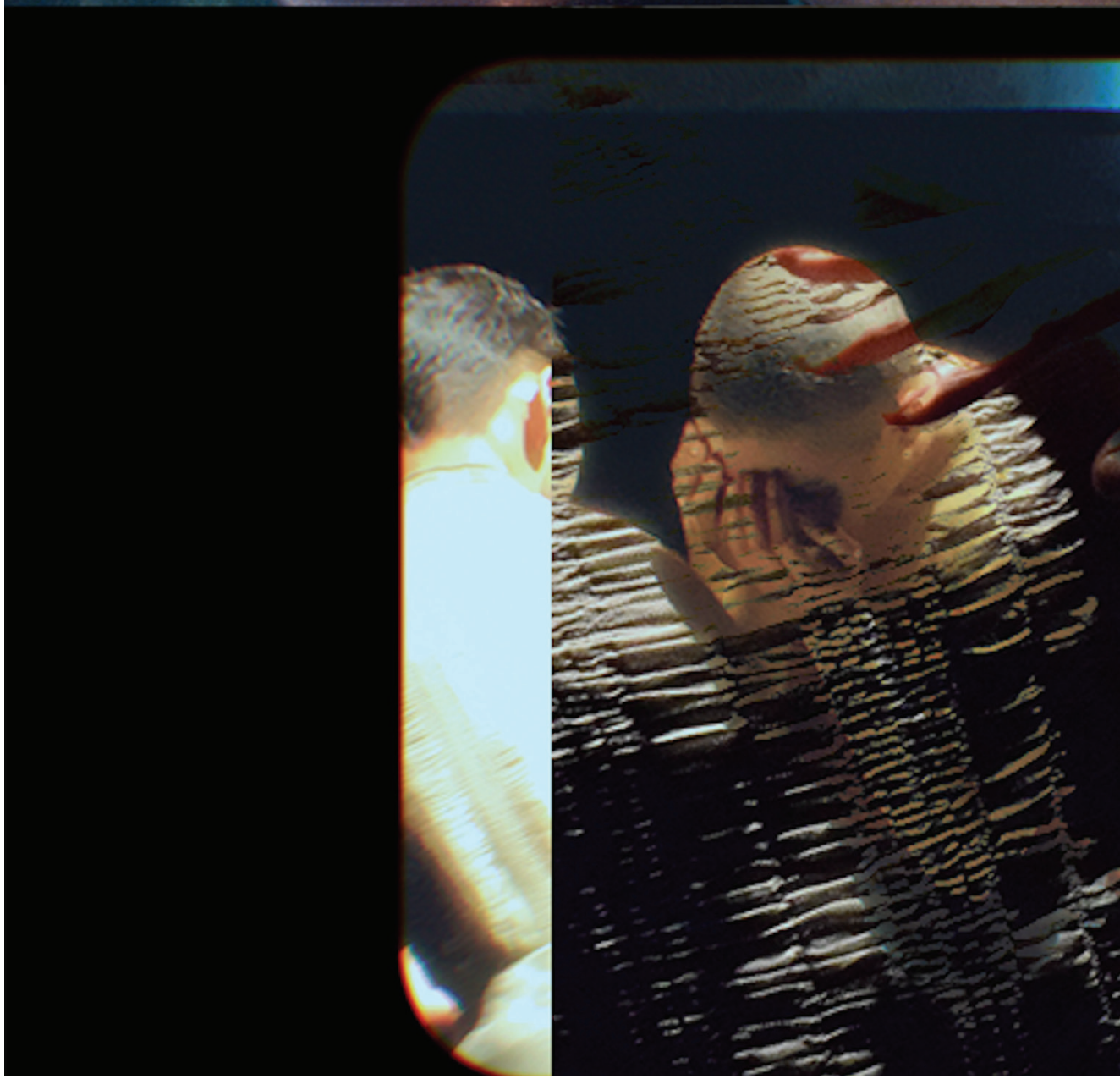


Slow drip. I knew nothing of silence. I had moved to the country as an adult. I was no longer in the whirlwind of noise, the crowded subway or in my tiny apartment. I started to experience deep silence, long interrupted silence.

My insides were rewiring themselves.

In the stillness I connected with the vibration of the natural sounds. The birds, the tractor at the farm next door, and the distant sound of boats coming off of the bay. I heard my breath. Deep, slow breath. Sip in air like a straw then exhale through your nose. Hold for 3,2,1…Then repeat in the opposite direction.

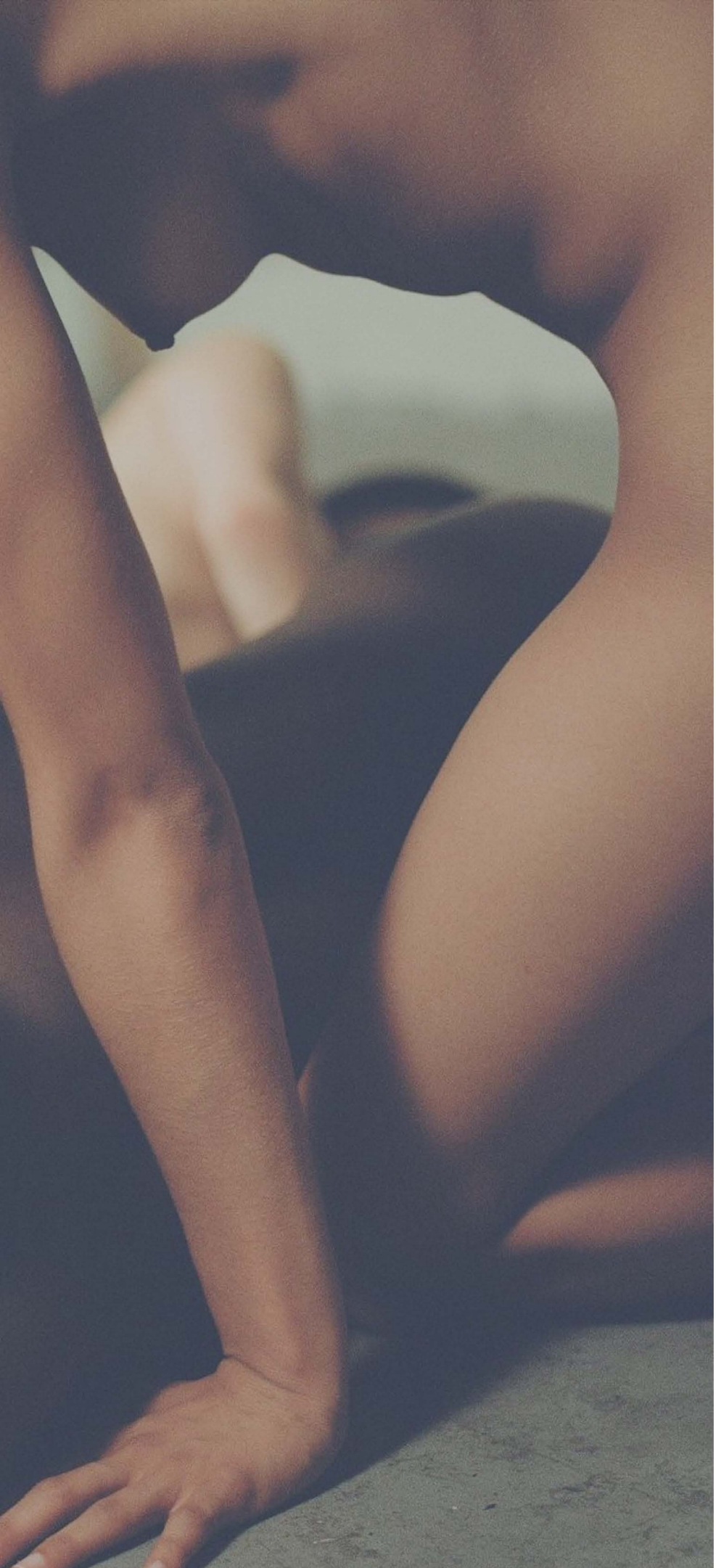
I made the most beautiful coffee. I used a pour over. I take my time with the process. It is slow. I boil the water and slowly pour it over the grinds. I stand in the kitchen with my house Crocs on. It is a country house, it never feels clean. My hands are doing a specific choreography. I love the shape of hands. I watch them as I pour it over gently until the water fills the brim. The brim is thick and my other hand is starting to hold the bottom. I repeat the pour over multiple times to fill up the beaker. The smell is dense and it has a chocolaty residue. It takes about twenty minutes to make. Slow drip.

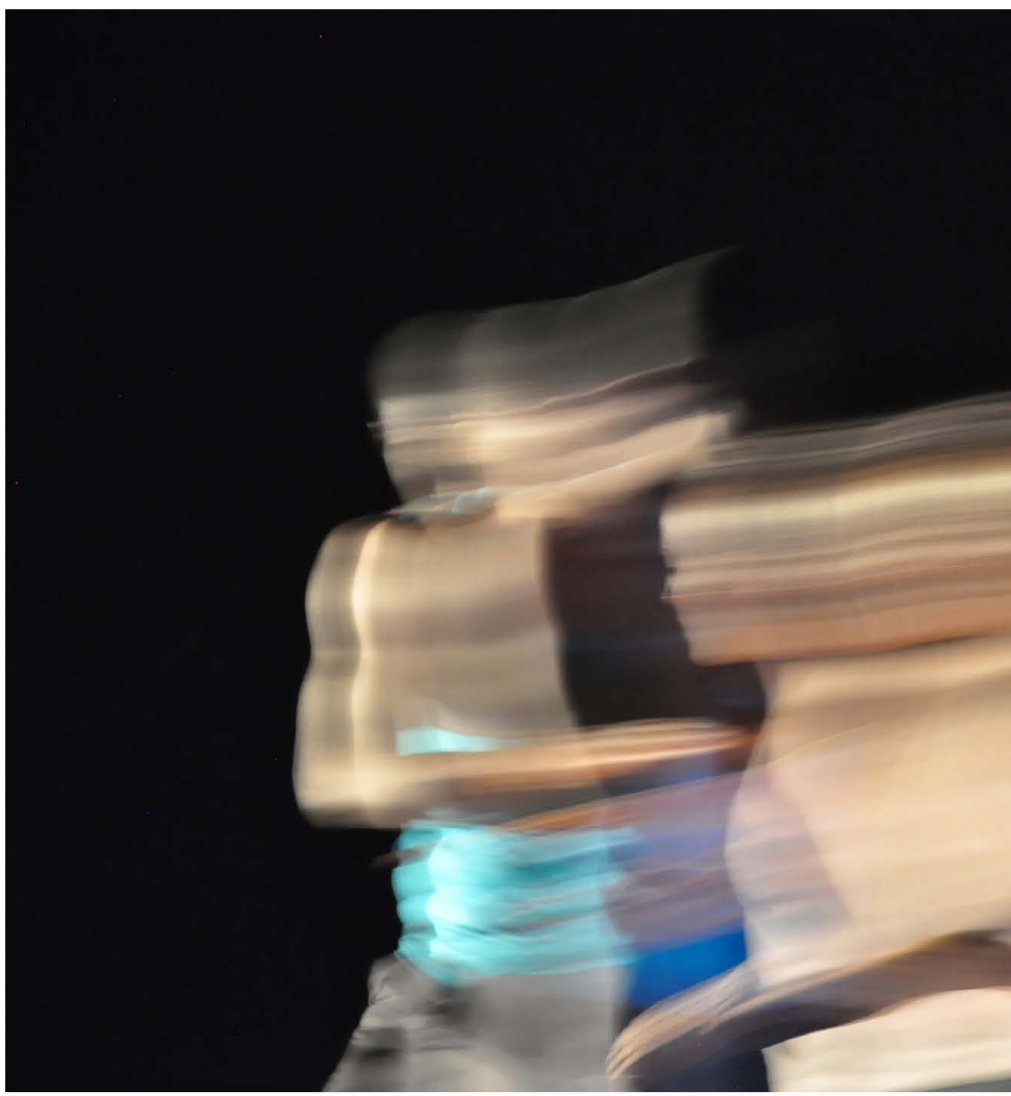


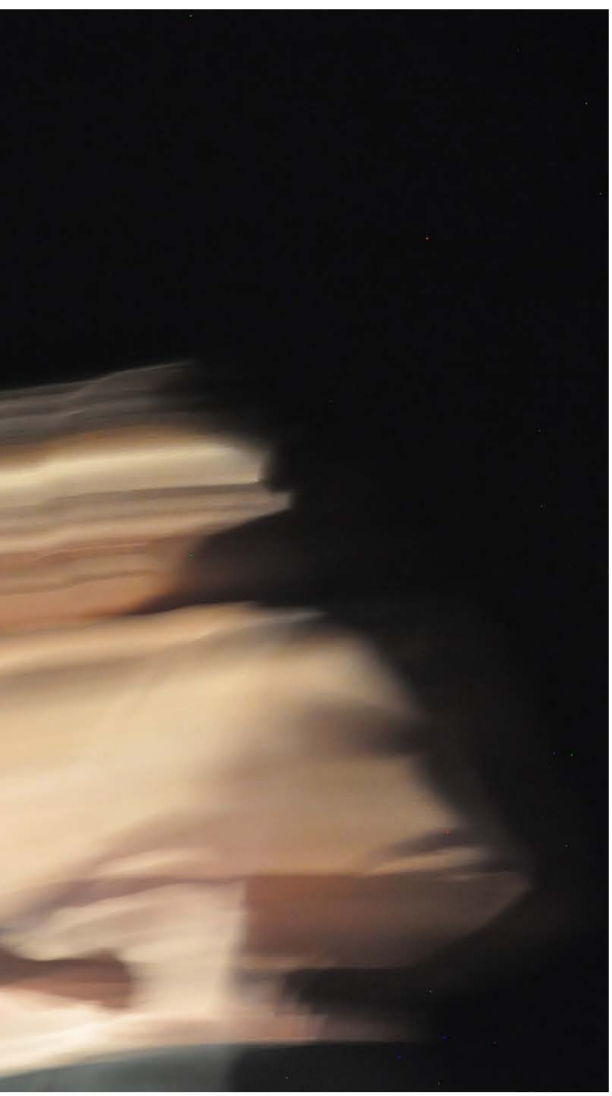
crawling and someone walking on top
watching downstage quietly and still
small three lines down right
line dance / gestures
just choose a choice
move forward
washing machine

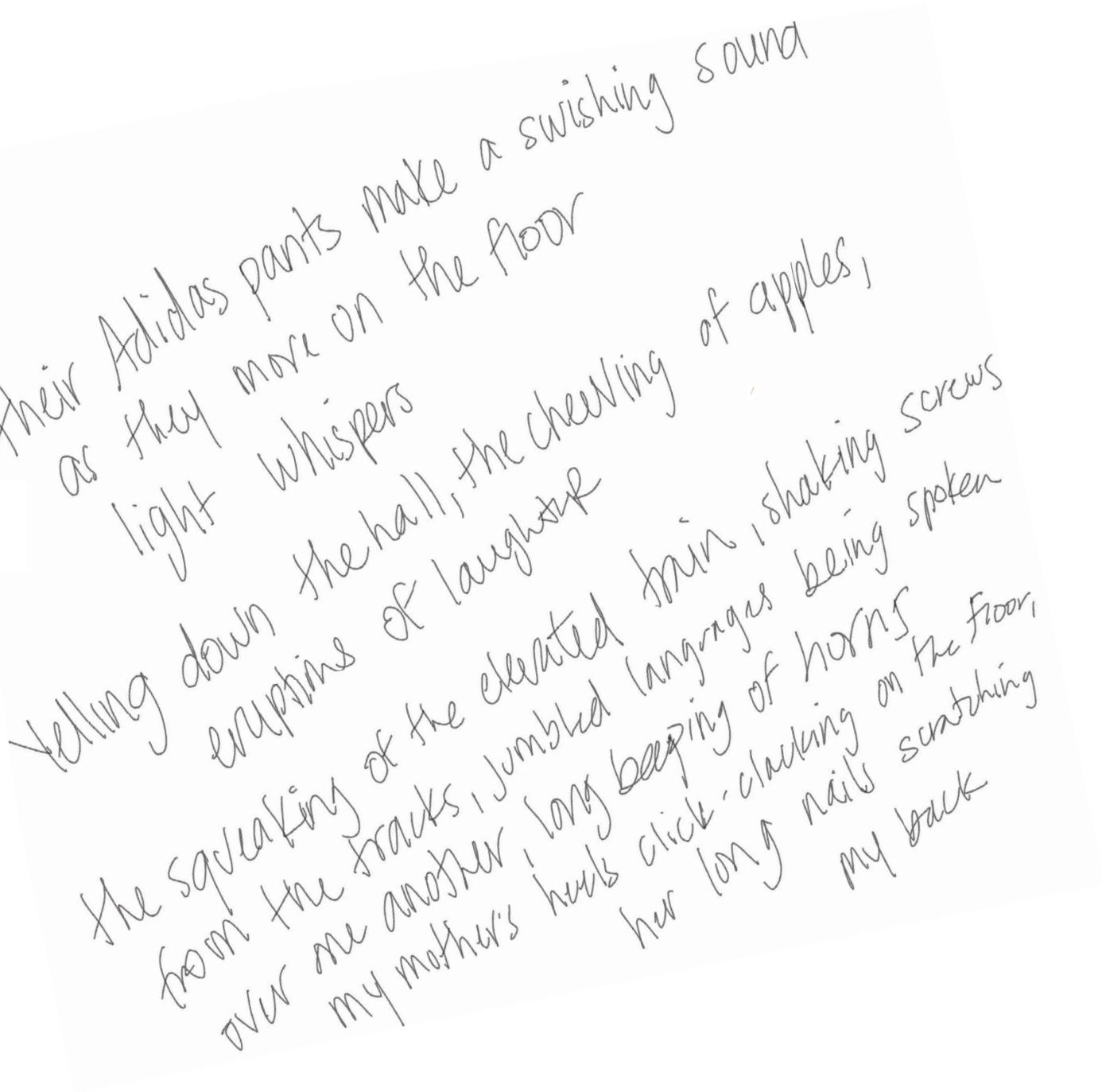
downstage left sitting down facing up-stage right corner
Repeat arms x 3
fast heads canon
sharp
different canons
Systems that interweave
add bass or something that changes tex-ture
way too even- stays the same.. need space
end of avoidance
a lot of running
opposite in two different circles- abrupt stops
clump- running down backs in domino canon
crawling and someone walking on top
watching downstage quietly and still
small three lines down right

I keep a secret stash of candy in the bottom drawer
no candy was allowed in the house
family photo collages everywhere
mint colored carpet
no more bunk beds
my mom says I am like a cat and only come out when I
want to play
we have to check the sugar limit on cereal boxes
no more than 10 grams
the volume of my house is on 100
I like to be alone
New Kids on the Block comforter set the sheets are pilling,
I refuse to throw them away

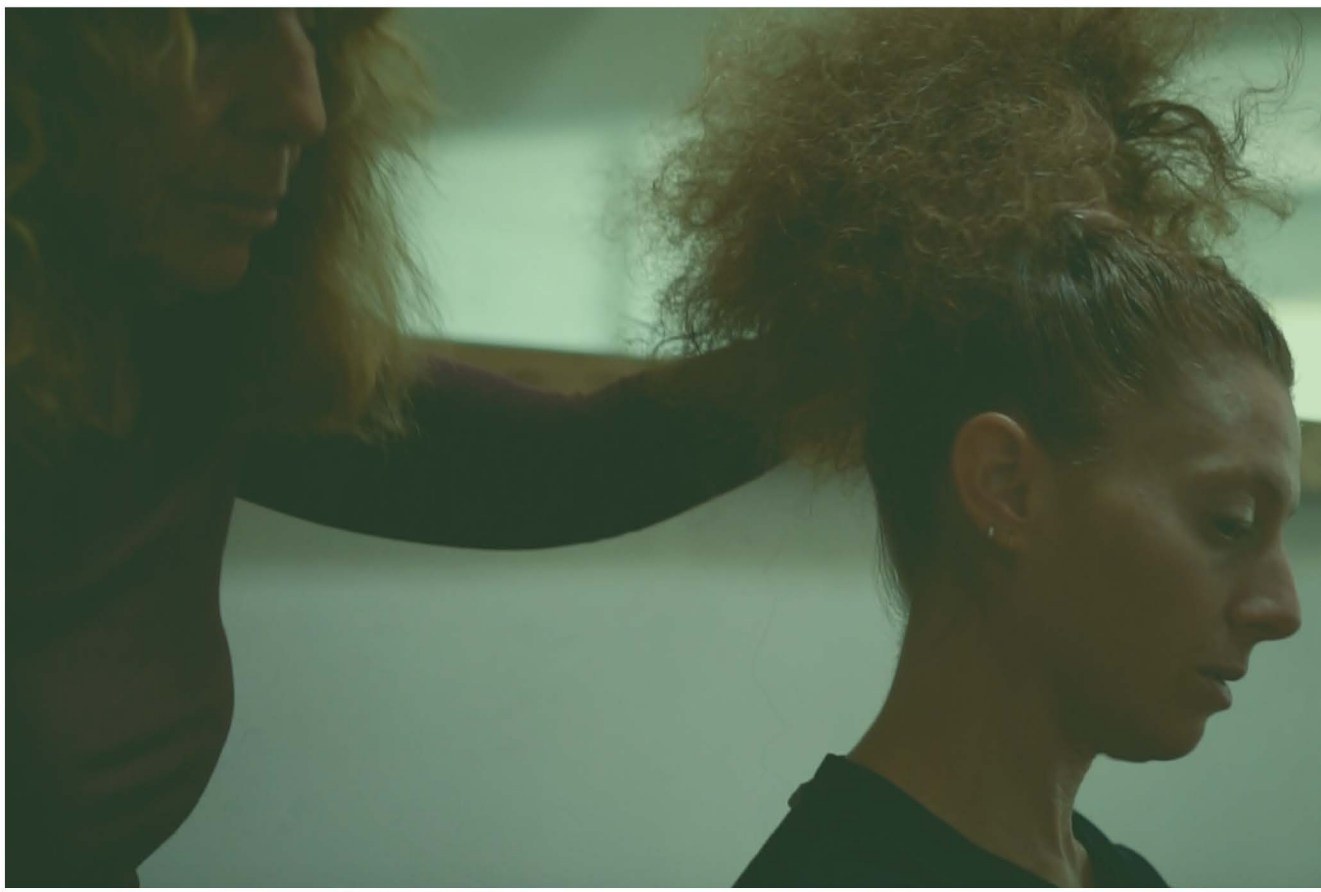




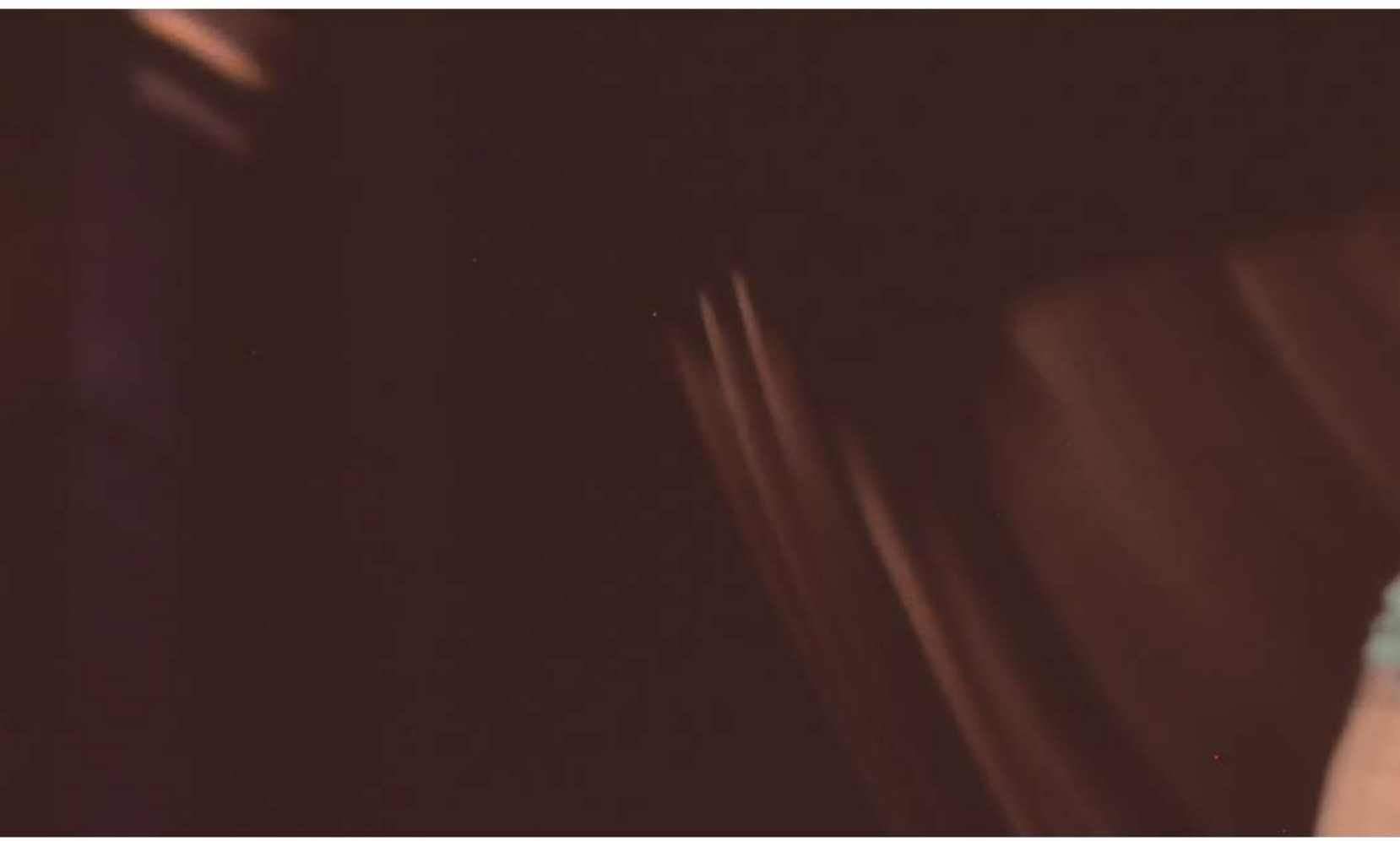


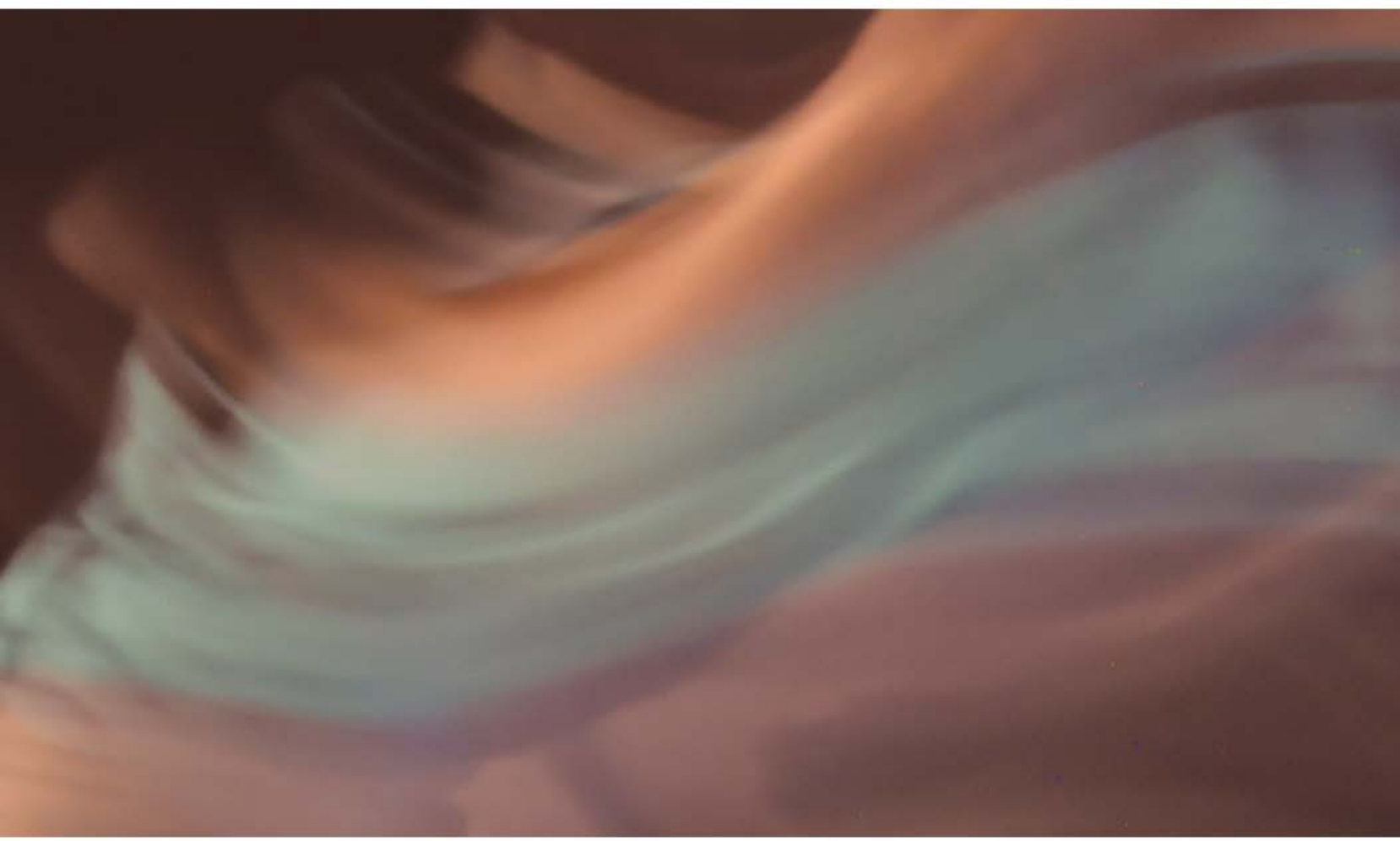


remember the sounds



the sound was repetitive, cracking until the smooth schoop of the brush would pass through my curls with ease. then, i'd hear her hand plunge into the jar of congealed Dep gel.



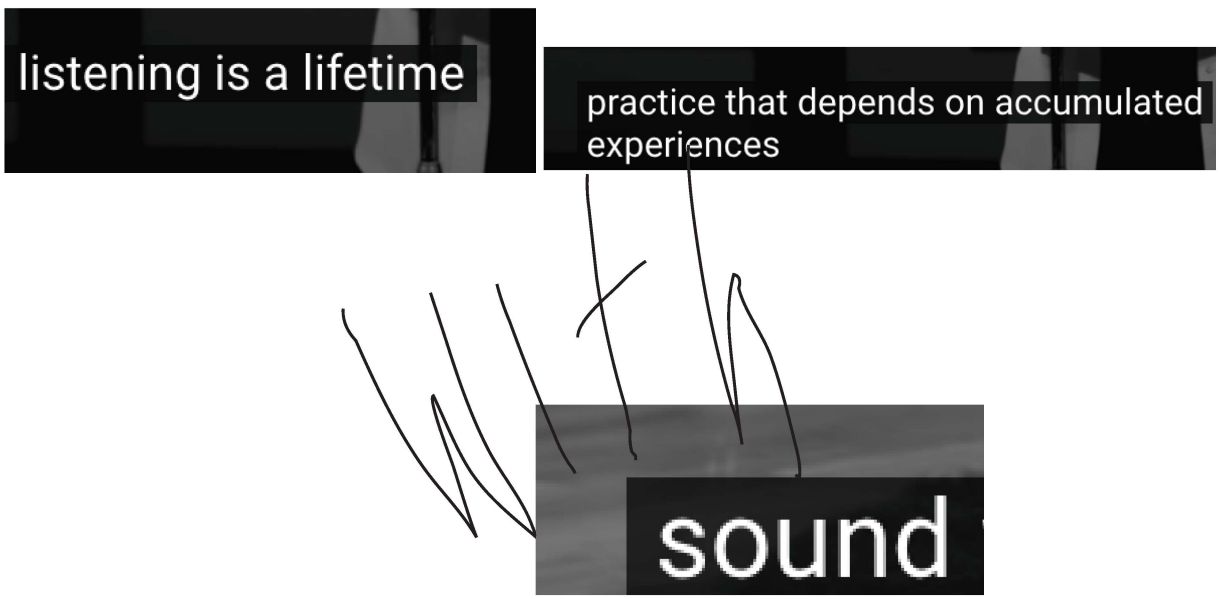


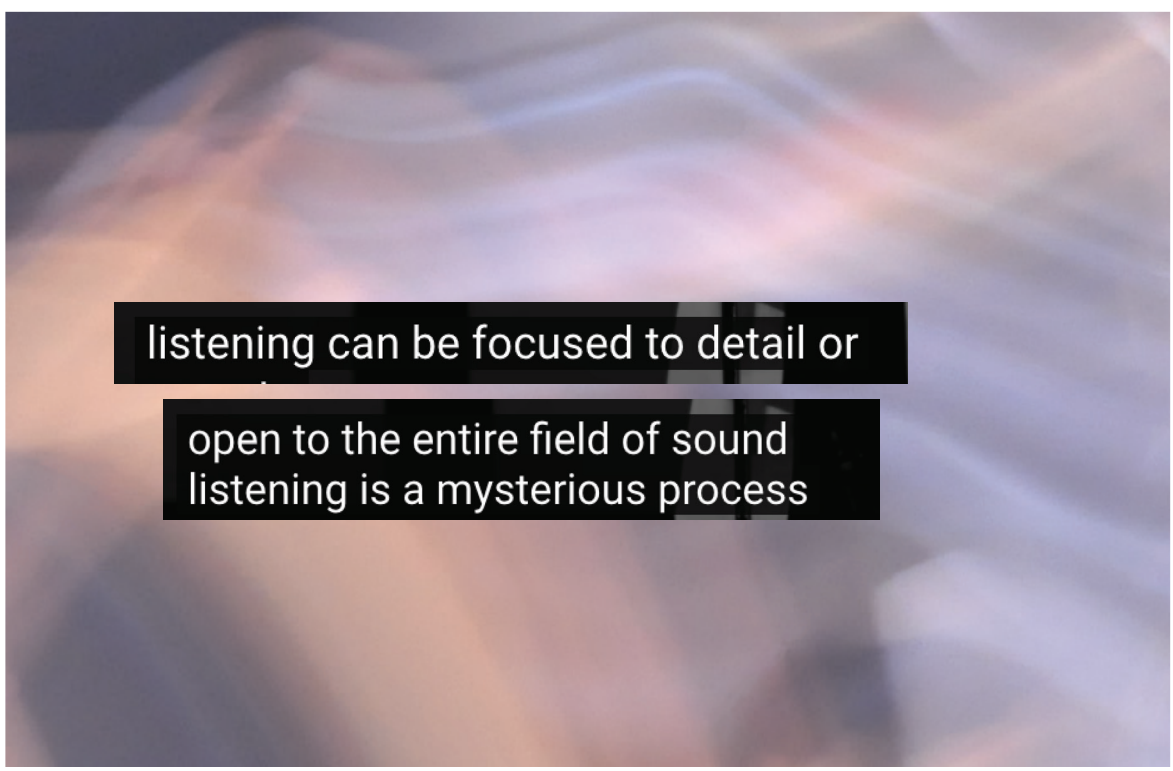
the practice of deep listening as it has developed explores the difference

between hearing and listening

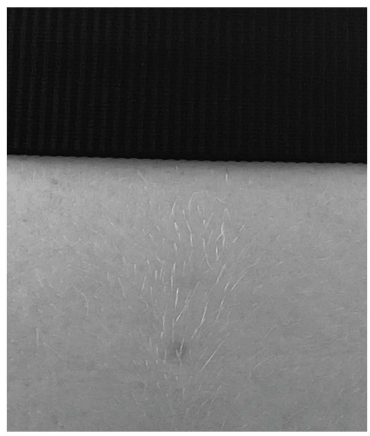
the ear hears the brain listens the body senses

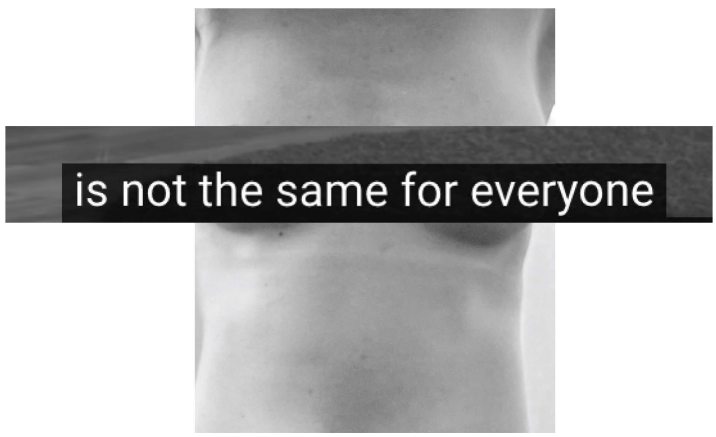
vibrations

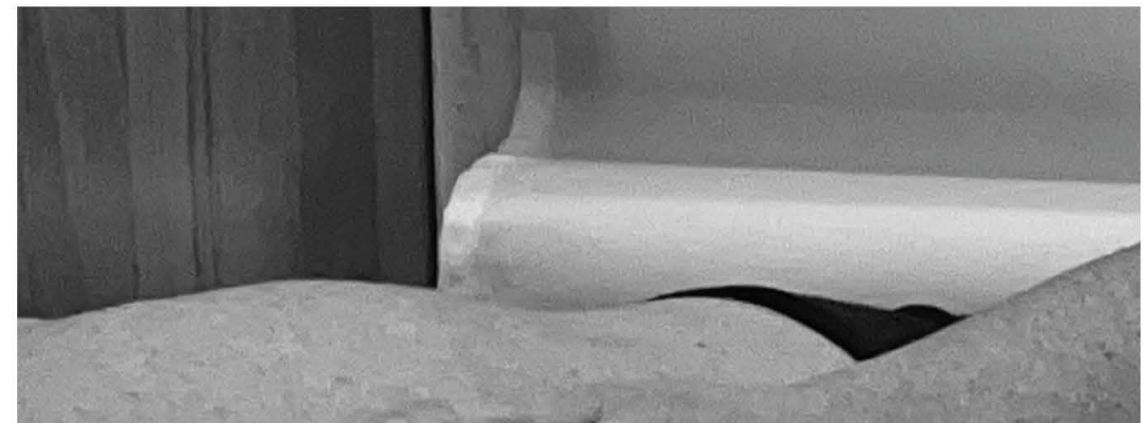

listening is a lifetime
practice that depends on accumulated experiences
sound

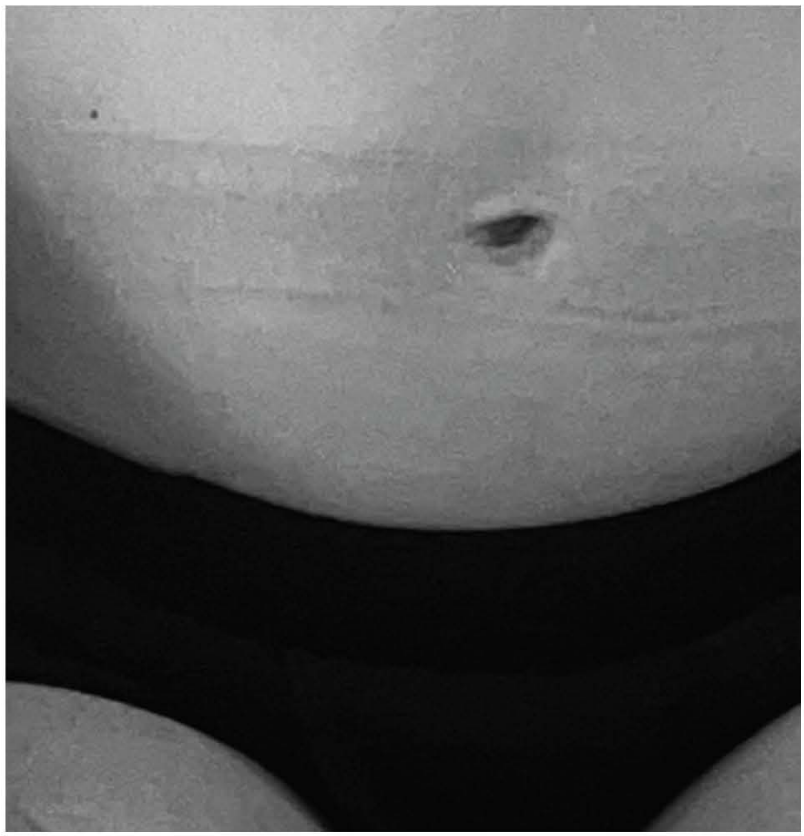


Pauline Oliveros




is not the same for everyone





vision at the top

how can i turn my orientation toward slowness?
how can i stay soft when i have to produce?
what is the creativity i am trying to manifest?
what are the resources i need to stay in the practice of being in the quiet?

HOW DO YOU FIND QUIET WITHIN THE NOISE AND BLUR?

SLOW

Wait

Before you go.
When you done reading this....
Close your eyes and take 3 deep inhales and exhales.
Think of a specific and personal sound memory. Where were you?
How old were you?
Listen.

~~Wait.~~

How does it
make you feel?

EPILOGUE

This reflection encapsulates an investigation into the relationship between Auditory Stimulation and The Nervous System, recognizing that my life in dance has been in constant motion and the importance of finding moments to slow down. By immersing myself in the sensation of sounds I gained insights into the intricate workings of the nervous system and the delicate balance between the sympathetic and parasympathetic. During this process, time, memory, echoic memories, and sensation create a sense of blur.

The reorganizing of my body became a guiding principle in restoring the theoretical framework. By slowing down and becoming attuned to the intricacies of my physical and mental states, I was able to foster a deeper understanding of the subject matter at hand.

In summary, this reflection highlights my exploration of Auditory Stimulation and The Nervous System. It underscores their realization of the need to counterbalance the fast-paced nature of living and the importance of attuning oneself to the rhythms of the body and the power of deep listening.

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Journal of Evidence-Based Complementary & Alternative Medicine 22 (3): 401–6. https://doi.org/10.1177/2156587216668109.

IMAGES

(In order of appearance)

Front and Back Cover, photo by David Flores

Self Portrait, format by Loni Landon, photo by Amy Gardner

Photo of Loni as a baby, Photographer unknown

Hold Fast, photo of Second Avenue Dance Company, by Ella Bromblin (2016)

Meet Me Normal, photo by Natalia Perez, (2014)

Loni, Format by Loni Landon , from Amy Gardner

Playground, format by Loni Landon, photo by Mallory Rosenthal

Loni, photo by Amy Gardner

Beach Day, photo by Loni Landon

Blur 2, Meet Me Normal, photo by Natalia Perez, (2014)

Blur 3/4, Meet Me Normal, photo by Natalia Perez, (2014)

Self portrait, photo by Loni Landon

Relaxation, photo by Meshi Chavez

Beach day, photo by Loni Landon

Lay there, photo by Loni Landon

Jo and Claudia, still from a film by PASHA (2017)

Blur 5, Meet Me Normal, photo by Natalia Perez, (2014)

Distort, photo by Meshi Chavez

Blur 6, Meet Me Normal, photo by Natalia Perez, (2014)

Collage 1 by Loni Landon, photo by Amy Gardner

Hands, photo by Art Davison

Hands 2, photo by Amy Aldridge

Blur 10, Meet Me Normal, photo by Natalia Perez, (2014)

Self Portrait, photo by Loni Landon

Collage 2 by Loni Landon, photo by Christopher Duggan, Amy Gardner, Kerime Konor, Atisha Paulson

Relaxation, photo by Meshi Chavez

Blur 7, Meet Me Normal, photo by Natalia Perez, (2014)

Blur 8, Meet Me Normal, photo by Natalia Perez, (2014)

Blur 9, Meet Me Normal, photo by Natalia Perez, (2014)

Hair study, film still by Shelly Landon

Loni, photo by Amy Gardner

Selfie Study, photo by Loni Landon

Blur 10, Meet Me Normal, photo by Natalia Perez, (2014)

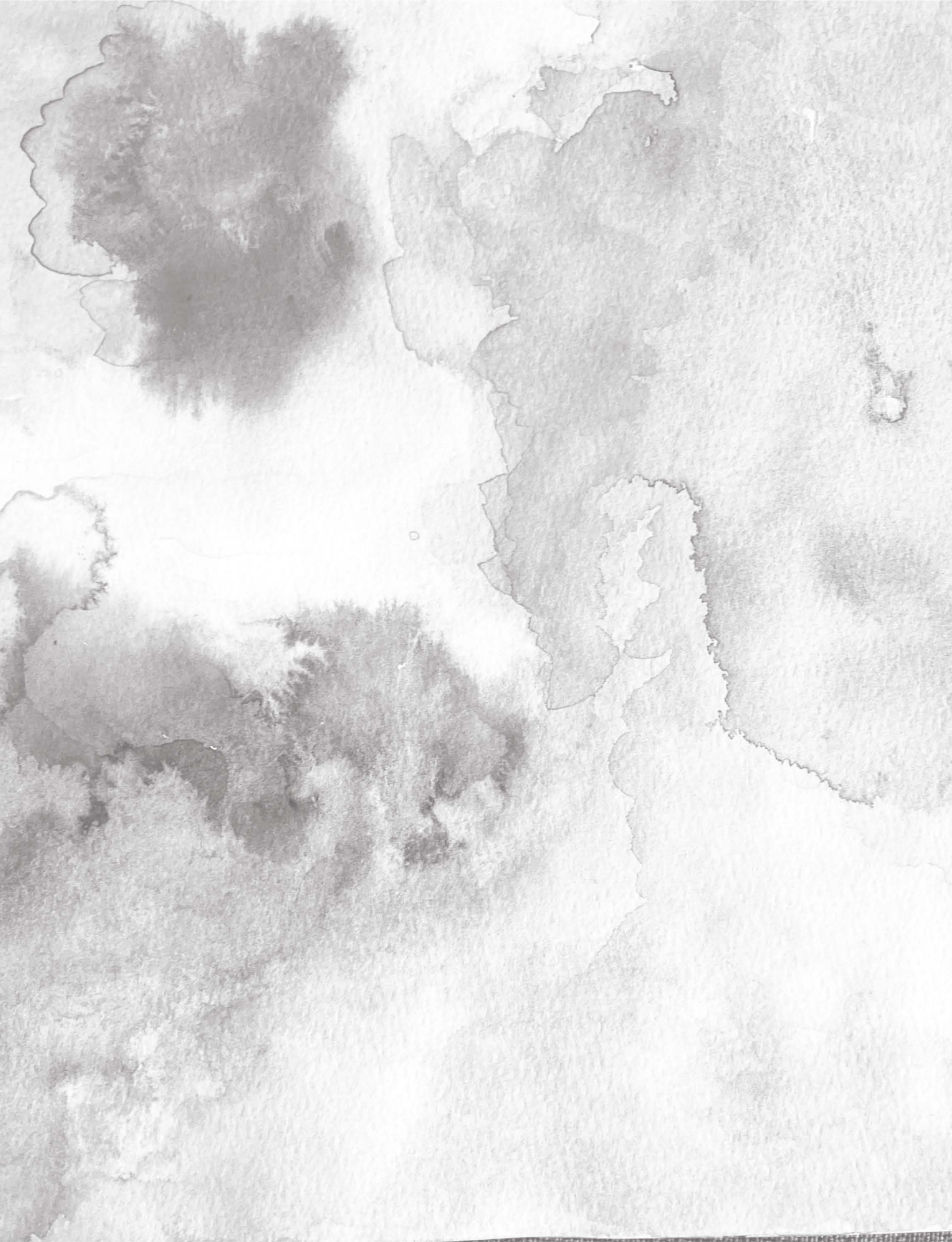
Pins, film still by Shelly Landon

Blur 11, Meet Me Normal, photo by Natalia Perez, (2014)

Self Portrait, photo by Loni Landon

23rd St, photo by Loni Landon

Beach day, photo by Loni Landon

END NOTES

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