

What Does Your Life Sound Like?  
Friday 16 November 2018

Join sound artist Ain Bailey hosted by How To Show Up? for a day-long listening session exploring the interface between memory and music and the role that sound plays in identity formation. Drawing on the concept of “sonic autobiography” and Lauren Istvandy’s text *The Lifetime Soundtrack: Music as an Archive for Autobiographical Memory* we will listen together and discuss the ways in which sound and music are central to our identities and permeate everyday life.

Istvandy describes our lifetime soundtracks as ‘the metaphorical canon of music that accompanies personal life experience’. Songs can often be used as a communication tool when we feel inarticulate and unable to express feelings. Lyrics accompany us from a very young age and can help to provide an overview of episodes in one’s life through metaphor. Sound, tone, movement, rhythm, resonance and repetition are all forms of communication that have brought people together to articulate shared experiences beyond spoken language.

*What are the sounds that have a particular resonance for you?*

Perhaps it’s the sound of a creaking door in the house of a beloved family member; the call to prayer from a mosque in your neighbourhood; the song/piece of music that reminds you of your first love/crush/attraction or the soundtrack in a club or house party that feels like home.



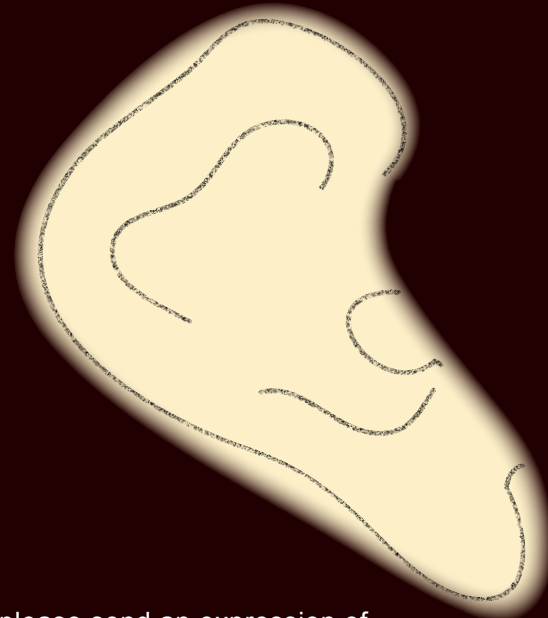
These sonic collections of participants will be shared throughout the listening session alongside exercises that extend to other forms of engagement with sound, including the work of Pauline Oliveros and her philosophy of Deep Listening.

The listening session is free to attend, but places are limited. Lunch will be provided.

How To Show Up? is a collaboration between Gianmaria Andreetta, Annie Godner, Elizabeth Graham and Elisabeth Klement.

Listening Session  
11am–5pm

Open Call



- To attend please send an expression of interest (maximum 150 words) by 9th November 2018 to [info@showup.how](mailto:info@showup.how)

Participants will be informed of confirmed places no later than 11th November 2018.

The listening session is programmed in conjunction with Ain Bailey’s performance taking place at San Serriffe on 17th November 2018.

Ain Bailey is a sound artist and DJ. Her current practice involves an exploration of sonic autobiographies, architectural acoustics, live performance, as well as collaborations with performance, visual and sonic artists. Among these is performance/visual artist Jimmy Robert, who commissioned Bailey to create a composition for his 2017 show ‘European Portraits’ at PEER Gallery, London. “Oh Adelaide” (2010), her collaboration with the artist Sonia Boyce, has shown widely. Other collaborations have taken place at: Tate Britain; the Whitechapel Gallery and The Kitchen, New York. Bailey is a research student at Birkbeck, University of London (on a break in studies), and was guest professor in sound at Kunsthochschule Kassel for the winter semester 2017/2018. Currently, following a commission by Serpentine Projects, Bailey is conducting sound workshops with LGBTI+ refugees and asylum seekers.

How To Show Up? is supported by  
[www.showup.how](http://www.showup.how)

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