

Some words from Camilla about Aural Us (with a touch of text)...

This is a blog about all things related to movement

It is mostly an audio blog with a touch of text.

With a background in radio journalism and sound design, this offering is very close to my heart. As an inherent part of our moving world, sound is essential to expressing & knowing us.

AURAL US (with a Touch of Text)

Drift in and out of landscapes, our landscapes - sometimes from the field, sometimes conversational, sometimes compositional. Pictures in sound - cinema of the bodymind. Our world in audio, here is an aural us.

Imagination is fundamental to our embodiment. Sound is vibration and it carries stories, triggers memories and is powerfully linked to our feelings. The stimulation of both our cinematic mind and our tissues enables us to traverse parts of us we can neither see nor touch, but we know and feel as real. Our perception is expanded.

'This complete listening allows for bidirectional communication, which is vital if we want to function powerfully as a team, whether within our family, among our friends, with professional colleagues or in an educational setting. This wholesome attunement replicates the optimal function of any living organism, whose cells share information through resonance.' ~ Russill Paul

Here written and spoken word is generated from movement sessions and or has movement as its muse.

Jump back to the website now and track back from August 27th 2015... Enjoy!

And then of course join the current conversation in The Yet To Be Named Blog.

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