

Consciousness

“Consciousness is awareness of stimuli and reactions in the moment. Consciousness is acting with awareness, presence, and memory. What is learned is retained and retrievable. Information, knowledge of events, feelings and experiences can be brought forward from the past to the present. In this way one has self-recognition” (Oliveros 2005).

Attention

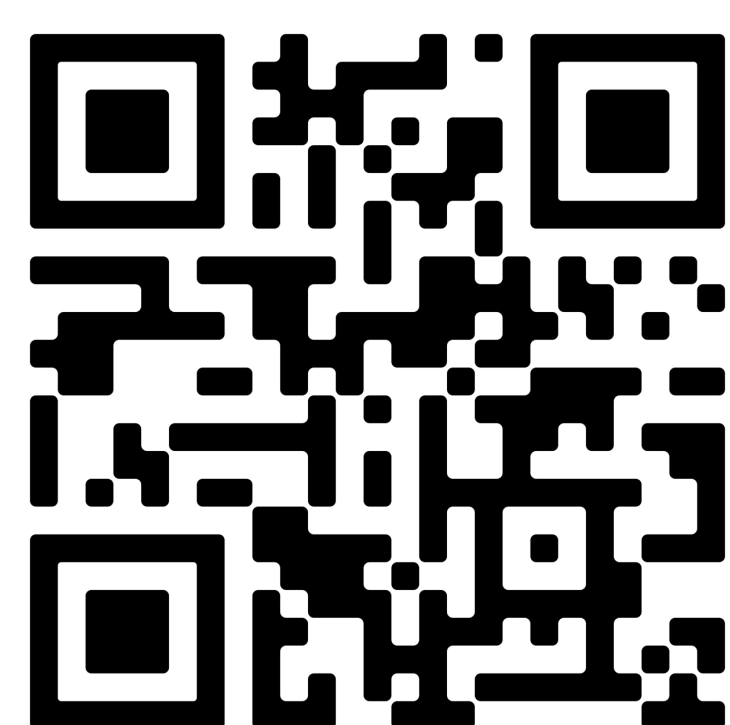
Awareness

“Awareness is a body’s sensory reception, whereas attention is a mental activity. Attention is narrow, pointed and selective. Awareness is broad, diffuse and inclusive. Both have a tunable range: attention can be honed to a finer and finer point. Awareness can be expanded until it seems all-inclusive. Attention can intensify awareness. Awareness can support attention. There is attention to awareness; there is awareness of attention” (Oliveros 1973).

1973

The diagram represents how we should correlate attention and awareness with each other. The dot at the center is our attention. It can be as focused as possible in any direction without interference. The circle around the dot is our awareness. It can expand or collapse without without losing its relationship with attention.

Sources:



Poster:



The center dot is our focal attention. It is narrow and has a limited capacity – a similar definition to the center dot of the previous diagram. However, the outer circle now represents global, or diffuse, attention. It has an unlimited capacity and acts as a reliever should the focal attention become overwhelmed. Focal attention is an internal perception, whereas global attention is external. Attention, in general, can be both attracted to or directed by a stimulus.

Listening Deeply: The Expanding Soundscape of Pauline Oliveros

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Hearing

Listening

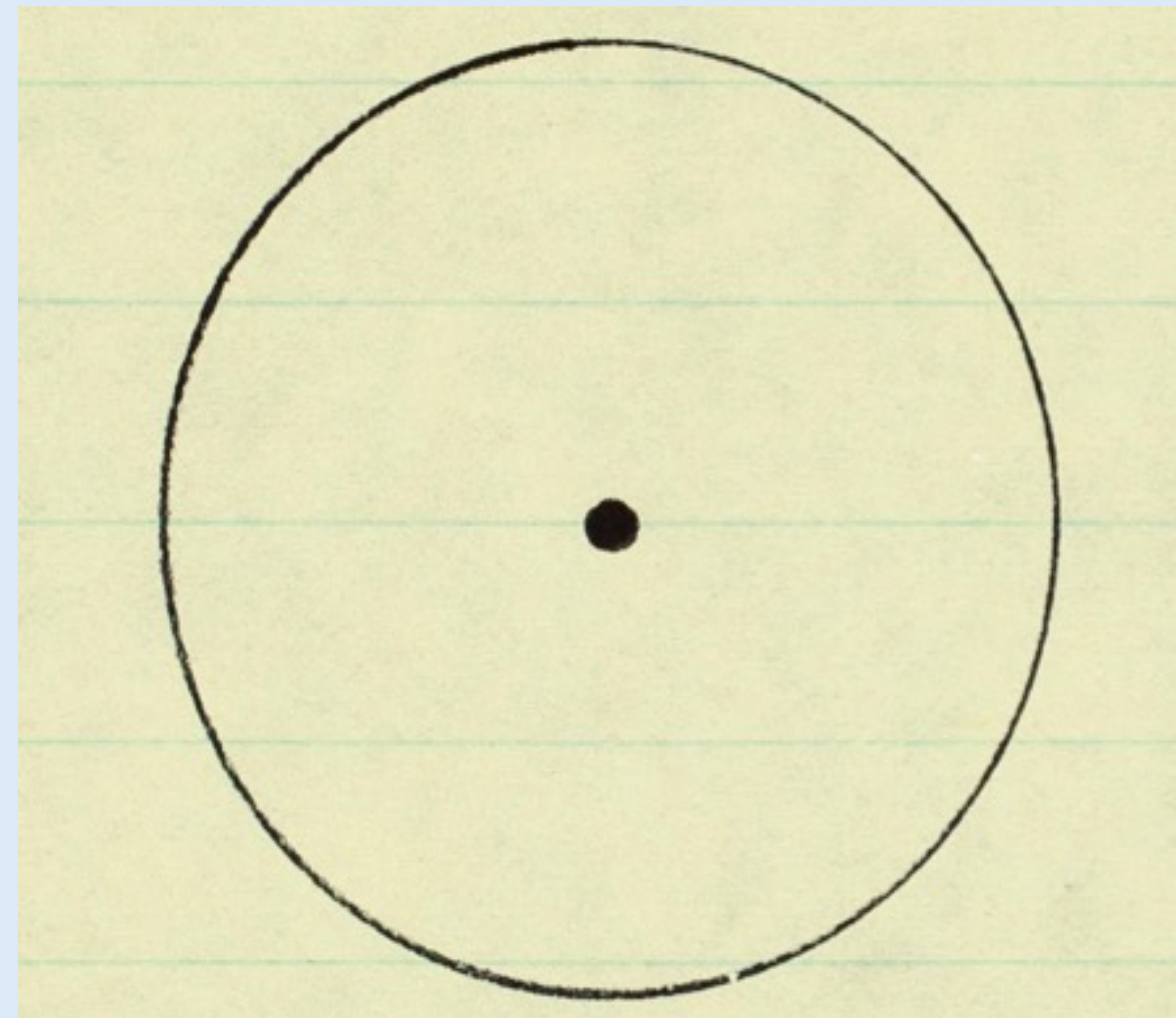
"I differentiate 'to hear' and 'to listen.' To hear is the physical means that enables perception. To listen is to give attention to what is perceived both acoustically and psychologically” (Oliveros 2005).

Listening is a process that occurs at varying speeds. It can be like a bolt of lightning –all at once in the moment – or it can consist of intuitive guesses and thoughtful references to past experiences. Raw lightening, however has no past or future. It is the roots of the moment. It has the potential of instantaneously changing the listener forever

We can hear without listening—it is an unconscious process– but we must choose to listen.

2000

“Two modes of listening exist, focal listening and global listening. Focal listening provides details through concentration on single sounds, whereas global listening provides context through concentration on the entire field of sound. When both modes are utilized and balanced, the listener is in connection with all existence” (Oliveros 2000).



1978