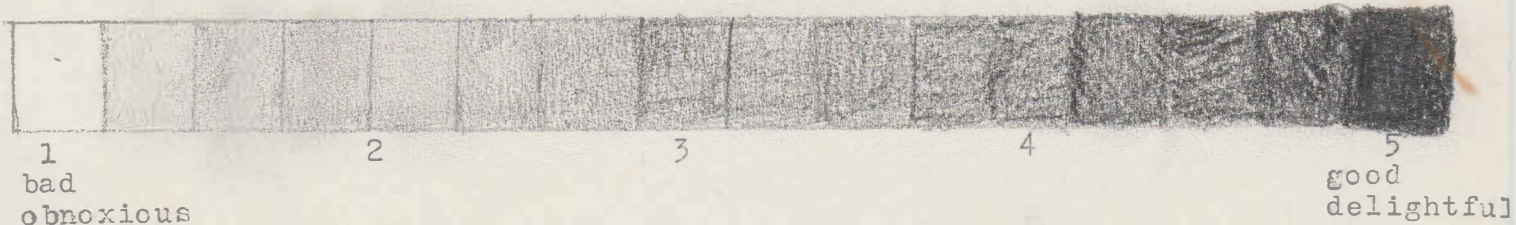


music of every day's score (2020)

- think of five sounds that can be easily remembered and performed.
- assign each of them to a number - 1, 2, 3, 4 and 5.
- at the end of a day, recap on what's happened and how you feel overall, then give a score of 1, 2, 3, 4 or 5.
- perform the sound pre-assigned. its duration and dynamics are of your choice in the moment.
- you can either
 - let each event go without documenting.
 or
 - record one event after another many consecutive days and listen back to the music of your every days.



grey (gray) is
 / achromatic colour
 / a colour without colour

by ryoko a.
 06.07.2020
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