

# Jeb's Phenomenology Tool Kit

## Prepare to Listen:

Slow down, Clear your mind, Be vulnerable and open to new experiences.

## Listening:

- Does the sound “fill you up”? Is it wet or dry, hot or cold?
- Is the sound transparent, translucent, or opaque?
  
- What emotions or feelings or colors does the sound induce?
- Love, intimacy, stress, confusion, calm, detachment, etc.
- Do you feel alone or with others?
- Do you sense conflict, community, triumph, resolution, despair?
  
- Does the sound evoke memories, hopes, or dreams?
- Does the sound remind you of a person or place from your past?
- Does the sound remind you of emotions you have experienced?
- Does the sound present new feelings that you have never experienced?
  
- Is it smooth or rough? Soft or hard? Is the surface continuous throughout the piece?
- Does the sound have a shape? Angular or circular? Complex or simple?
- Does the sound have density? Does the sound have a great amount of mass or volume?