Soundscape Narrative Preview Introduction

My goal for my soundscape narrative is to recreate the environment in my backyard using audio manipulation. When I experience intense periods of anxiety, going outside to read was one of the easiest ways to calm myself down. Through this narrative, I not only want to draw attention to specific sounds I hear in my backyard, but also simulate grounding exercises – a method of calming the body and creating mindfulness by focusing on specific noises, images, or physical sensations. In addition, I wanted to add the intrusive buzzing of an insect at certain intervals to symbolize the persistence of intrusive thoughts. In this way, the listener gets to experience how it feels to have anxious thoughts, but also the techniques used to self-sooth during anxiety attacks.

At this point in the creative process, I am developing the background audio with the sounds of wind blowing through trees, birds chirping, and wind chimes. I spent most of my time manipulating the sound of the wind so that it increases and decreases in volume in regular intervals, recreating the rising and falling of our breath as we breath. I used volume automation and fade-ins and fade-outs to accomplish this, then overlaid audio of birds chirping and wind chimes to create a more dynamic piece. Although this is just the background noise (other sounds will be added later), it was important to me to establish a calming effect for the listener, so that this can eventually be broken by intrusive noises, such as the turning of pages in a book, the spraying of a hose, buzzing insects, etc. Overall, I am satisfied with how it turned out, however, I think I could clean up the breaks between different samples and adjust the volume, so that the listener’s attention is drawn to the specific sounds I plan on introducing later.