I’m a fan of storytelling when it comes to creating music, so I had a very specific idea in mind with my piece.

I wanted to create a piece that represents the bustling nature of everyday life, compared to the calming nature of peaceful rest. The sounds I used were of me stomping loudly outside the planetarium on campus, me typing aggressively (fun fact: I can type 150 WPM), the sound of me zippering my backpack, and my friend imitating the sound of a bird cooing. The typing and stomping sounds are used to represent how busy our days are, the zipper to represent the transition (though we are missing the transition at points; that’s intentional), and the cooing represents our resting times.

I used the (surrounding and full) reverb and echo effects to enhance the quality of stress as we go throughout our day, which is then taken away when we allow ourselves some time to rest. I also used a parametric equalizer to manipulate the sound at the most intense part of the piece. I automated both the effects used in your example, pitch ratio and reverb mix, in order to achieve my desired effect. I also lowered and raised the volume according to the level of intensity I wished for each part of the piece, and utilized the fade in/fade out features within the clip envelopes. The short breaks were intentional, to symbolize the choppiness and inconstantinuity we feel throughout our days. I would recommend that you turn your volume down before listening, because it does get a little loud. I hope you enjoyed the piece, I certainly enjoyed making it.

“Four contrasting sounds, from typing, stomping, zippering, and cooing, all echo the voices of life.”