

AUDIO

PLACEBO PLAZA



MONTRÉAL EDITION
DOCUMENTATION & ARCHIVES



Audio Placebo Plaza considers “placebo” as a complex, open-ended, and optimistic conceptual framework for performances that embrace irony, play, and co-performativity in psychosomatic sound art. There is limited scientific evidence for sound alone as a healing force, however, there is ample evidence across cultures that points to the power of the human mind as a psychosomatic generator for positive or negative experience. Roleplay is a key element of APP’s work, using art as a means of interrogating criticality, sincerity, gendered acts of care, and also suspensiwwon of disbelief. Through performance and interactivity, the trio works with community members to host open discussions about these topics. Our sonic “prescriptions” are not intended to disrupt or replace medical treatment, but they are healthy supplements. Through dedication to psychosomatic resonance, APP arrives at new understandings of electronic sound, mental and physical health.

Paysage sonore



Astral Noise

Tonnère / Éclats

- Golden Hour -

✓ Deep Listening

ZIPA ?



AUDIO
PLACEBO
PLAZA

HOT FRESH
EMOTIONAL
REPRODUCTION

MADE IN TAIWAN

AUDIOPLACEBOPLAZA

MENU

THE LIPA

Energizing binaural beats with fun affirmations to start your day

Add-ons:

- Enthusiastic compliments
- Sonic hairdo
- Verbal makeover roleplays - Glow up!

THE RAMSAY

Binaural ear to ear recording of food eating (aka MUKBANG)

Add-ons:

- Small talk during breakfast/lunch/dinner
- Description of food's textures and flavours
- Description of where food comes from

THE KARUNA

Hypnotic gentle ASMR vocals to put you to sleep

Add-ons:

- Out loud counting
- Isochronic tones for brain entrainment
- Playful misdirection
- Verbal suggestion

THE HECKER

Dense synth drones to soothe a noisy mind and increase focus

Add-ons:

- Guided stretching for teletravail fatigue
- Isochronic tones - brainhack your baby
- Nature sounds - hydrophone recordings

The CHTHULU

Gentle, soft spoken reading of a book - dreamy fairy tales, an instruction manual, a novel, cyborg theory...

Add-ons:

- (Fake) Accents *results may vary
- Tapping and page flipping
- Keyboard typing sounds
- Pen on paper note taking

And we are back.

We just finished our stream to CKUT. But of course the streaming never stops on our pirate radio 107.7 FM beaming out of 6835 St hubert.

Julia, how are you feeling?

I feel great, i feel rejuvenated after listening to those Pop Rocks honestly

Well, they're the placebo for generating new thoughts and creativity.

Nous avons ici un nouvel invité, nous avons Estelle.

Bonjour Estelle, bienvenue

Merci

Nous utilisons seulement les prénoms ici. On enregistre le son mais pas la vidéo.
La vidéo c'est juste pour Julia.

Okay

Alors t'es assez anonyme je pense.

Mais aussi nous sommes à 100% pour le consentement ici, au Audio Placebo Plaza. Juste pour que tu sois complètement consciente, on enregistre nos sessions, on n'utilise pas au complet parce qu'on pense que c'est pas nécessairement nécessaire. Mais un jour nous avons l'idée, ce serait nice, si on fait des éditions pour des moments vraiment beaux, et avoir un genre de introduction. Mais nous avons des centaines d'heures de (giggles)... Pas de promesses quand ça va arriver.. Là, Estelle, comme tous nos invités francophones, si jamais nous avons besoin de prendre un instant pour parler en anglais c'est correct? Alors Estelle, est-ce que tu pourrais dire c'est quoi qui t'a amené avec nous aujourd'hui, qu'est-ce qu'on pourrait faire pour vous?

Ce qui m'a amené c'est la curiosité. Of course. La curiosité parce que dans ma pratique, pis avec un collectif que j'ai co fondé l'année dernière, on s'intéresse aussi à des pratiques de care, d'écologie, etc, féminisme... J'étais vraiment curieuse de l'expérience que vous proposez, aussi pour ma démarche artistique, en tout cas, ça m'inspire pas mal.

Alors qu'est ce qu'on peut faire pour vous aujourd'hui?

Euh, qu'est-ce qu'on peut demander?

Peut être que c'est mieux qu'on passe. Nous sommes sur des placebos. Les scientifiques ont expliqué que, ils ont fait des recherches, et c'est pas un joke, que les placebos marchent. Alors si tu crois dans le pouvoir du son, on pourrait soigner toutes sortes de choses, et on peut avoir un pla-

cebo pour toutes les utilités. Par exemple, on a rencontré des personnes qui veut distraire leur cerveau, qui a un petit peu trop de bruits, qui cherchent le focus ou l'énergie, il y avait quelqu'un qui cherchait une expérience pour adresser le "impostor syndrome", il y avait quelqu'un qui a voulu la sensation d'être chez ses parents en france, " on va essayer de notre mieux pour recréer ca. Aussi, l'utilité plus traditionnelle inclut quelque chose pour l'insomnie, ou aussi nous avons un service pour lire des livres. Si y'a un livre que tu ne trouves jamais le temps de lire ce livre, on pourrait le lire pour vous. Aussi nous avons des experts dans des tones, des fréquences qui résonnent dans le corps. Alors nous sommes capables aussi de recréer des interactions sociales. Alors ça pourrait vraiment être comme, on peut recréer des choses qui sont probables ou des choses vraiment pas probables. Par exemple, un extraterrestre qui te rencontre pour la première fois. J'ai vu une rencontre audacieuse avec une archéologue qui trouve un objet qui a besoin d'être nettoyé, mais l'objet c'est toi, avec le microphone. Alors qu'est on peut faire aujourd'hui pour toi estelle, c'est juste passer par notre questionnaire. Je suis sûre que pendant le cours qu'on utilise ce questionnaire que quelque chose va se dégager. Alors julia, aimerais tu passer le questionnaire

et moi je vais parler des specials après.

Oui c'est super

Donc, je vais lire une liste , et tu peux juste nous dire si tu connais déjà ce mot, si ça t'intéresse, si tu as besoin d'un peu plus d'explications, ou si tu as des questions.

Donc la première, c'est le paysage sonore.

As-tu déjà entendu le paysage sonore?

Oui

Et tu a l'expérience avec cette forme de...?

Euh Oui

Parfait, on prend note

Le son de la nature

Oui

Les tons isochrones

Je sais pas c'est quoi ça

Veux-tu que je l'explique, Julia?

Oui merci

Euh les tons isochrones c'est que y'avait des recherches faites que ton cerveau spécifiquement, y'a la façon que les neurones s'activent, c'est sympathiques. Alors plus fréquemment qu'autrefois, il y a un genre de "spike", et les autres le suivent. Ca fait un genre de bulle, ca ressemble loosely comme une onde sinusoïdale.

Ok

Les scientifiques ont trouvé qu'en exposant les personnes aux ondes sinusoïdales, que le corps résonne sympathiquement avec le stimuli. Alors l'idée c'est que on pourrait utiliser ce principe pour instiguer les patterns dans ton cerveau, qui..."that are linked with the state of mind that we want to activate."

Donc oui je connais

Bruit cosmique, ou astral noise

Ouu what is that	Oui
Ce sont les fréquences qui sont faites par les terres, l'énergie dans la sphère atmosphérique.	Laughter yoga. Le yoga du rire.
Souvent c'est les fréquences qui viennent du soleil, de la météo, la radio d'une nature, lightning, thunder, des choses comme ça, euh, the northern lights, les aurores boréale, des choses comme ça.	Le yoga pour rire?
C'est pas possible de percevoir juste avec les oreilles humaines, donc il y a des appareils spéciaux pour.. Il sont très bizarre, très unique comme son	L'idée là c'est que si tu peux rire même si les rires sont faux que les études étaient faites que tu peux avoir des bénéfices avec ça. Even if it is fake, using the muscle, it does something to your body. It strengthens your immune system to laugh
Ok nice	Les bruits blanches
C'est tout le côté naturel,	Les bruits blanc oui
Ok ok	Oui, hmmhmm
Muzak	Les pulsations binaurales
K, ca c'est quoi	Oui
Muzak est développé par un psychologue après la Seconde Guerre mondiale. Musique spécifiquement créée pour des conditions de productivité. Musique vraiment capitaliste. Alors tout le monde était exposé au muzak, mais il y a ceux qui sont exposés par exprès. On a rencontré quelqu'un qui a vraiment résonner avec lui, le muzak, c'est comme quand tu appelle info santé t'entend une petite musique, c'est ça.	Les méditations guidés
Oh wow	Oui, cool
Positive vibes	Alors
Ca c'est muzak	Donc dois-je choisir?
Ensuite, deep listening, écoute profonde	On va s'exposer à plusieurs choix. C'est juste on note même ta réaction.
Drone	On va t'aider, mais déjà il y a quelque chose qui est plus attractifs pour toi que les autres?
Hmm hmm	Oui meditation, hypnose, deep listening
Et l'hypnose	Bon, je note ca
Hypnose? Avec le son?	Ben on prépare pour vous toute une prescription. On va vous présenter votre placebo parfait après ce questionnaire.
Avec le bruit? Avec la voix?	Bon avez vous d'autres questions?
Ah oui, c'est vrai. Cool, nice	Euh non
Les bains sonores	Julia est ce que vous avez d'autres questions?
Les cloches? C'est ça?	Non
Les bain sonares. Sound bath	Je vais continuer avec les spéciaux. Ici au Audio Placebo Plaza nous sommes croisement entre studio d'autoproduction et aussi un café. On a créé des spéciaux. Vendredi, notre spécialité c'est le Lipa. C'est une expérience énergétique avec des beat binaural, avec affirmation vraiment fun pour commencer la journée. Parce que vendredi, on a parfois besoin un tite peu de l'aide. Tu peux avoir ça comme une base, mais comme un sandwich, tu peux avoir des add on. Tu peux avoir des compliments vraiment enthousiastes, sur un sujet que t'aimerai. On simule une coiffe de cheveux. On peut faire stimulation de makeover, avec glow up. Alors ça c'est comme un compliment physique, comme "le maquillage est parfait".
J'ai pas compris...	Alors ça c'est le lipa.
Euh ben le sound bath c'est comme prendre un bain...	Samedi c'est
Ah ok! Les Bains sonores.	le Ramsay, c'est quelque chose de plus social encore,
Ok d'accord oui.	pour stimuler l'expérience de manger avec quelqu'un. Si tu n'aimes pas les voix on peut enlever. Alors c'est le mukbang qui vient du coréen du sud.
Les chants Grégoriens nouveaux	Alors comme add-on on peut parler avec vous pendant le matin lunch dinner, descrip-
Ok?	
Nous sommes intéressés par le futur de cette forme de l'art. Pas le passé!	
Ok haha wow	
ASMR	

tions de viande, ou le vin qu'on mange, description d'où ça vient. Le dimanche c'est le karuna. Alors ça c'est asmr hypnotique doux, avec les vocals pour se faire endormir. Addon includes out loud counting but sometimes we lie. Isochronic tones for brain entrainment, les mederaction c'est toujours un petit peu comme joke, c'est just pour comme massage de connaissance , savoir des blagues, misdirection. Aussi verbal suggestions, parfois c'est vraiment quelque chose de bon pour , comme "you might feel very heavy, or maybe you feel light" mais ça c'est le Karuna.

Ok

Lundi nous avons le Hecker. Lundi c'est pour le travail. Nous avons étirement guide, pour le télétravail. Aussi isochronic tones, to brain hack your baby. We don't know what that means but maybe you do? And nature sounds for hydroponic recordings, because maybe the hydroponic recordings, the synth noises, the brain hacking, you know, go together..

Mardi c'est un spécial pour les book worms. Ca c'est le Cthulu. Ca c'est que on peut lire un livre à vous, ca peut être un genre d' instruction manual, we can teach you pure data again.

Ahhahaha

Ahhaha

I don't even know how we can teach pure data to you again but the instructions...

Ahaha

On pourrait lire des conte de fée, roman, cyborg theory, nous avons beaucoup de ça ici... Ou même comme quelque chose.. Oh mais, non cyborg theory c'est féministe. C'est un petit punch wow

Hmmm

Parmis nos collections avez vous une idée qui t'intéresse plus que les autres

Soit le hecker soit le karuna

C'est quoi qui t'intéresse entre les deux?

Orange

Julia

Comprend que ça va être difficile de faire combinaison des deux. Parce que dormir et travailler c'est pas la même chose

haaha

Est que vous êtes intéressé par l'étirement guide?

Par quoi?

C'est juste qu' avec le hecker c'est le premier add on, j'ai juste demander des choses spécifiques. Mais peut être le karuna peut être intégré dans le hecker. Ou peut être tu veux plus décider pour dormir

En fait c'est juste pour

dire que ces deux là m'intéressent mais pas nécessairement pour les matcher ensemble. Si je dois choisir, j'essaierai le hecker.

Euh Non pas trop

Pas tant. Non. plus euh, mais dans les addon, le guided stretching? Le brainhack your baby châ pas c'est quoi mais why not?

Hehehehehe. C'est peut être un peu notre intention de faire ça aussi.

We are doing our own research

Ok ahah

Tu cherches expérience plus pour le travail pour e focus, mais plus énergétique ou plus comme...

Je dirais que je cherche quelque chose pour aider au focus et à être un peu moins dans la lune. Ouais donc je dirais qui me ground pour arrêter de me divaguer, je suis un peu hyperactive, donc je divague toutes les demi heure. Donc je sais pas.

D'accord

Est ce que tu aimerais plus . Tu es le genre de personne qui écoute la même chanson en loop?

Oui

Alors quelque chose avec un loop?

Oui

Je comprend, on a fait des études sur des choses qui marchent

Haha

Alors loop spécial pour Estelle, avec des retremements ah non imagine! Une loop que à chaque 10 min, tu dis "ah c'est le temps de faire un étirement",

Oui par ex, par ex

Je pense c'est vraiment quand tu fait quelque chose de vraiment bref, même avec tes mail,

ça évite le carpal tunnel.

Et à 30 min c'est temps pour un café ou bois de l'eau ou quelque chose comme ça. Hydration hecker

Ok donc j'adore ça

Est ce que ya un intervalle que tu prefere. 10 min, 20?

Ok 20 min tu veux juste une suggestion à faire quelque chose ou...

Est ce que vous aimerez genre petite cloche ou son spécial ou,

Gong cool, nous avons de gong

Alors tu a mentionné gong, est ce que vous aimez plus comme des sons acoustiques ? on peut essayer de trouver des cloches, des sons, mais y'a beaucoup de directions comment on peut faire ça...

Aimes-tu quelque chose de plus synthe avec gong parfois ou comme collection de gong et de bruit comme ça. ?

Ok donc,
Pas de preference

Parce que c'est plus facile à distinguer

Hmmhmm

C'est bon

Est ce que alors, cette voix qui t'adresse à chaque 20 min, aimerais tu que la voix s'adresse à toi comme en manière première personne ou ...

Aimerais tu qu'on utilise ton nom

Cest pour vous!

Hello Estellleee.

Oui oui

C'est ca donc quelque chose de très segmenté

Jaime le 20 min

Suggestion, oui

Ouais ca peut être le fun, cloche ou gong, un peu style, fin d'une méditation.

Cool

Euh, honnêtement, ça peut être acoustique ou pas.

Mais ca peut être des bruits différent, c'est le fun aussi

Sinon tu t'habitue et tu n'écoutes plus genre...

Euh ouais

Eummm non

Euh non je suis en train d'imaginer je trouverais ça vraiment bizarre

It's us gain!!

Ben on pourrait faire des samples. Julia utilise ta voix de radio, j'adore cette voix.

Ahah ouais, c'est facile

Elle a une voix vraiment cool pour la radio. Mais ça pourrait être une expérience comme: (whisper) "Hello it is me again, you should go get a glass of water..."

Euh no it's too creepy

Ok on a besoin de demander toutes les questions ici a Audio Placebo Plaza

Ok donc I think radio voice is a safe bet

Ouais c'est bien

Super

D'accord. Donc y a-t-il des sons que tu n'aimes vraiment pas? As-tu déjà eu une expérience négative avec le son?

Ben à part les classiques de fourchette dans l'assiette, ce genre de choses métalliques, non pas tant . Ouais.

As-tu un son préféré?

Un son prefere?

Parfois we can sneak in easter eggs

Ouais j'aime beaucoup les sons de gong et de cloches, les impacts résonantes comme c'est des choses que j'aime beaucoup

Excellent

On va trouver le plus beau cloche et gong au monde
Haha

On travaille sans arrêt au Audio Placebo Plaza

Euh, d'accord, et ta couleur préférée?

Ou une couleur qui peut inspirer

Orange

Erin a tu d'autres questions?

Euh non, pas pour l'instant, non, je pense que j'ai des images en tête assez claires, je pense nous avons assez d'information pour créer quelque chose audacieux effectif, calmant, inspirant...

Hhahaha

Ouais c'est comme oh god...

Pas trop une voix qui endort. Pcq ca je suis facilement endormie. Donc ouais quand même une voix avec un peu d'énergie et donc ouais.

Une voix douce ou plus forte ou ?

Elle a une voix vraiment cool pour la radio. Mais ça pourrait être une expérience comme: (whisper) "Hello it is me again, you should go get a glass of water..."

Euh no it's too creepy

Ok on a besoin de demander toutes les questions ici a Audio Placebo Plaza

Ok donc I think radio voice is a safe bet

Ouais c'est bien

Comme musique de la télétravail

Hahaha yes

Nous sommes ici pour vous

Bon est-ce que je te décris le reste du processus?

Bon je vais continuer.

Là, on a écrit des notes vraiment détaillées sur notre papier de prescription.

Nous avons des prescriptions à remplir, ici. Alors

processus c'est que après ça on va avoir un regroupement de notre équipe de 3 femmes pour discuter votre besoin, et toutes les compositions

c'est vraiment collective d'une manière qui même si nous avons un plan, parfois il y a des nouveaux demandes qui change notre ancien plan, j'ais naturellement travailler in bulk. C'est pour dire que c'est vraiment dynamique comme collectif nous sommes toutes des auteures. Et euhm, après ça, dans genre 48 heures on disait tu va recevoir un courriel de nous, pas besoin de venir ici pour prendre votre prescription, on va livrer.

Ok nice

Et notre idée c'est que tout le monde qui est entré ici au Audio Placebo Plaza arrive pour une raison. Pqq chaque personne qui a fait le choix de nous rencontrer c'est un microcosme d'un besoin qui est partagé avec les autres personnes dans le monde. Alors nous avons le but de partager tous nos placebos sur un album sur bandcamp qui est gratuit pour tous. Tu sera capable de télécharger ton placebo mais aussi écouter le placebo des autres

Ok cool

Sur point légal, les placebos sont utilisés en addition à tous vos traitements typiques, c'est pas un remplacement, alors remplace pas, arrête pas aucun de tes traitements qui tu es déjà en train d'utiliser, euhm, et aussi, que placebo fait exprès pour toi, et mais du coup c'est un projet artistique, nous avons le droit créatif, mais ça vous le placebo.

Hm, ok cool

Euh non je pense c'est bon, c'est claire

Cool vous étiez candidate, une visite parfaite. We're not really sure what to call the people who come in here, our participant? But euh anyways, thank you so much for taking part in our experiment for giving love and healing to the world through sound. I guess we will turn off the radio, euh not the radio, the microphones, and stop streaming, and we can just say goodbye to you, but we'll say goodbye to Julia. Bye!!!!

Merci aurevoir bon après midi merci d'être venu au audio placebo plaza c'était un plaisir

Bye

Estelle

Paysage Sonore - Deep Listening? Drone
Hypnose ASMR

Méditation - Hypnose Deep listening

Kanna - Hecker

No nature sounds

Guided Stretched

Loop - 20 minute suggestion

Gong sand → suggestion

Direct address

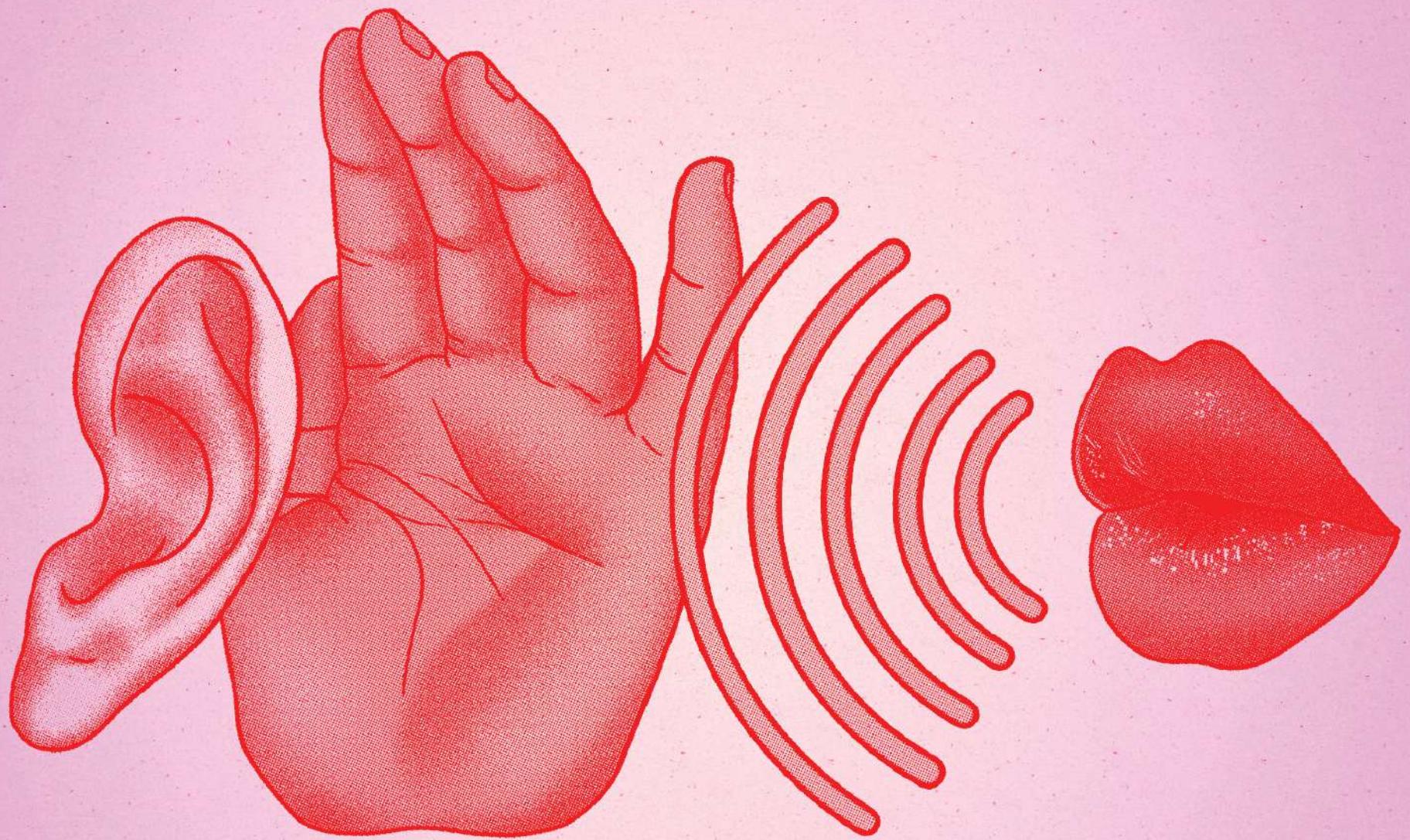
(Metallique now) Clock sands up close?

Orange

Julia

Viv - paddy synth melody

Erin - Bells + clocks



LISA

isochronic tones

Practices that work on body - vibrational

Sonic allergies

Frequency sine waves

too much panning

Little bit of instructions

FAF

Many syllables rapid
Sounds express



LION'S BREATH

Ziya

Stress - Care for others



- Rain • Isochronic tones • Astral noise
- MUZAK • Deep listening • Drone •
- Sand bath • Roleplay • ASMR •
- Pink Noise • Binaural Beats • Meditation

Soft Voices - Intimacy

End of the day - Bed Time Story

Conversation

Talking over Rain

- Talking of rain
- Sand over content
- Not too much Personal Attention

Allergies - Unintelligible - Molti Sando

- Favorites - Rain

- Teal Turquoise

Drones

Etienne

Body Scan

pas des sons négatifs

Nature Sands - oiseau la mer

Sand Baths

Pale bleu pale

Fabric

orange

dry sands - Hypnosis
Dry sands - Fizzy water
Metal - Flesh tapping
No verbal instructions

liquid breathing - orange drops
+ vibration

Body Scan ASMR

Hecker + Karna

We've been waiting for you

Hello

No, no, I mean you are right on time. What I meant is we were expecting you. Yes.

Welcome to Audio Placebo Plaza

So I guess that just one thing to be careful of is not to step on the Orbeez. They are very special mascots for our space. They're flexible, they're very vulnerable. If you step on them, they will squish but they regenerate during the night. These are things that inspire us here in our audio production.

Hydrated, thriving.

Yeah, just helping others. Please take a seat in the ASMR chair.

Thank you for your visit. Here. Your microphone is totally turned off now.

So you can adjust it however you like.

Thank you. Thank you.

So we are streaming live to a real radio station. It is real but has a very limited range (from what we hear). You can hear it all over Villeray, and Petite Patrie, Little Italy, you know, basically centralizing around the Saint-Hubert area. It's beaming from the roof. We're also streaming live to the internet on undefine.fm. So because we're 100% about consent here at audio placebo Plaza, do you consent?

I do.

Wonderful. So we have prepared for you some intake questions in order to determine how we can best serve you and, you know, see how we can help you best with whatever it is you need. Placebos have been proven to work for a wide variety of ailments. They're not a replacement for traditional therapy or medicine at all, but they do have benefits. So we're going to start by asking you what brought you here today? And how can we help you?

What brought me here today? I saw the ad come up for this wonderful space and service.

(gesturing to the golden chair the subject is sitting on) I love how you match it by the way

I know! I wasn't even doing that on purpose.

Am I allowed to take a picture of you

Like it's just...you match the space so much.

Sorry, I know that this question is all about you. But like, I'm a bit stunned. So yeah, there we go.

Sorry. No, it's okay. I also love your lava lamp. I'm feeling a real affinity. Yeah. And connection to it: emotionally, spiritually.

This is really satisfying. You are our last customer of Audio Placebo Plaza.

We're over, we are set for retirement tomorrow Big Placebo instead of Big Pharma.

That's actually about right, Big Placebo. We are not capitalists, though.

We're funded by the government.

Fair enough. What brought me here today? Yeah, was curious to see how I could benefit from a placebo

Wonderful. Is there anything that we can help you with in particular that you'd like to explore?

I've been feeling a lot of stress. You know, probably a common sentiment among people who come here. I've been helping to care for somebody who isn't doing very well

Oh, we can help with that. For sure. This is...this is something we can absolutely assist you with. We 100% relate to caring for others.

I bet

You know, by caring for others, sometimes you also feel cared for. But you also need a little bit of TLC yourself. What we're going to do is go through a very, very simple questionnaire. Julia, do you want to go over the sonic therapy portion of the questionnaire?

For sure, I would be happy to. So I'm going to list off for you a variety of different Sonic experiences, treatments, and I just want you to let me know if you've ever heard of them before. If it interests you, or if you would like a little bit more of an explanation about what they are. The first one is Soundscapes.

Have you ever heard of Soundscapes?

I have not. I would love to hear more though.

Beautiful, sure. So this could be a collage of recordings or just one recording of a specific space. It could be like, simulating the experience of a jungle or maybe a forest at night or being in a canoe - kind of an immersive environmental composition.

We can recreate a memory for you.

Love that

We have networks all over the world ready to provide us with soundscapes from their locale. The worldwide consortium of government funded placebo centers.

Wow.

I guess sorry, Julia I'll let you take it away again.

They placebo strikes again. Yeah.

No problem. How about nature sounds

Love nature sounds... rain...Incredible, incredible sound.

All right. I'm gonna take a note of that —“likes rain”.

Okay, moving on: Isochronic tones

No idea what this is

All right, Erin gives a very accessible description of this. So I'm gonna let you take it away there.

Thanks, Julia. Isochronic tones are basically an exploration of how targeted vibrations can resonate in the body and resonate sympathetically with things that are already going on in the brain. A lot of research has been done into the brain, and of course, the brain is always vibrating at many frequencies.

The brain is very complex, but in some ways it is kind of just a dumb organ like all the rest of them, it responds to what it is exposed to. So isochronic tones are a way of brain hacking, or attempted brain hacking, to invoke specific frequencies of brain activity that are correlated to mental states like calm,euphoria, even concentration. Some of these frequencies are below the threshold of human hearing. But we can simulate them by putting an envelope on any other frequency that you find appealing. So even though you can't hear six hertz, you can hear six cycles per second of another sound that goes up and down.

Very cool.

I like it. Yay.

(moves slightly in the golden foil chair) Sorry, I'm crinkling

Isochronic tones are very popular here. Great.

How about astral noise?

You know, I don't know.

I mean, it just, we're here for you.

We're happy to explain it all to you.

Julia this is your specialty

So astral noise refers to anything that comes from the environment beyond Earth itself. These frequencies are created through natural reoccurring phenomena. So this can be the rotation

of the Earth, or the frequencies that the sun gives off during sunset or at different times of the day.

Lightning, the Northern Lights, these all make reactions in the electromagnetic sphere, which we can't hear with our regular ears, but we can use some specific amplification devices and record them. It's a nice way to experience all of this magnificent activity happening in the Earth's magnetic sphere, and in the cosmos.

A new layer of noticing.
I like it.

For real. How about Muzak?

I do know what Muzak is like, elevator music?

That's it. Exactly.
Yeah, totally.

Do you find Muzak appealing?

Ah, so-so. Okay. It depends.

Okay, so how about deep listening?

What's that? Oh, I don't know.

So Deep Listening is a practice developed by American composer Pauline Oliveros. And it's basically the practice of listening, often in a group, often to the sounds of the environment. In a kind of a meditative practice, which is done kind of over and over. She's developed a number of different practices.

Cool.

How about drone?

I love drone.

Great. hypnosis.

In the classic sense, like being hypnotized?

Absolutely.

I'm skeptical that it works, but it works for a lot of people. So maybe I'm being too skeptical.

How about a sound bath?

I'm into sound bath. Bathe me in sound any anytime, anyplace.

We can do it.

Okay, how about Neo Gregorian chant?

Can't say much about that.

Sounds exciting though.

It's just, it's just that we find that the use of vocality is intriguing.
But we're not interested in the cultural beginnings of this art form.

annoying right? In comparison.

Okay, how about roleplay?

Gotcha. Cool. I'm into that.

Yeah, great.
And ASMR?

I can get down with roleplay

I will...I will not judge anyone's perception. but pink noise...pink noise is much, much softer.

Right? It's designed for our specific human hearing perception. How about binaural beats into those for sure. Right. And guided meditation.

Yep. All about it.

I'm, I can't believe that I'm gonna, you know, admit this live, but I do love ASMR. I'm an ASMR listener, for sure. I find it very relaxing.

We'll circle back to that. In just a moment, then. How about laughter yoga?

Never done it. But intriguing.

Okay, white noise.

White Noise is great.

Pink Noise?

What is pink noise?

I can play you an example. Let me pull it up. Actually, Julia, you might be able to pull it up faster than me while I explain it. White Noise is all of the frequencies heard like that are of equal volume. However, the human ear does not perceive all frequencies of equal volume. And so you can think of white noise as equal frequencies. But pink noise is actually like a "quality" of noise, because the pink noise actually compensates for the curves of the ear and it makes some of the tones more powerful than others. So it actually sounds more "even" in our perception.

Cool. It's a really nice name for it. It is exciting.

So which one do you prefer...
do you hear that?

Yeah, we can loud and clear

Yep, yeah, it's way comfier than white noises

Similar to a rain sound, I would say. Again, just for comparison, I'll play some white.

is that the pink noise?

Oh, I just love that.

Right, [white noise] is

sounds bath
Sounds like we could have a lot of fun with this. placebo. Julia, do you have any other questions?

No, I don't. I think you could take it away with the with the specials, if you're ready

I am ready.

We have made a whole bunch of specials for guests of the plaza. And so I'd like to draw your attention to our menu. I will read them out and explain them for you. On Friday, we're all about finishing the week, and it's the Lipa, with energizing binaural beats and fun affirmations to start your day. The Add Ons (like in the manner of adding on to a sandwich) we have enthusiastic compliments.

you can take as much or as little as you like.

We can simulate a sonic hairdo with or without narrative context. Verbal makeover role plays with a glow up. So there, we have the Lipa. On Saturday, our feature is the Ramsey which is a binaural ear to ear recording of food eating AKA a mukbang. While some people like more abstract experiences of pure overindulgence with mukbang, there are also others that enjoy just simulating a meal. So it'd be like small talk during breakfast, lunch or dinner, asking you about your day. Maybe preparing some dessert for you, this kind of thing. Description of foods, textures and flavors...It can include your favorite foods and a description of where they come from.

So that's the Ramsay.

On Sunday

we have the Karuna because Sunday's for rest--so hypnotic, gentle ASMR vocals to put you to sleep. Add Ons include outloud counting isochronic tones for brain entrainment, playful misdirection, and verbal suggestions.

So that would be, you know, just something very gentle to put you to rest. Monday the Hecker: this is something that is developed for productivity. And this would be dense synth drones to soothe your noisy mind and increase focus. Add Ons include guided stretching for teletravail fatigue. At specific intervals, we can remind you to get a glass of water or stretch your hands out a little bit, or give you isochronic tones to brain hack your baby (laughing), whatever this means to you. Nature sounds from hydrophone recordings, to get deep into your work.

Whatever your work is.

Tuesday,
Chthulu. Gentle,
soft spoken reading of a book, dreamy fairy tales, an instruction

manual, whatever it is that you've been meaning to get to, but haven't found the time. We can read it for you: a novel, cyborg theory, who doesn't have enough of that? Add Ons include fake accents, although results will vary. And we reserve the right to not provide certain fake accents.

Tapping and page flipping,
keyboard typing sounds, pen on paper
note taking.

So this is kind of a point for starting a conversation with you and asking are there any of these specials that appeal to you as a baseline for making your custom audio placebo

I'm into the Karuna and the last one. Sorry.

Oh, the Karuna and Cthulu! Cthulu is a very scary thing to say. I'm always worried every time I say it actually. It's a creature from a novel that I think it's like the ancient evil from beyond the stars. So we don't want to say that name too often. So what is it that appeals to you specifically about the Karuna?

Okay, that's great. We have a lot of voices.

I love vocals.

Especially like soft ones,
I find them very relaxing.
And the intimacy of that is really appealing.

Writing down everything you say. And so that's more of the vocal style that you're interested in for doing the Cthulu?

Yeah, for sure.
And also like, the keyboard tapping and the note taking, like small sounds, they are also really nice.

Um, you had mentioned a roleplay Do you think that there's a character that could be involved? Like I'm thinking like, it could be your best friend who helps you study or? I'm not sure I'm trying to wrack my brain for something really fun. You could be listening to somebody else study. It could be a purely abstract experience where someone is actually just directly reading something to you, and there isn't a roleplay involved. Do any of these like, Would you be interested in somebody putting us to sleep, for example, like a nighttime turn in service?

Really, just anyone talking about anything that is interesting to them.

So if it's a bedtime story, would you be interested in something like a chapter of a novel or fairy tale? Or like, would you be interested in a children's book?

They're very short. We could get through the whole thing. But I mean, if you find that too cheesy, then we're happy to like, you know, go the other side as well.

Wherever you feel like going.

Okay. We're just trying to suss out what you would respond to, because there's some people that certain strategies, it would just take them right out of it. So we're just trying to figure out if you have any Sonic allergies, or conceptual allergies,

I think if somebody is talking about or reading something that they like, and you're like, sharing it, I find that really appealing.

Yeah, just like a, like a conversation. And something that the other person is also like, you know, happy to do.

Okay, so it's more about the enthusiasm and or the knowledge of the reader.

It could be like, someone reading through a chapter of something. And also, at the same time sharing this information with you. And then having, like, small reacts here and there, like, "Oh, that's interesting." Like, would I find myself wondering, like, even, like, maybe this is way too out there. But like, I'm imagining, I used to listen to a radio program late at night, and somebody would talk over music, but that would be kind of difficult for us to make a whole radio program for you. Because I do yes, we definitely have some rain in this one. So we can talk over rain for sure. I'm writing it down again. Rain. And so I guess, did you want us to surprise you then?

sure
Because it seems as though you're kind of just waiting for the delight. So far be it from us to take that from you. You're seeking more of a calming, caring experience. Even though the division between the mind and the body is an optical illusion, is there a side with that you would rather that we lean on like, I guess, because we I guess it's more for our hypnosis sessions that we kind of focus on like closing the eyes, focusing on the breath, this kind of a thing. But would you like that to be a part of this?

sure
sorry I feel like I'm not being very specific. I'm just like, do whatever you want.

Okay,

Would you? Would you maybe like something more abstract?

In terms of...

I'm just exploring all the possibilities. Like if it was just rain, and like maybe a sound of someone just barely on the edge of perception kind of falling in and out. It's more about the sound for you, than the content.

Yeah, I think that's accurate.

Okay, that's, that's very helpful.

I think the only thing that would really, really take me out of it is like, too much like personal attention stuff. Like when somebody's like, "Oh, I'm taking care of you. You're such a baby" like that. I get how that's appealing to other people, but it just puts me on edge.

Just like screaming, Kid screaming.

Whispering.

Okay, on that note, have you ever experienced any adverse reactions to any specific sounds?

Probably not going to be a component in your audio placebo but it's good to know. Yeah. Do you have any specific ASMR triggers?

Okay. For whispering of course, there are different styles.

Is the whispering like, "This is my whisper voice you can hear me really clearly" (inaudible whisper noises) I don't know if you understood that.

You say only half of it and so it becomes less clear to hear, then there's like inaudible which is pure syllable noise. Are you interested in something that oscillates between these levels?

Yeah, the first two.

Unintelligible can be really cool. I agree. Um, so just focus on whisper and like, mouth sounds, okay. Are you thinking of crinkling fabric noises?

Yeah, those are good.

Okay, gotcha. I think I'm good for my questions.

Right

I just wonder if you have a favorite sound.

Honestly, I think rain and whispering would be the two favorites.

Whoa, great. I think we're going to be able to please you.

And is there a color that you are particularly fond of? Or that you would like us to infuse your placebo with?

I really love teal. Or like a turquoise-y Color?

Beautiful.

Oh, this will be a very cozy conclusion to our audio placebo album. Amazing. Yeah, it actually works out really well. If this is the final one, I think

Has anyone done anything like completely opposite to me? Like said "I want to be so stimulated",

You know, we sort of have actually, we had somebody who wanted something that was going to be able to creatively prepare them for the work that they needed to do during the day just to like, do a sonic reset. So that's quite a delightful placebo. Yeah, that's interesting, we can now speak authoritatively about all of the placebos we have generated at this point. This one will be really nice.

Yeah, I think that's going to be really great. Great end to the placebo week.

So we have been carefully taking notes for your prescription. Great. After you leave, we're going to have a group meeting with all three of our pharmacists to determine how we can best serve you. We're all about collaborations. So all three of us are going to somehow have a hand in what gets made. In probably 48 hours, we will contact you to let you know your prescription is complete. You do not need to come pick it up, we're going to deliver it to you. I mean, we will let you know when your placebo is uploaded, but I'm just going to make you aware that we are also releasing all of the placebos that we make on an album on Bandcamp. So you'll be able to access yours along with the placebos of everyone else when the time is right. And just a reminder that, once again, placebos are not meant to be a replacement for any traditional therapy. And also that while this is a custom placebo made for you, that it's also our artwork, so we retain the rights to it, but you have a copy to use as you please.

Wonderful. Thank you so much.

Yeah, we're very excited that you came in today because everybody that comes in is a microcosm for the needs of the world. And so because you came in, now everyone has access to this whispery nighttime, dreamy rain, placebo.

Incredible. Very happy to be part of it. Thank you so much. Great.

Thank you.
Do you have any other questions before we turn off the microphones?

No, that's it
Just yeah, thanks again.
This has been

CHARLOTTE

"Buy into the dream"

Isochronic tones

Deep listening

sand baths

- Roleplay - coupe de cheveux
laughter yoga?

Fart - no! No surprises -
No shrill sands

Sands of food preparation ...



Best friends

Blue Rose

Mesches en Roses

What brought you here?

Trouble focusing / overstimulation

MEGHAN

sandscapes
deep listening

drone
hypnosis
sand bath
gregorian chant
roleplay
ASMR
white noise

binaural
guided mediations

Specials

soft eggshell
scratches

ASMR

{ calming emotions soft spoken variety }
high pitched grating water hydraphone
Lavender

↓ Viv squish/noise / binaural

Viv - USB stick

Peter

left knee ★★ Muscle atrophy assistance

→ Hypnosis?

→ Roleplay ←

→ Laughter yoga

→ Guided meditation

→ Body scan ←

HECKER Focused

- Dense synth sounds
- Body Scan
- Energizing
- 528 Hz

→ Favorite sands - trains - winter winds
leaves in winds - cat sounds

→ Unexpected loudness no.



Audio Placebo Plaza

If being asked, how am I feeling today, I will take a thinking pause, and try to avoid responding, because the answer will be quite dark and uncomfortable. Is there a pervasive sense of unease and illness in the air today? Are we heading towards a collective unwellness that is exacerbated by remnants of a recent pandemic, an ongoing war, and a roaring climate breakdown across the globe? A poet uttered the inevitable, the world today is in malaise.

What can we offer to each other in this time of deep psychosomatic malady and a preoccupation with disease and doomsday? Shall we resign in the face of a catastrophe or resist together? The same poet, who professed about the planetary sickness, also provided the imaginary space for solace and solidarity grounded in personal sacrifices and service. The poet asked if it is possible to come back to the world after death and imagined himself resurrecting as a soft and ripe orange fruit at the bedside of an ailing friend¹. Can this orange be a therapeutic placebo for recuperation and repair, calming and care, healing and nurturing, friendship and camaraderie? Further, can we imagine a placebo that is to be listened to?

Erin Gee, Julia E. Dyck and Vivian Li came together to spread healing placebos in their communities in Montreal. Since 2021, they take appointments to have a conversation with people in a plaza setting asking them about how they feel and if there is any ailment that they want to be addressed. Erin, Julia and Vivian then find a compositional method to expend their various sonic specializations to craft specific and focused treatments for the people who need a healing vibration as a sonic belief that all the malaise will disappear with the listening. As medication, the placebo offers them an emancipatory listening experience that often cures.

An audio placebo is presented in the form of a listening portal by the bedside table of a dear, ailing friend or loved one, or a stranger needing a warm presence of a co-listener. The audio placebo is composed with a true presence of service, solidarity, sacrifice and tending that heal the ailing souls through their listening bodies. The placebo carries the honest, unpretentious, and truthful voice of the artists to be there beside the patients in need. This poetic presence overcomes physical and temporal distances to arrive at the doors of healing and emancipation, where co-listening is the vehicle for a soulful contact, well-being and cure.

¹An Orange
Jibanananda Das

Once I have left this body
Shall I not return to earth?
Let me come back
On a winter night
As the doleful flesh of a chilled orange
At the bedside of a dying friend

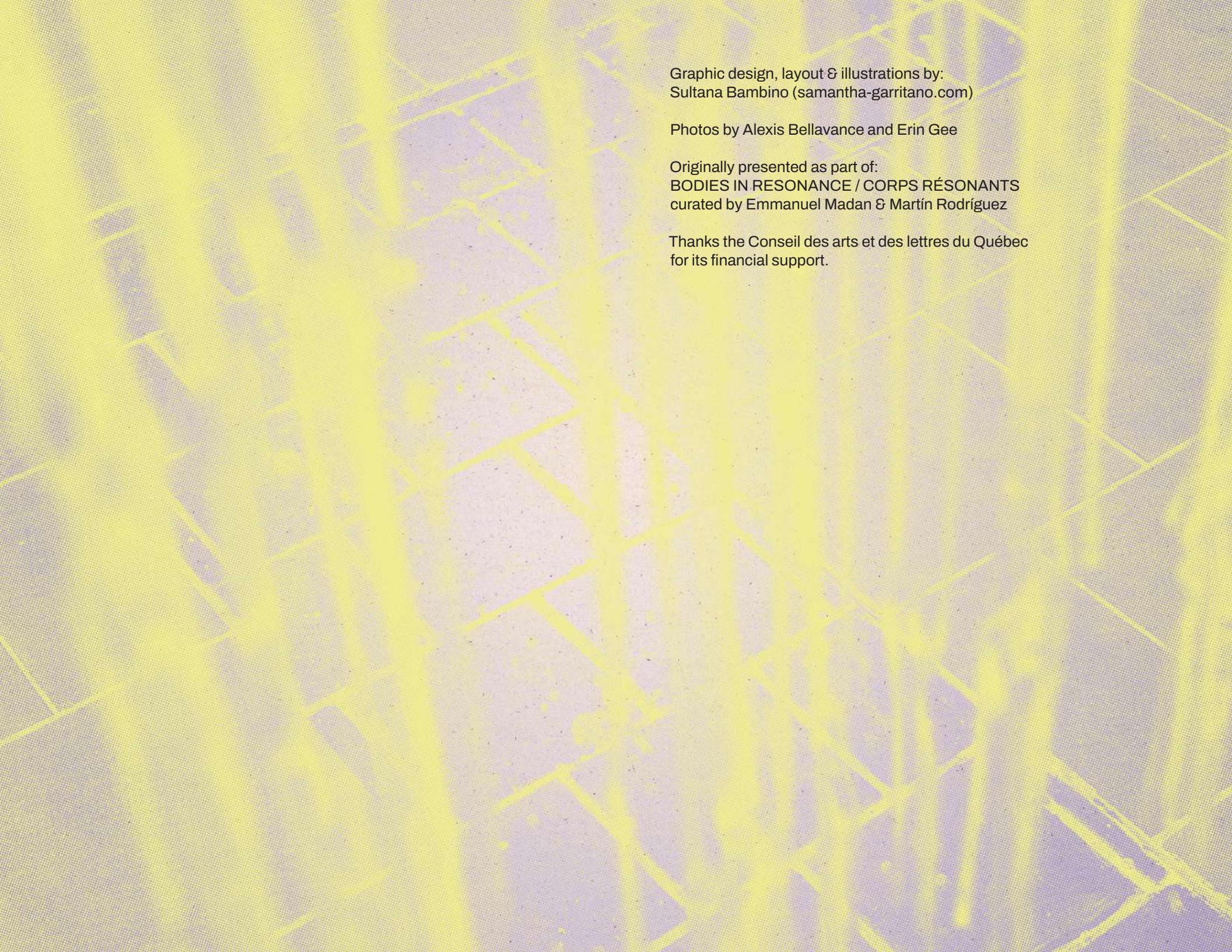
Audio Placebo Plaza (APP) is Julia E. Dyck, Erin Gee and Vivian Li, a trio of woman-identified and non-gender conforming artists based in Montreal/Tiohtià:ke focused on the expansion of intersectional feminist methods of care, emotional labor, collaboration, and community in sound art. APP considers “placebo” as a complex, open-ended, and optimistic conceptual framework for work that embraces irony, play, and co-performativity in psychosomatic sound art. Through performance and interactivity, APP engages with community members to discuss these topics.

Julia E. Dyck is an artist and radio producer and hypnotist originally from Treaty One Territory/Winnipeg who works between Brussels and Montreal/Tiohtià:ke. Dyck's relational and speculative practice explores the possible connections between the body, consciousness, technology and the environment through performance, composition, installation and transmission.

Erin Gee is an artist/composer based in Montreal/Tiohtià:ke who practices critical approaches to affect, vocality, and unconscious thought. She is a DIY expert in affective biofeedback, incorporating these technologies into vocal composition, networked performance, ASMR, VR, AI and robotics.

Vivian Li is a China-born, Montreal/Tiohtià:ke-based multidisciplinary composer and sound artist whose work in hardware synths, voice and sampling emerges from a holistic exploration of our daily surroundings, combining elements of Li's eastern roots with western influences.



The background of the entire page is a dense, abstract pattern of overlapping organic shapes. These shapes are primarily composed of thin, wavy lines in a bright yellow color, set against a light gray or white background. Interspersed among these yellow forms are several larger, more solid shapes in a muted purple or lavender hue. These purple shapes vary in size and orientation, some appearing as broad, horizontal bands and others as more vertical or irregular clusters. The overall effect is one of a complex, biological, or perhaps microscopic landscape.

Graphic design, layout & illustrations by:
Sultana Bambino (samantha-garritano.com)

Photos by Alexis Bellavance and Erin Gee

Originally presented as part of:
BODIES IN RESONANCE / CORPS RÉSONANTS
curated by Emmanuel Madan & Martín Rodríguez

Thanks the Conseil des arts et des lettres du Québec
for its financial support.

Yes that's a really good job, it's exactly the kind of sound I listen to work. I had the feeling to listen to Brian Eno + having gentle reminders for selfcare

I actually have "bois de l'eau" on a paper on my desk, I laughed so much when I heard "bois de l'eau"

you deserve it! all the water.

HI I LOVE MY PLACEBO SO MUCH

It truly made getting to sleep so much easier and it was really beautiful

I am so happy w it!!!

19 Juin 2021

à moi, Erin, Pinki, Lv74

I'm feeling

LUCKY

to have received this! Thanks all involved, this is a treat.

Re: Your Audio Placebo

Add label

to Julia, me ✓

6/8/2021

Dear Julia and Erin,
Thank you for filling out my audio placebo prescription. I listened to my audio placebo this morning during my physio-exercises and I already felt some improvement in my hamstrings. I hope the rest of your appointments this week passed just as smoothly as mine. All the best!

23 juin 2021

à moi, Pinki, Lv74, Erin ✓

Hi Julia, Erin and Viv,

Thank you so much for this wonderful work! I love it and can't stop listening! A successful prescription indeed :-)

Best,

whoa!!

I love that ASMR!!!

I finally got to listen to it chill in bed, in the dark, yesterday

like, seriously, awesome!

only one critic: It could be even longer :-)

Dear Julia, Erin,

I didn't really expect that out of our discussion, but you did seriously found out one of the things that I actually love the most with sounds!

Thank you so much, I love my placebo!

We made it so it could be looped

Looped

Try that

I will pass along your messages to the team

Viv will be so pumped

Amazing project really, bravo/thanks!

