

# The Observer

## William W. Saul



### Program Note:

*The Observer* is a term I use to describe a modality of the mind, in which an individual is extremely cognizant of the relationship between external information and internal emotions. Rather than reacting to stimuli, an 'observer' can recognize the conversion of data into feelings and choose to take a deliberate approach. One can achieve this state through regular, deep meditation.

I became familiar with this phenomenon after a traumatic event, about which I began having flashbacks. Over time, I discovered that in my attempt to avoid said memories, I was creating a paradoxical outcome. After acknowledging this, I immediately began the process of confronting my inner thoughts. During isolated sessions, I conjured as vivid imagery as possible, triggering intense fear impulses. Instead of turning away from this, I stared directly into the 'eye of the beast' - so to speak. Through consciousness, I disarmed my angst.

This piece depicts these psychological/spiritual experiences, through an esoteric dialogue with my voice, wind chimes, tree branches, a smoker drip pan, and a chainsaw. After collecting and recording, these elements were arranged by ear - highlighting texture and timbre. To achieve an organic sound, I limited my use of effects to primarily formant, reverb, and time alterations.

I created the accompanying video during Autumn, near Franklin, Tennessee. The shots focus on perspective and contrast, cutting between varying movements, angles, and distances. This became a crucial vector in expressing my concept with complete artistic license.

