

Com Position No. 1 (2015)

part one:

in turn, notice

- a) ten things you can see
- b) ten things you can hear

part two:

hold both one sound and one sight in your attention for a while.

do this another nine times.

part three:

use this as a launchpad for noticing stuff.

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

for both sounds and sights:

colour, shape, sense of movement, high, low

texture, density

big things

small details

things that seem noticeable

things that seem not - noticeable

movement of light, humans, animals, plants, machines

play with letting go of meaning - it's just stuff happening

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 2 (2015)

notice any or all of these things (unrelated or related):

a sound

a sight

a taste

a smell

a feeling in your body

notice them together for a while

let your attention wander to different combinations of these things

duration:

a) as long as you like

b) as long as you can

c) shorter than you'd like

d) until it gets boring and then longer than that

play with letting go of meaning - it's just stuff happening

Composition: ORIGIN late Middle English: via Old French from Latin composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-aspirational; non-achieving; not trying; being; doing.

Com Position No. 3 (2015)

listen out to hear if there's a relatively constant sound where you are
listen to it
listen to other sounds in the environment in relation to it

play with letting go of meaning - it's just stuff happening

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin
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aspirational; non-achieving; not trying; being; doing.

Com Position No. 4 (2015)

wherever you are right now play with idea that you're in a film
your eyes are the camera and your ears are the microphone
choose the shots and sounds to focus on
slow pans, long shots, close ups, zooming in, pulling out, wide angle, panorama,
jump cuts etc.
close sounds, distant sounds, homing in, pulling out
mix them all up
stay in the film

play with letting go of meaning - it's just stuff happening

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin
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aspirational; non-achieving; not trying; being; doing.

Com Position No. 5 (2015)

seaside com position

In a built-up area imagine that the sea is just beyond the buildings that block your view

notice how it changes things

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Com Position No. 6 (2015)

divine

sit, lie, walk, run, eat, sleep, talk, sing, dance etc. imagining you're Divine

a) the filmstar

b) the spiritual state

variation:

play with going from one 'Divine' to the other and notice the differences (if any)

play with letting go of meaning - it's just stuff happening

Composition: ORIGIN late Middle English: via Old French from Latin composition-, from componere 'put together.'

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Com Position No. 7 (2015)

duet

part two:

if they look like they're up for it - have a chat with the homeless person you normally give money to or walk past

part one:

if they're looking for it, give them a decent amount of money

(In this Com Position, part two goes before part one)

Composition: ORIGIN late Middle English: via Old French from Latin composition-, from componere 'put together.'

Com Position No. 8 (2015)

when you're walking or moving around
observe how someone or something else is moving
observe how you're moving
notice these things in relation to each other

variation one:

add listening to some of the sounds around you and play with noticing all three things in relation to each other

variation two:

if there is a big group of people play with noticing the groupness of the movement and

- a) individualness
- b) your individualness

play with letting go of meaning - it's just stuff happening

Duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin composition-, from componere 'put together.'

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Com Position No. 9 (2015)

eyes closed

give some time and attention in turn to sounds that feel like they're

- a) in front of you
- b) behind you
- c) to the left
- d) to the right
- e) above you
- f) below you
- g) produced by you

there may not be sounds in every direction at any given moment - either wait a bit or just notice there are no sounds and move on to the next one.

variation:

hold two sounds that feel like they're in different locations in your attention
repeat

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

colour, shape, sense of movement, high, low

texture, density

big things

small details

things that seem noticeable

things that seem not - noticeable

play with letting go of meaning - it's just stuff happening

Composition: ORIGIN late Middle English: via Old French from Latin
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aspirational; non-achieving; not trying; being; doing.

Com Position No. 10 (2015)

stream

in a place where there are lots of people talking

close your eyes

play with the idea that the sound of the people's voices is a fast-moving stream or river

variation (inversion)

in a place where there is a fast-moving stream or river

close your eyes

play with the idea that the sound of the water flowing is the sound of lots of people's voices

Composition: ORIGIN late Middle English: via Old French from Latin composition-, from componere 'put together.'

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Com Position No. 11 (2015)

walking, sitting, lying down, eating, sleeping, dreaming, chatting, shitting, fucking
etc.

play easily and lightly with the idea that neo-liberalism was consigned to the
dustbin of history a long time ago

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Com Position No. 12 (2015)

notice a colour

notice other places where that colour or variants of it are

when you feel like it move to another colour

be loose with it (it's just a game)

shade

varieties

duration:

a) as long as you like

b) as long as you can

c) shorter than you'd like

d) until it gets boring and then longer than that

play with letting go of meaning - it's just stuff happening

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Com Position No. 13 (2015)

decide on a part of the body
notice any movements that you can see
that are made by this body part
in the place that you are

singly
in relation to others made by the same body part
in relation to your own body

variation:
notice sounds at the same time

Com Position No. 13 (a) (2015)

hands – thumbs

in a place where lots of people are using their phones or tablets
notice the movements of their hands (and especially thumbs)
solos
duets
trios
group pieces etc.

variation:
notice sounds at the same time

play with letting go of meaning - it's just stuff happening

duration:
a) as long as you like
b) as long as you can
c) shorter than you'd like
d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

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aspirational; non-achieving; not trying; being; doing.

Com Position No. 14 (2015)

vibration

in a place where there is a sound
which seems to you like it makes a noticeable vibration
that you could sense
make a conscious move to feel it

or

if you can't feel it straight off
place a body part in a place where you can
and feel it for a while

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

play with letting go of meaning - it's just stuff happening

Composition: ORIGIN late Middle English: via Old French from Latin
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aspirational; non-achieving; not trying; being; doing.

Com Position No. 15 (2015)

combine any of the Com Positions in this series
in any way you feel like
let attention playfully and meaninglessly get caught up in new elements and
combinations

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

play with letting go of meaning - it's just stuff happening

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

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aspirational; non-achieving; not trying; being; doing.

Com Position No. 16 (2015)

work with stuff you already have
tools you've already got
methods you're familiar with

add nothing extra except time, energy and attention
(above all, don't add administration, promotion or money)

seek out and receive no assistance, advice or feedback

combine things
do some stuff that makes them fit better together if that seems like a good
thing to do
allow something to come into existence that didn't exist before

if you find yourself trying hard to do anything
(as opposed to perceiving or doing with focus and energy)
stop for a while until the fit passes

when it's done
enjoy this new thing:
a) alone
b) with other people or animals
c) give it away for free

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goallessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 17 (2015)

Consensual S/ M Com Position

make something that comes to you very, very easily in any media
(visual art, sound, movement, film, perfume, light, architecture, conversation,
flower-arranging, story-telling, etc.)

don't judge it

let it combine with another / other things you've made very, very easily

order them about

treat them roughly

cut 'em short

stretch 'em out

turn 'em upside down

make them combine in 'unnatural' ways
etc.

make sure you're sensitive to them

and only do these things in ways that they consent to / enjoy

variation:

reverse the sub / dom roles

let what you make boss you around instead

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 18 (2015)

notice people's faces
feel their expressions
play with not labelling
just feel them

notice them in relation to other faces / expressions
including your own

solos
duets
trios
etc.

variation:
notice sounds as you notice the faces

play with letting go of meaning - it's just stuff happening

duration:
a) as long as you like
b) as long as you can
c) shorter than you'd like
d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 21 (2015)

use technology

chairs, wheelchairs, violins, laptops, software, dog leads, books etc.

in any way

other than that which it was made to be used

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 22 (2015)

If you feel like it

make something

let something come into being

don't allow 'polish'

don't finish it off

let the mistakes

the faults

the inconsistencies

give it life

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goallessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 23 (2015)

Carl Rogers
(with a nod to Abramović)

duet
(solo with accompaniment)

in any situation ...

be with someone:
human
animal
plant

play with really listening to them
entering into their world 'as if it were your own'

listen to:
sounds
movement
words
(the music behind or within the words / the movement)
spirit
emotion
ways of being
etc.

feel rather than think it

play with responding if you feel moved to do so
but only in a way that brings you into the world of the other more fully

play with whether it's possible to keep away from ...
adding
amplifying
embellishing
interpreting
going back into your own world

follow
never go ahead
accompany

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 24 (2015)

look after yourself
(in whatever way is right for you)

listen to yourself

make stuff when you feel an inner or outer impulse to do so

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin
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aspirational; non-achieving; not trying; being; doing.

Com Position No. 25 (2015)

diogenes (doghead)

remember you're an animal

roll around in the dirt

duration:

a) as long as you like

b) as long as you can

c) shorter than you'd like

d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-aspirational; non-achieving; not trying; being; doing.

Com Position No. 26 (2015)

frames (stolen from Brian Eno)

play with letting yourself be aware
of the frames around things
and
things you and other people / animals do

physical
political
cultural
social
emotional
relational
financial
psychological
ecological
historical
geographical
biological
etc.

if you feel like it
play with the idea that frames
can be changed
and
interchanged

mess around with it
fuck things up beautifully

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 27 (2015)

notice something still

notice other things moving whilst noticing it
sounds
sights

duration:

- a) as long as you like
- b) as long as you can
- c) shorter than you'd like
- d) until it gets boring and then longer than that

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 28 (2015)

(double entendre)

play with accidentally
or wilfully
or half-wilfully
misunderstanding things you hear or read

play with being
cheeky
serious
laughing

if you feel like it
aimlessly store these misunderstandings in some form / various forms

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 29 (2015)

uncover
reveal
allow something to speak

only allow thought or planning
as much as is needed to assist the revelation of what is there already
let these thoughts and plans be as light as they can possibly be

let thought and planning be the facilitation of something
don't let them be 'the thing' itself

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goallessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 30 (2015)

allow something to come into being
or to be revealed to you

play with not using your imagination

when you notice yourself bringing imagination or invention into play
stop for a while
gently notice that you're using your imagination
and bring your attention back to awareness and doing

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 31 (2015)

everything 'around' 'the score'
is also the score

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. 32 (2015)

delete status
uninstall PR
abandon career
forego reputation
unhook from financial value
forget ambition
release any hope that you will be any different than you are right now

here we go ...

(and-a-one-two-three-four ...)

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

Com Position No. ? (2015)

ignore any or all of these ComPositions
and just do the fuck what you like

Composition: ORIGIN late Middle English: via Old French from Latin
composition-, from componere 'put together.'

Tags: goalessness; purposeless activity; aimless; pointless; meaningless; non-
aspirational; non-achieving; not trying; being; doing.

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