



Elemental Art Residency

Nature as Process

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About the workshop

Music as a process of inner exploration

Decoding my process

How can we experience our feelings and our emotions through music and immerse listeners in an inner state of consciousness?

I design my session less like a traditional music workshop and more like an exploration of altered awareness through sound.

The goal of this workshop was to create a musical piece that incorporates improvisation and captivating, ethereal soundscapes, immersing listeners in a state of consciousness reminiscent of REM sleep—a liminal space between deep sleep and wakefulness.

Process

The workshop was focusing on deep listening, improvisation, and the creation of a sound environment that encourages introspection.

I record and create a sound environment to perform that piece with a few key words and some intentions

* Immersive soundscapes: Sustained tones, drones, ambient textures, reverberant sounds, and slowly evolving harmonies can help shift attention inward.

* Improvisation: Rather than following a fixed composition, respond intuitively to the moment, creating sounds that feel organic and dreamlike.

* Reduced external stimulation: Participants will lie down with eyes closed.

Session

The session took place in the common area of Glampeco. To create a cozy and relaxing environment, we arranged multiple mattresses and pillows together to form a large communal bed. Participants were invited to bring blankets and wear comfortable clothing.

The session was scheduled in the morning, shortly after participants had woken up. It lasted approximately 20 minutes.

Outcome

I have been very inspired to create a contemplative environment in which listeners can enter a deeply receptive state, somewhere between conscious awareness and dreaming. Rather than expressing emotions outwardly through dance or interaction.

We also took time after the session to come together and share our experiences. It was fascinating to hear how differently each participant responded to the same environment. Their reflections touched on memory, emotion, imagination, and self-discovery, with a variety of personal interpretation.