

Audio Transcription

Lia Chavez

Song of Fire

Sonic Endurance Performance (2023), 40.01 minutes

Instructions:

Find a quiet moment to sit comfortably before a candle. While listening to *Song of Fire*, deepen the breath, and gaze at the candle's flame. Steady the gaze on the tip of the flame until the eyes are filled with tears. Listening to the song while gazing at the candle enhances focus, cognition, and mental clarity of fire's essence.

Accompanying Descriptive:

Song of Fire is a ceremonial soundscape which was taught to Chavez by the stars. The song is a tool for restoring equilibrium to the cosmos and conversing with the element of fire. The piece belongs to a broad, ongoing body of work in which the artist retrieves primordial healing songs from the universe through superconscious exploration. Chavez received this composition as a universal transmission from Ursa Major during her weekly Fire Meditation in front of the bonfire—a creative ritual performed from 8pm-4am every Sunday evening. The song serves as a mode for communicating with fire by inducing a state of awareness in which the singer is able to call forth fire's flaring, crackling, sparking, and heat. *Song of Fire* can also be sung to serenade distant stars across the expanse of outer space.

The soundscape imparts therapeutic benefits. The 40-minute long recorded durational performance features an unaccompanied repetition of 23 non-lexical vocables which mobilize the body's innate relaxation response by manipulating vagal pathways. Through the activation of the parasympathetic branch of the nervous system via stimulation of the Vagus Nerve, blood flow to the brain improves and brainwave patterns that promote a meditative state are increased.

Drawing upon her background in the neuroscience of creativity and brain synchronization, the artist incorporates vibrational vocal patterns that enhance global brainwave integration and open a channel to the metamorphosis of awareness. The steady shifting between the melodic progression and the modulating vibrato aids in what Chavez calls "a comprehension of cosmic interconnection."

Part of the MIT List Visual Arts Center's 2023
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