



503

The mixer

Whenever you are in a complex soundscape, be it a noisy café or restaurant, a room in your home or a natural location like a garden or forest, set yourself the intention of identifying the individual sound sources that go to make up the 'mush'.

If you like visualisations, imagine the mixing desk in front of you and bring up the faders one at a time to focus on each individual sound. If you are primarily auditory, then simply listen and ask yourself the question: how many sounds can I identify?

The main secret to conscious listening is simply intention.

As you get into the habit of analysing the sounds around you, you will naturally start to recognise the constituent tracks that go to make up any soundscape. This practice enhances the quality of your listening, as well as enabling you to deal with counterproductive sounds that might otherwise have remained hidden from you – for example small hums and buzzes that are largely masked by other, more dense sounds.