

## **A Manifesto for Care-ful Listening (listening for everything)**

Move and be still

Recognise positionality and reciprocity

Find feedback as a gesture of touch

Listen for everything

Everything is valid

Tune into that which you cannot hear

Ask a question of what you hear

Let sound become a language (without grammar)

Let listening become a conduit (without words)

Stay

Care

Converse

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This manifesto was developed in the framework of the Points of Listening workshop Care-ful Listening at De La Warr Pavilion on the 12.01.2020. It means to act as a starting point, as an encouragement as well as a protocol for a care-full listening as it was worked out on the day by and with the participants. Its tone is one of care-ful instructions, adopting the imperative energy of manifestos for a sensitive listening activism, over four phases of care.