

# This Moment

From Alicia Lopez

**This Moment** is an excursion into emotive audio© and includes sounds intended to evoke particular responses in the brain. Singing bowls and arpeggiated synthesizers emphasize overtones that have been shown to improve mood. Into this soundscape the main “voices” are introduced. These include dogs happily panting, bird calls, and the sounds of walking. Around halfway through a negative cascade of effects triggers feelings of alarm meant to mimic PTSD, by making the ears ring, having tunnel vision, and the inability to distinguish between sounds. After a centering breath, the dogs help re-establish calm allowing the walk to end as peacefully as it began.