# Welcome to Listen Up!

## This exhibition, featuring artefacts from The Evelyn Glennie Collection and our Ways of Listening project with Cities and Memory, invites you to reflect upon what it means to truly listen.

Listen Up! explores the active and multi-sensory nature of listening as a shared practice, transforming how we connect with sound, with others, and with ourselves. As you investigate, we hope that you can hear, see and feel the vibrations and resonance around you, extending your whole body as a listening device.

We access sound in many ways - auditory perception is only one small part. By allowing ourselves to listen through all the senses, we can make embodied and tangible connections – to ourselves, to one another, and to the world around us.

In doing so, we let ourselves be open to the unseen frequencies that shape our world, the energies transferred between us, and the anticipation of sounds yet to be created.

We invite you to slow down, tune in and allow yourself to be fully present. Take time to reconsider what it really means to listen in a world so full of sound, noise and momentum. Challenge your own understanding of how you perceive and engage with sound. Consider the possibilities of seeing a melody, touching a rhythm, feeling a vibration.

**There is resonance all around you. Invite it in.**

## Listening as a radical act

The mission of The Evelyn Glennie Foundation is to Teach then World to Listen - inspiring a listening intent in all aspects of our lives, and to feel more empowered and connected through this simple but powerful practice.

What might the world look like if we all listened with more open minds and hearts? Perhaps we would notice moments that might otherwise pass us by? Forge connections we would never have thought possible? Or be more receptive to the new stories waiting to be heard?

**Our instinct, grounded in the unique experiences of our Founder, is that we might be transformed; our capacity to communicate significantly enhanced.** Through this lens, listening becomes a radical act - a gift of time, patience and presence to ourselves, to each other and to the world around us.

### Why is it so important to listen well?

We're not always in the habit of hearing our inner voices. What unspoken truths might surface if we paid closer attention? In moments of genuine reflection, we can learn to listen both to ourselves and to others better, building empathy and bridges across society.

### What does a culture of listening look like?

A culture of listening treats silence not as a void, but as a space filled with empathy and connection, valuing presence over performance and curiosity over judgment. In this culture, voices are not just heard but valued, and dialogue becomes a shared journey - fostering mutual growth, understanding and collective wisdom.

### Can listening really change the world?

Listening is transformative, transcending words and worlds. It creates space to reflect, to reconsider, and to imagine change. It calls for honesty, patience and selflessness. In a divided world, listening bridges hearts and minds. It helps us move beyond assumptions, engage with deeper truths, and value every voice. In this way, listening can heal - fostering empathy and helping build a more understanding world.

THE EVELYN GLENNIE FOUNDATION
*Teach the World to Listen*

CITYLIT

# Become your own resonating chamber!

## What could inspire you to listen more?

Hearing is automatic; listening is a choice. Choose curiosity. Choose openness. Choose to understand yourself and others more deeply. Every moment offers something to learn. As you leave this exhibition and return to a world of promise and dissonance, what new wisdom might you hear? Whose voices — including your own — are waiting to be truly listened to?

## How can I cultivate a deeper ability to listen?

Begin by tuning in and letting your body become a resonating chamber. Listen for what can be heard, felt and sensed. Discover the richness of each moment through conscious attentiveness. Notice how sound moves within and around you - and welcome the thoughts and feelings it brings.

## How will I know if I'm really listening?

Are you finding meaning in sound and silence — listening not just with your ears, but with your whole body and heart? True listening is active and mindful. Notice what you are connecting to, and why. Pay attention to the layers of sound around you. Which feel significant? What do they awaken in you?

## Find out more

Scan to find out more about Listen Up! and see Dame Evelyn exploring the instruments featured in this exhibition scan here:

Or visit:
evelynglennie.foundation/get-involved/listen-up/

## Support our work

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