

I AM SEDIMENT  
Adam Overton, Sept 2005  
(rev. 11/05)

dedicated to the performers involved,  
to j frede,  
and to my Uncle Ian

...

silently  
a group of people  
one person lies down, face up  
one by one, the rest of the group lie face down on top of this bottom person, eventually forming a pile  
the last one to join the pile covers the bottom-person's head so that s/he is no longer visible  
they lay there motionless for 3 minutes, 3 hours, 3 days, or somewhere in between  
those on top then very slightly lighten their weight without moving so that the bottom person is able to  
slide out from underneath  
the former bottom person stands still and observes the pile that was just covering him/her  
one by one each person slowly removes him or herself from the pile

repeat this process until each person has had the opportunity to assume the bottom position

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Optional sonic activities to perform:

- . as each person climbs onto the pile, they state "I am you" to the person on bottom;  
in response, the person on bottom replies "You are me"
  
- . while lying in the pile, each person quietly hums a brief tone with each blink
  - . option 1: everyone hums their own comfortable tone, or
  - . option 2: everyone hums a tone determined by the bottom person
  - . variation: each person alternates with each blink: hummed "mm", open "ahh"
  
- . the bottom person hums a tone with each natural exhale; while lying in the pile, the rest of the group hums and breathes in sync with them
  - . option 1: everyone hums their own comfortable tone, or
  - . option 2: everyone hums the bottom person's tone