

GUIDELINES FOR PARTICIPATION IN MUSIC FOR BREATHING MUSIC VIDEO

To be a participant in Music for Breathing is very simple. The only requirements to participate, really, are that you are a homo sapiens and that you breathe. I hope you can check those two boxes off.

So! The dream is to gather hundreds, or even thousands, of videos sent in by people from around the world, each breathing along to “Breathe with You”, from Music for Breathing.

The video will be a compilation of all of these videos, a stunning collage of diverse faces, to be layered over others, together breathing along with the music. I hope to put a video together where faces gradually fade from one into the other, effectively being a tour around the earth featuring all peoples, all collectively stopping, breathing, and finding home in their breathe.

There are a few requirements:

1. That when you film yourself breathing (for the full duration of Breathe with You) your eyes are closed. At the end of the album, you may open your eyes and film for however much longer you like while looking directly at the camera, as if to look at the viewer of the video.
2. That when you film yourself breathing, your head is relatively centred in the lens of the camera. Some moving of the head is absolutely fine, and actually practically unavoidable.
3. That the video be taken with a background that is of a single, cohesive colour or texture. This can be a wall, a floor, a forest, an ocean, a beach, a plain blanket, and so forth. The only requisite is that the backdrop is one single, cohesive element. This will make it easier to layer the videos and play with different textural layering!
4. The video can be any quality, but the better quality it is, the more likely it will be used.
5. Please listen to the album (specifically, Breathe with You) while filming, so that the reaction to the music is in real time. This is so that it can be synced with the music and those watching the final video can see reactions to the music.
6. To send a video, first contact me through my website, or by email at keenanreimerwatts@gmail.com

That's it! :)

Thank you deeply for considering being part of this. I gathered this album as a gift to all those who wish to find their breathe once more, and in so doing, find their home.

Love and peace, to wherever you are

Keenan