

'A SYMPHONY OF SALT'

- for immediate release -
2nd November 2020

Kickstarted with the sounds of a human crying, *A Symphony of Salt* is an 11-minute piece of music that intends to translate a haunting journey of grief for and between humanity and the Earth, (yet with an uplifting resolution and outlook at the end!). Made by 3 artists from Margate, contemporary artist, Ruth Fox and composers & musicians, Sarah Daly and Matthew Mole (from the band, Scanners), the sound artwork also features heartbeats and sounds of ocean waves.

A Symphony of Salt aims to translate, through four movements traditional to a symphony, the different stages of the mind and body's acknowledgement, build up and eventual release of emotional pain; a journey of grief in the human body which voices that of our collective species and that of the planet. With grief comes the difficult human emotions associated with it - whether that be shame, guilt, loss, despair - and these, evoked within *A Symphony of Salt*, aim to hold a mirror up to the feeling that we are being nudged from quite a few angles, to consider how our current paradigms are no longer working for us, and the systems and lifestyles by which we live - all of which are affecting our planet, biodiversity and many species of animals, as well as humans on both an individual and collective level. And affecting ultimately our own survival.

Included in the music are Ruth's own tears, the heartbeats of all 3 artists (all recorded on a baby's heartbeat monitor) along with recordings of ocean waves from Margate. The track also features Sarah's vocals, and a tuning fork app which along with the vocals, produce a sound bath effect varying from calming to disturbing, crafted using an auditory illusion called the Tartini tones, whereby a low note is perceived when the only sounds present are high notes.

Soundcloud link: <https://soundcloud.com/she-is-ruth-fox/a-symphony-of-salt>



The visual sound wave of A Symphony of Salt, in 4 movements translating 4 stages of grief

The sounds of the waves going in and out, in the first movement (titled, 'Tides In, Tides Out') channel the idea of the ocean in a calm state of being, breathing in and out. Whilst the ocean sounds start subtle and soft, they build to a stormier and much more powerful crescendo at the end of the 3rd movement ('Reverence'), along with the release of human tears. The heartbeats of all 3 artists evoke the sense of a collective, a species or a tribe, whilst the uplifting fourth movement, named 'Resolution (Sun's Up)' offers a hopeful, uplifting and optimistic outlook for how the journey of grief for both humanity and the Earth might end.

Ruth Fox adds, “Initially I intended to create something which solely addressed the individual human, and honoured human grief and the sounds of crying - at a functional level - as the body releasing emotional pain caused by the mind. As the work developed, so did the pandemic, along with forest fires ripping through lands and climate change escalating, and so I felt the track needed to be about more than just the individual human and the human body we inhabit releasing pain. It also needed to be about the Earth as our living, breathing home. And in relation to this, I think the present time we live in is encouraging us to think about the collective ‘we’ more than the individual ‘me’ if we are to save both!”

Hear the track on Soundcloud:

<https://soundcloud.com/she-is-ruth-fox/a-symphony-of-salt>

Purchase the vinyl: Available to purchase as a signed limited edition (of 30) on 12” vinyl at www.ruthfox.co

Contact the artist at www.ruthfox.co

About Ruth Fox:

Ruth is a multi-disciplinary artist and TEDx speaker living and working in Margate. Her work explores how we see and experience being inside a body, the ‘primal view’ of the body (what we see when we look at the actual physical body, without mirrors, photographs) and the ways in which we might be able to reconnect with the Self through the body as the home of the unconscious mind. To better understand the body-mind connection, her current research areas include neuroplasticity, quantum science, meditation, epigenetics and yoga nidra.

About Sarah Daly and Matthew Mole

Sarah and Matthew are musicians, songwriters and composers living in Margate. They founded the band, Scanners in 2004, an alternative rock band whose success was elevated by global tours and album releases in the UK, Europe and North America. Signed for much of their time to Steve Aoki’s label, Dim Mak, they supported the likes of The Charlatans, Juliette and the Licks, The Horrors, The Mystery Jets and Forward Russia. They also collaborated on a 3D visual performance with Aaron Koblin at the TED Global ’09 conference. Their songs have been featured on numerous TV shows, with cult track, *Lowlife* featured in films, Endgame (aired at Sundance Film Festival) and Mamma’s Boy. Present day, they continue to write, compose and produce music outside of Scanners for themselves and for commercially-led clients.



EP vinyl cover (which comes in a small limited edition of 30)

The four movements of A Symphony of Salt:

- 1. Tides In, Tides Out*
- 2. Three Heartbeats*
- 3. Reverence*
- 4. Resolution (Sun’s Up)*

For more information, please contact Ruth at ruthfoxartist@gmail.com