

# Seed Songs

an event with Cadine Navarro  
Wednesday, March 20th, 5:45-6:45PM  
Harvard Divinity School, Multifaith Space

*In the beginning, was the seed, and the seed made sound, and if you were to listen carefully,  
you might say that it sounds like love.*



As an artist, designer, and Kundalini Yoga instructor, Cadine Navarro finds intrigue in the idea of the “bij”, or seed. The origin of every potential action or thing is a sound that, when planted into the field, ushers the thing into existence. Are we not all united in this vibrational realm? With this in mind, Navarro set out to invent a way to visualize sound by adapting an ancient marbling art from Japan, the country where she was born and raised.

Initially, she utilized the human voice to compare the patterns made by the sounds of different dialects and accents, wondering if there might be a universal language that was not bound by geography, politics or religion. Eventually, however, she stepped out of this human-centric structure and entered into dialogue with one of the most subtle, yet critical forms of life on the planet - the seed.

Although Cadine uses technology to help record and decipher the subtle sounds that often occur at frequencies imperceptible to the naked human ear, her work is not about bioacoustics, artificial intelligence, or other digital technologies. It is about the psycho-physical and spiritual act of “tuning in.” The approach allows us to experience what it means to pay attention and listen to such things as the sound vibrations of ‘dormant’ seeds, the custodians of life, which are paradoxically no bigger than the head of a pin.

Hosted by the Plant Consciousness Reading Group at the CSWR 2024