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In my compositional work, I'm interested in exploring how art can guide us towards recalibrating and directing our perception in more deliberate ways. I find this particularly relevant in the face of an economy that is turning attention into an exploitable commodity. Most recently, my inquiries have taken the shape of audio collages, reductionist compositions for piano ensembles, and sound installations.

Upon arriving at Montello Foundation, I was confronted with a degree of isolation beyond anything I had ever experienced. Having lived in urban environments all my life, and as a happy resident of Downtown Manhattan, I am generally suspicious, if not outright terrified of rural settings. But the immense beauty of this vast space, combined with the thoughtfully considered cabin, instantly dispersed any negative connotations I had with open country. And to my own surprise, I found my circadian rhythm almost

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immediately aligning with the cycles of the natural world and celestial bodies around me. By simply following intuition and letting go of time-keeping, a tranquil kind of routine emerged and structured my days.

To the question of *what did I do* during my stay, I would say mostly *nothing*. I sat and observed: the weather and the landscape, the countless small creatures going about their days around the cabin, and my own exponentially decelerating thoughts. Rarely have I felt more grounded than in this sustained absence of the murmurings of communication technologies, and our related fixation on hyper-productivity. The little work I did do - a few hours of working on collages while gazing at Nine Mile Mountain - was absented a sense of ambition. Rather, I worked only *if and when* I wanted to. As a result, my queries in the studio were driven purely by curiosity and joy, free from the anxiety and guilt that notions of maximal productivity evoke.

Simply observing how deeply the technological intrusions of our time, and the compulsion of production have penetrated my life and work was at once sobering and revelatory. I left Montello profoundly recalibrated and I find myself back at home, re-examining my own desensitization within the propulsion of productivity and career-mindedness. Particularly in the context of a practice that is so deeply concerned with attention, perception and presence.

For recordings by Samuel Reinhard please go to montellofoundation.org/audio.htm