

# MODES OF LIMITED SELF REFLECTION

LOGAN CASTRO



## ABOUT THE COMMISSION

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This project was a collaboration between myself and choreographer Kieron Dwayne Sargeant on the spiritual ritual of "Mourning" in the Spiritual Baptist Tradition of Trinidad and Tobago, which is practiced by Kieron. "Mourning" is the ritualistic period of prayer and fasting in the Spiritual Baptist Faith, serving as a rite of passage or awakening into the faith-community. The participant in the "Mourning" ritual is referred to as the "pilgrim" for they are said to 'travel spiritually' from one aspect of the religion to another seeking attainment. Spiritual Baptism, being a syncretistic religion takes its primary influences from European Christianity, the Yoruba religious practices of Nigeria and Benin, and Buddhist traditions adopted from West-Asia (Tibet and India). The "pilgrim's" journey passes through all of these aspects. Regarding Kieron's work: a primary component to this reification of "mourning" on the concert stage was the experience of the outside collaborator in the process. The goal being an environment where the "mourning" ritual might be addressed with sincerity while also allowing outside collaborators opportunities to reflect honestly on their developing experience with the syncretistic ritual. Growing up in a non-religious home, this project was a watershed event toward developing awareness and unconditional regard for the clumps of humanity diametrically opposed to one's world view.

## ABOUT THE TITLE

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The "pilgrim's journey" travels out of the confines of the Spiritual Baptist church and through the components of its syncretism; beginning with Christianity, it passes through Yoruba and Buddhist practices and the secular cultures surrounding those practices. Finally, the journey ends with an internal reflection on the pilgrim's experience achieving an apotheosis of spiritual clarity. All of this while traveling no physical distance.

The project length was 6 weeks, with weekly performances of the individual movements with their choreographic research. On Monday I would receive the prompt, on Friday the movement would be finished and by the next Monday it would have been choreographed to and presented.

Coming from a place of naivety for the function of spiritual ritual, admitting the limits of my understanding was often the first step in composing the work.

The title reflects on all of these conditions. The "pilgrim" travels only as far as their experience will allow them, the turnaround time for the project was at a breakneck pace, and the admittance of my naivety became the first step in understanding. The title also carries with it a message to the listener: that your perspective is also limited, and the respect you give this limitation is the birthplace of empathy.



## BIO

LOGAN CASTRO IS A COMPOSER, SOUND DESIGNER, PIANIST, CELLIST, AND RECORDING ENGINEER AND FORMER ADJUNCT FACULTY MEMBER IN MUSIC AT THE FLORIDA STATE UNIVERSITY SCHOOL OF DANCE, LOGAN'S CURRENT PROJECTS FOCUS ON ELECTRONIC MUSIC PRODUCTION. THIS IS HIS DEBUT.

LOGANCASTROMUSIC.COM  
SOUNDCLOUD.COM/LOGANCASTRO  
LOGANCASTROMUSIC@GMAIL.COM



# CREDITS

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LOGAN CASTRO : COMPOSER  
: PERFORMER  
: PRODUCER

ADAM KLEIN : MASTER ENGINEER

KIERON : COMMISSIONER,  
SARGEANT CHOREOGRAPHER

## SPECIAL THANKS

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### SOURCE MATERIAL:

- [FREESOUND.ORG](https://freesound.org)
- "LEGITIMACY THROUGH RESISTANCE, SPIRITUAL BAPTISTS OF TRINIDAD AND TOBAGO" (VIA YOUTUBE)