

Meditation on a Scale

Open instrumentation for two groups of at least two players each
by Ruby Fulton with pre-recorded text created and read by Pamela Bathurst
Duration = c. 9 minutes, or longer

Notes on the music

All players follow the text. Use pre-recorded text (8:45) or live narrator reading (any duration).
Timings are provided for the pre-recorded text.

It is essential for the spoken text to be audible to the performers. Ensemble should play at
a volume to balance each other and also not bury the spoken text.

Text in bold indicates a cue to move to the next letter.

Group 1 reads top part with each musician playing their own version of the score.
Players enter gradually during B on their individually chosen constant rhythmic value.
At letter I., each player moves to a rhythmic value of one value quicker.

Stay with the pulse of ♩ = 60 but do not play together.

Change from letter to letter when it feels natural with your pattern.

Players may rest between repetitions or letters, to breathe or take a break.

Use any octave starting C3 or above.

Group 2 reads bottom part and plays together throughout, pulsing at ♩ = 60.

At letter I., choose one texture like a trill, tremelo, or effect to add to your remaining notes.

Polyphonic instruments may play in octaves.

Use any octave starting C3 or below.

As we sit here, we're gonna take a deep breath - in, allowing the air in, and then releasing it, and allowing the air out. And one more time, in, and out. And just allowing your breath to come in and out naturally. And in your mind's eye, think of a **color**.

A. A color that is soothing... healing... any temperature you wish. And imagine that at the end of your toes, this color **enters your body**,

B. and fills up your feet. And the color is comfortable... and soothing... and relaxing... and absorbs all the tensions, and any aches and pains, and allows your feet to feel comfortable. And think of that color as going up through your ankles, and again, allow any aches, or discomfort within your ankles, to be absorbed by this color. And feel the perfect temperature. Then allow the color up, through the lower part of the legs, to your **knees**.

C. And again, feel the soothing, wonderful feeling of that color. It's like a liquid, from your toes all the way up to your knees. And think of that color as absorbing all the tensions, and discomforts, and allowing your legs to feel... a feeling of well-being. And more of the color enters your body, and goes up through the knees, and the knees release and relax. And the color is comfortable, and soothing. And once again, the color enters the body and goes all the way up... the tops of the legs... to the **hips**.

D. So from the hips to the toes, there's this wonderful feeling... of release... as the color absorbs all of the tensions, and all the feelings, that are not of ease. And once again, let the color enter the body even more, so the entire torso is filled with this wonderful feeling... beautiful color... and all of the organs of the body... and everything contained within... releases and allows the tensions to be absorbed by this color. And there's a feeling of ease and well-being. And the color now enters the shoulders and the **upper arms**,

E. down to the elbows, and everything that the color touches, releases, and any tensions are absorbed by this color. And the color enters the elbows, and the elbows relax, and let go. And the color fills all the way to the **wrists**.

F. So the lower arm is flooded by this color, and this wonderful feeling, and it fills all the way to the fingertips. And the hands and fingers release and relax. And then the color fills up the neck, and the neck gives in, and lets go, and the color absorbs any tensions. And then it fills the head, all the way to the top of the **skull**.

G. The ears, the nose, the mouth, the eyes... everything in the head. And there's a feeling of well-being... and a feeling of ease... and a release of everything that is tense or uncomfortable. And just feel what that feels like, to have the entire body **saturated**

H. with this beautiful color. And the feeling of ease that comes from it. And allow it to be there for a while, absorbing... you're feeling the body give way... all the tensions give in... And we are now going to feel like we have **spigots at the end of our toes**.

I. Open them up, and allow this color to **drain**,

J. from the top of the head, all the way down through our toes and out of the body. And with the **draining**,

K. this color is filled with all of the tensions, and they are releasing, as the color **drains**

L. from the body... all the way down, all the way out the **toes**,

M. until the last **drop**

N. exits the body through the **toes**.

O. And then a wonderful breath in, and a wonderful breath **out**.

P. And another breath in, another breath **out**.

Q. And a final breath in, and release, as you breathe **out**.

R. And when you're ready, you can open your eyes.

Meditation on a Scale

Ruby Fulton

Text by Pamela Bathurst

♩ = 60

A 0:35

B 0:58

C 2:12

D 3:33

E 4:57

enter gradually

for B. through H., each player
choose steady pulse from:

1. 8th notes
2. triplet 8th notes
3. 16th notes
4. triplet 16th notes

enter together

f
move together
as a group

F 5:37

G 6:29

H 6:58

I 7:29

for I. through R.,
shift steady pulse 1 value faster:

1. 8th notes become triplet 8th notes
2. triplet 8th notes become 16th notes
3. 16th notes become triplet 16th notes
4. triplet 16th notes become 32nd notes

for I. through Q., add texture
(trill, tremelo, effect, etc)

J 7:35

K 7:43

L 7:50

M 8:03

N 8:07

O 8:11

P 8:19

Q 8:27

R 8:37

fade out throughout Q.