

Don't be Afraid

for mezzo-soprano, voice-over, Bb clarinet, violin and sampled sounds

Wayne Joseph Kington



Don't be Afraid

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Program notes:

I believe that music is a powerful gateway into meditative or well-being experiences. With this in mind I present these mindfulness scores as an alternative method of composition, that respects the idea that that intangible aspects of music making such as feeling and a mindful disposition are just as important as the notes. With this in mind, the score embeds instructions, meditations and fragments of music in equal measure. The musicians are given certain freedoms to respond to feeling rather than read music by counting from left to right.

In this piece, the sampled sounds and spoken word components are Justas important as the instruments. The sounds were collected from various trips to New Zealand. The spoken word reflects my own journey of finding a feeling of support and groundedness in the world.

Performance notes

In this mindfulness score, there is a degree of freedom in terms of when and how the musical fragments are played. This degree of freedom is a responsibility to tune-in to the evolving sound-world and respond mindfully. Although the music is designed so that many interpretations will work, allowing your feeling to guide you will provide the best results.

There is a tempo provided (100 bpm) which ought to be used as a guide to pace the notes. However, let your feeling dominate the interpretation. Fermatas are provided to give the musician permission to disregard timing information and instead use their intuition. The fermatas are useful to allow the musician to time a melody with the unfolding harmony.

Though notated music is provided in the score, how to execute the music is determined by a map. In order to follow the map, musicians must listen for cues in the evolving sounds, from the spoken work or from other instruments. This requires a certain mindfulness. On the map, start where the box starts, and stop where the box stops. The order of events should be as indicated by the map but the exact timing is by feeling rather than counting.

The notated harmony can be performed by live instruments. Each instruments has a line of music. Although the instruments start together and end together, how long they hold each note is an individual choice, based on mindfully tuning into the evolving sound world. Players should not attempt to vertically align note changes, but instead, use their feeling as to when to change note, creating a rich overlapping texture.

The sound samples are loops and are best executed live rather than as a backing trap. There are numerous software or hardware solutions for triggering sound loops. The sounds can be provided by contacting me at waynekington@gmail.com. The spoken word text is provided below:

Don't be Afraid: Text

Set 1:

Even though, you may be adrift, on the ocean of the world, you are safe.

I, the Earth, a pale blue dot, adrift alone among the stars, do hold my inhabitants, close in my embrace.

Even though, you may be sad, and nothing can fulfil you, you are safe.

For I fill your cells with life, I fill your arms with vitality, and I fill your heart with wonder.

Set 2:

Even though, you may feel alone, and without a friend in which to confide, you are safe. Many have trodden my ground, many have swum my waters, many have breathed my air.

I, the Earth, a pale blue dot, adrift afar, in the imagination of a universe so eternally still. I, here, hold you now.

Feel my gravity, feel my immensity, drink in my rain, look across my mountains afar. You are alive now, deep in my embrace.

Seasons have passed me by in their billions, countless days have turned, souls beyond measure flicker to life, you are life now, this one continuous flow.

Set 3:

Even though you may be afraid, and time is a mortal coil, you are safe.

I, the Earth, a pale blue dot, adrift afar among points of light, do hold my inhabitants, in my embrace.

And no matter how you treat my soils, my waters or my air, I hold you in wonder, for you are my very substance.

Set 4:

And even though you may be unwell, and you can not do all that you had hoped, you are safe.

Life is in the branch of every tree, and in every cell of your form. Feel my air in your lungs, my ground beneath your feet, feel my life beat your heart.

I, the Earth, adrift afar among the stars, do hold my inhabitants, in my embrace.

See with wonder, the splendour of existence. Don't be afraid.

Don't be afraid

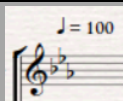
for mezzo-soprano, voice-over, Bb clarinet, violin and sampled sounds

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Melody: Melodies are assembled through numbers on the score that indicate which cells of notated music to play. Choose a register that suits your instrument. You may add pauses between each cell, but do not have to. Fermatas indicate moments where you are free to hold notes as long as you like. But carefully listen to the evolving musical texture and use the fermatas and pauses to mindfully place the musical fragments. Listen and feel into the evolving soundscape and play with poignancy.

Duet: Play the line of music indicated by numeral on the map. The duet is played together. Elect someone to lead how to start and how long to hold fermatas. Mindfully place notes in relation to the evolving soundscape.

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OCEAN



Below is a map indicating what to play when. It is important to listen to the evolving music for cues as to when to come in. Let your feeling strongly influence the timing and how you play each note. Allow this piece to last at least 10 minutes.

Time A B

Parts

Sounds
(Pre-prepared loops)

Ocean loop: collected from Cape Foulwind, New Zealand. The sample fades in. mp

Rain: mp

Ebow bass line: Low C. autoharp. mp

Ebow bass line: Low Bb

Ebow bass line: Low Ab At 'among the stars'

Flute and backward bell loop: begins after ocean fades in mp

Gulls mp

Gulls mp

Harmony A: strings mp

At 'Ocean' mp

Gulls mp

At 'the Earth' mp

Harmony A: strings mp

At 'nothing has fulfilled you' mp

At 'heart with wonder' mp

Instruments
(Clarinet and violin)

Melody:
Clarinet
1,2,3,4,5,6, 7, 8, 9
mf

Duet:
Violin 1
Clarinet 2
mf

Vocals
(Soprano and alto)

Soprano: mp

Alto (speak with earnestness): Even though, you may be adrift, on the ocean of the world, you are safe. I, the Earth, a pale blue dot, adrift alone among the stars, do hold my inhabitants, close in my embrace. Even though, you may be sad, and nothing may fulfil you, you are safe. For I fill your cells with life, I fill your arms with vitality, and I fill your heart with wonder.

mf

Melody:

Duet:

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RAIN

Below is a map indicating what to play when. It is important to listen to the evolving music for cues as to when to come in. Let your feeling strongly influence the timing and how you play each note.

Time

Parts

Sounds
(Pre-prepared loops)

Instruments
(Clarinet and violin)

Vocals
(Soprano and alto)

C

Rain loop: collected from west coast New Zealand

mp

Flute bell

mp

Thunder

mp

Ebow bass line: Low C

mp

Thunder

mp

Harmony A: winds

mp

D

Ebow bass line: Low Bb

At 'alone'

Gulls

mp

At 'Many have swum'

Harmony A: strings

mp

At 'you are this life'

Birds: Otago

mp

Ebow bass line: Low Ab

At 'feel my gravity'

Thunder

f

At 'seasons have passed'

Thunder

At 'Many have swum'

Harmony A: strings

mp

End 'you are this life now'

Melody:
Violin
2,3,4,9,6,7,5

mf

Duet:
Violin 2
Clarinet 3

mf

Melody:
Clarinet 2,3,4

mp

Melody:
Clarinet 5

mp

Melody:
Clarinet 4

mp

Soprano:

mp

Alto (speak with earnestness): Even though, you may feel alone, and without a friend in which to confide, you are safe. Many have trodden my ground, many have swum my waters, many have breathed my air. I, the Earth, a pale blue dot, adrift afar, in the imagination of a universe so eternally still. I, here, hold you now. Feel my gravity, feel my immensity, drink in my rain, look across my mountains afar. You are alive now, deep in my embrace. Seasons have passed me by in their billions, countless days have turned, souls beyond measure flicker to life, you are life now, this one continuous flow.

mf

Violin 37

1 2 *mf* cresc. *f* *mp* *n*

Clarinet in Bb

1 2 3 *mf* cresc. *f* *mp* *n*

$\text{♩} = 100$

Time

E **F**

Parts

Sounds

(Pre-prepared loops)

Birds loop: collected from Otago Peninsula New Zealand
mp

Ocean loop:
mp

Ebow bass line: Bb
mp

Flute and backward bell loop:
mp

The first system of musical notation for 'The Rose Tree'. It consists of a treble and a bass staff, both with a key signature of two flats (B-flat and E-flat). The treble staff contains a whole note chord (F4, A-flat4, C5) followed by a whole note chord (F4, A-flat4, C5). The bass staff contains a whole note chord (F3, A-flat3, C4) followed by a whole note chord (F3, A-flat3, C4).

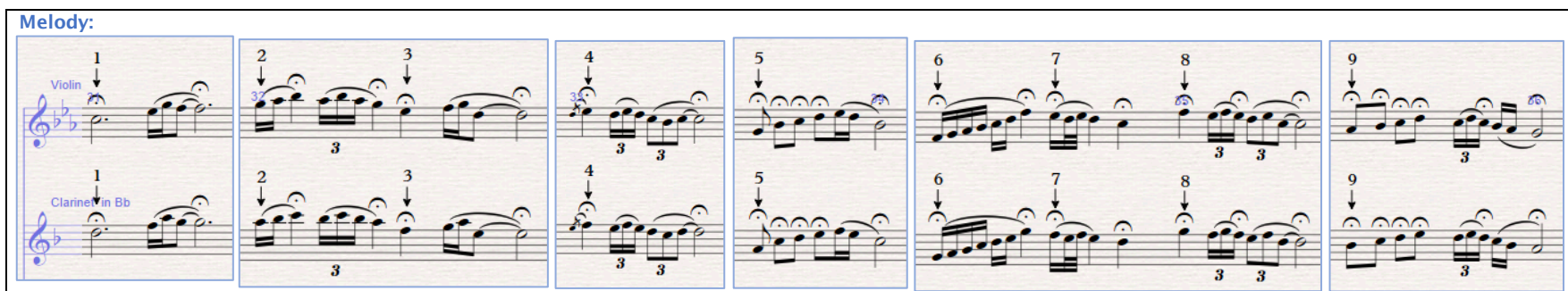
Begin at 'My waters'

Melody:
Violin: 9

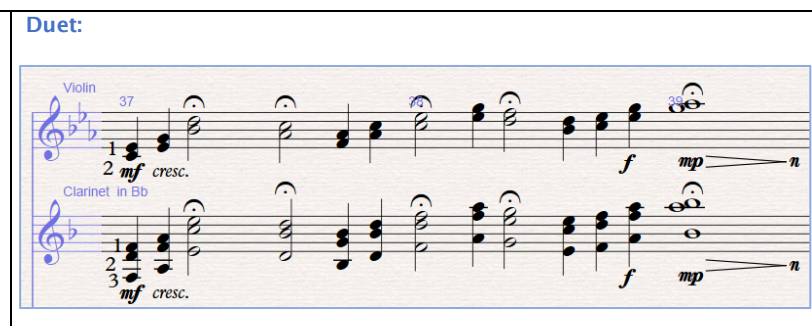
mp

Alto (speak with earnestness): Even though you may be afraid, and time is a mortal coil, you are safe. I, the Earth, a pale blue dot, adrift afar among points of light, do hold my inhabitants, in my embrace. And no matter how you treat my soils, my waters or my air, I hold you in wonder, for you are my very substance.

Melody:



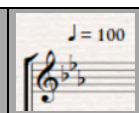
Duet:



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OCEAN 2

$\text{♩} = 100$



Below is a map indicating what to play when. It is important to listen to the evolving music for cues as to when to come in. Let your feeling strongly influence the timing and how you play each note.

Time



Parts


Sounds
(Pre-prepared loops)




Instruments
(Clarinet and violin)


Vocals
(Soprano and alto)



Map:

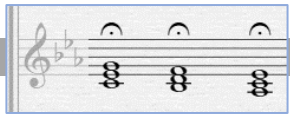
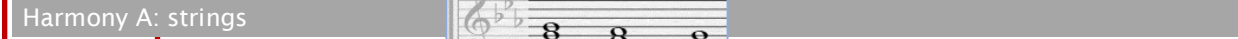
G  **H**  **Ends**



Ocean loop: mp  **Ocean fades out**


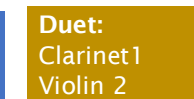
Ebow bass line: C  **Ebow bass line:** Bb  **Ebow bass line:** Ab 



Flute and backward bell loop: mp 

Harmony B: strings mp  

At 'I the Earth' **Harmony A: strings** mp  

Thunder **f**  **Gulls** **mf** 

At 'I the Earth' **Melody:** Clarinet 1,2,3,4,5,6,7,8,5,6,1,9 **mf**  **Duet:** Clarinet1 Violin 2 **mf** 

At 'I the Earth' **Soprano: line 1** mp  

Alto (speak with earnestness): And even though you may be unwell, and you can not do all that you had hoped, you are safe. Life is in the branch of every tree, and in every cell of your form. Feel my air in your lungs, my ground beneath your feet, feel my life beat your heart. I, the Earth, adrift afar among the stars, do hold my inhabitants, in my embrace. See with wonder, the splendour of existence. Don't be afraid. **mf** 