

Meditation, no. 1

Any Instrument

Steven Yi

Relax Breath Deeply And slowly Three times	Play Pitch C As quietly as possible, As long as possible on one breath or direction of bowing; if percussion, let note ring	Relax Breath Deeply And slowly Three times	Play Pitch Eb As quietly as possible, As long as possible on one breath or direction of bowing; if percussion, let note ring	Relax Breath Deeply And slowly Three times	Play Pitch A As quietly as possible, Very short, play pizzicato on string instrument, all others imitate pizzicato (if percussion, let note sound for 1 second, then cut off)	Relax Breath Deeply And slowly Three times
---	--	---	---	---	---	---

Performance Notes

- 1) Breathing:
 - should be unforced, very natural
 - inhalations and exhalations should be roughly equivalent in time
 - may be audible (but make no effort to do so)
- 2) A deep inhalation should precede before playing a pitch so that the pitch may be played while exhaling
- 3) The register of Pitch Eb and Pitch A should be the one's closest to the Pitch C played
- 4) In the text describing the playing of the pitches, "As long as possible on one breath" applies to aerophones; if playing a non-aerophone (i.e. percussion, piano, string instrument), do not start counting breaths (in reference to the text "three times") until after the note has stopped sounding
- 5) This piece should be played very theatrically. Look as if about to play during all deep breathing sections. Also, maintain one playing posture throughout. Keep eyes fixed on one point throughout.