

# Sound Meditation

Play with the most beautiful, resonant sound possible. Take full, relaxed, rhythmic breaths one beat before each entrance. Notice the quality of sound and relaxation of the body. Use as little physical effort as possible and only play notes in a range that feels comfortable.

## 1a. Jaenicke Long Tones, ♩ = 42

*Begin notes with gentle attacks, hold for 4 full beats and taper notes into rests. Play with the most beautiful, resonant sound possible. Take full, relaxed, rhythmic breaths one beat before each entrance. Exhale on beat 3 and inhale on beat 4.*

out in

*mp*

Jaenicke

continue ascending minor 3rds as high as is comfortable

*mp*

continue ascending minor 3rds as high as is comfortable

Variation: Ascend/Descend in Major 3rds.

## 1b. Quality Tones, ♩ = 42

*Begin notes with gentle attacks, hold for 4 full beats and taper notes into rests. Play with the most beautiful, resonant sound possible. Take full, relaxed, rhythmic breaths one beat before each entrance.*

in F, E, Eb, D and Db (one transposition per day)

*mp*

continue ascending minor 3rds as high as is comfortable

*mp*

continue descending minor 3rds as low as possible

Variation: Ascend/Descend in Major 3rds.

## 2. Farkas Long Tones ♩ = 60

*Begin notes with gentle attacks, hold for 4 full beats and taper notes into rests. Always play with the most beautiful, resonant sound possible. Take full, relaxed, rhythmic breaths one beat before each entrance. Exhale on beat 3 and inhale on beat 4.*

Farkas

*p* < *f* > *n.*      *p* < *f* > *n.*      *p* < *f* > *n.*      *p* < *f* > *n.*  
continue ascending minor 3rds as high as is comfortable

*p* < *f* > *n.*      *p* < *f* > *n.*      *p* < *f* > *n.*      *p* < *f* > *n.*  
continue ascending minor 3rds as high as is comfortable

Variation: Ascend/Descend in Major 3rds.

## 3. Synchronisme ♩ = 60 - 72.

*Play on F horn 1st time and Bb horn 2nd time. Try to match the sound quality on both sides*

in F, E, Eb, D, Db and C

Bourgue