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CHAMBER MUSIC EXPLORATION FOR MEDITATION. PART IV – THE PIECES

JÁNOS ZSOLT IMRE[1]

SUMMARY. Music aids meditation practices to concentrate, focus, and direct our attention to regulate our mind and body. As music evokes a broad range of feelings, from excitement to relaxation, enjoyment to sadness, fear to relief, and even mixtures of these, it has been part of meditation practices for thousands of years. Its beneficial power is known as an influential instrument for health, healing, and wellness. This paper presents the pieces created to use for meditation practices.

Keyword: music for meditation, effects of music, music exploration, sonic spectrum, soundscape.

The pieces, *Inner Zone* and *Spectrum*, explore a wide range of sonic opportunities that can be used in meditation exercises, to keep the mind attentive and to bring it back into the present moment when it wonders off. These musical elements and effects were analysed in the previous publication.[2]

The first piece, *Inner Zone*[3]*,* is constructed to be used for 'focused attention' meditation practices. to help to accomplish a state of deep inner tranquillity. The piece was written for percussion instruments (marimba and singing bowl) and string quartet (double bass, violoncello, viola and violin).

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[2] János Zsolt, Imre. *Chamber Music Explorations for Meditation (Part III).* in: Studia UBB Musica, LXIV, 1, 2019 (p. 151-171).

[3] Inner Zone - music for meditation - YouTube

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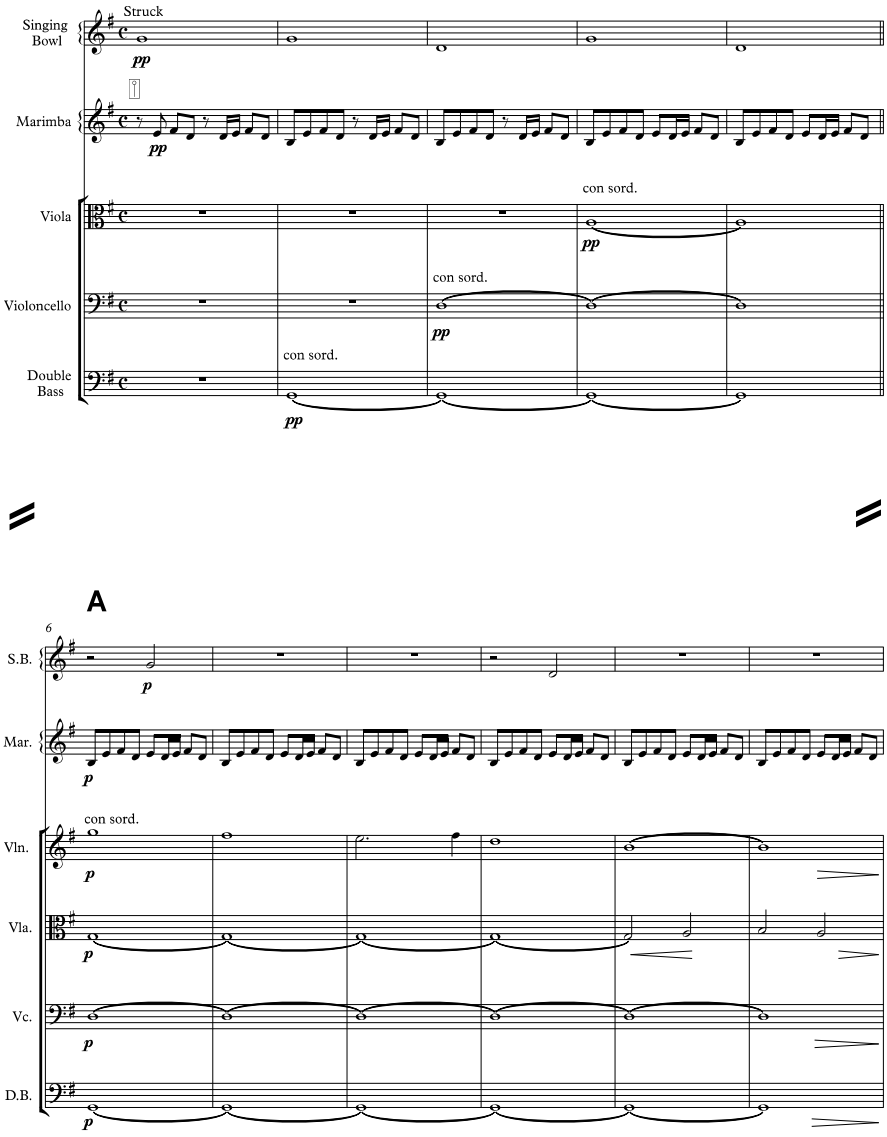
The second piece, *Spectrum*[4], was created to support open monitoring meditation practices. To cultivate an objectless awareness without judgment or attachment the goal of this piece is to depict different soundscapes that mesmerize awareness and soothe the mind. The blend of the traditional string quartet (violins. viola and violoncello) with pitched percussion (marimba and hang) and non-pitched percussion (cajon, crotales) instruments create different textures. Also, the use of the repeated series of notes which provides the mantra effect, helps the meditator to monitor the content of the ongoing experiences (sonic spectrum, texture) to cultivate the objectless awareness without judgement or attachment.

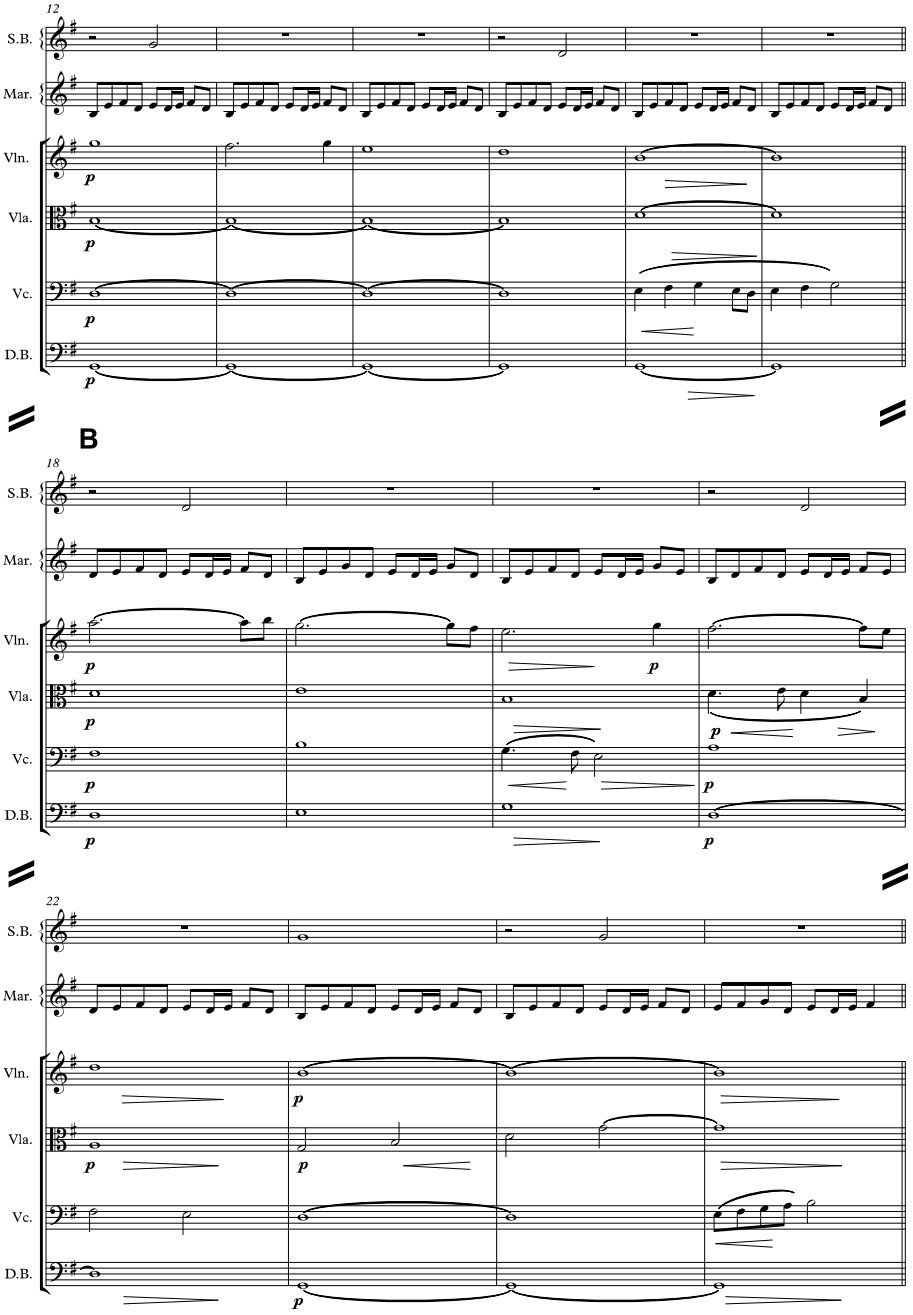
[4] Spectrum - music for meditation - YouTube

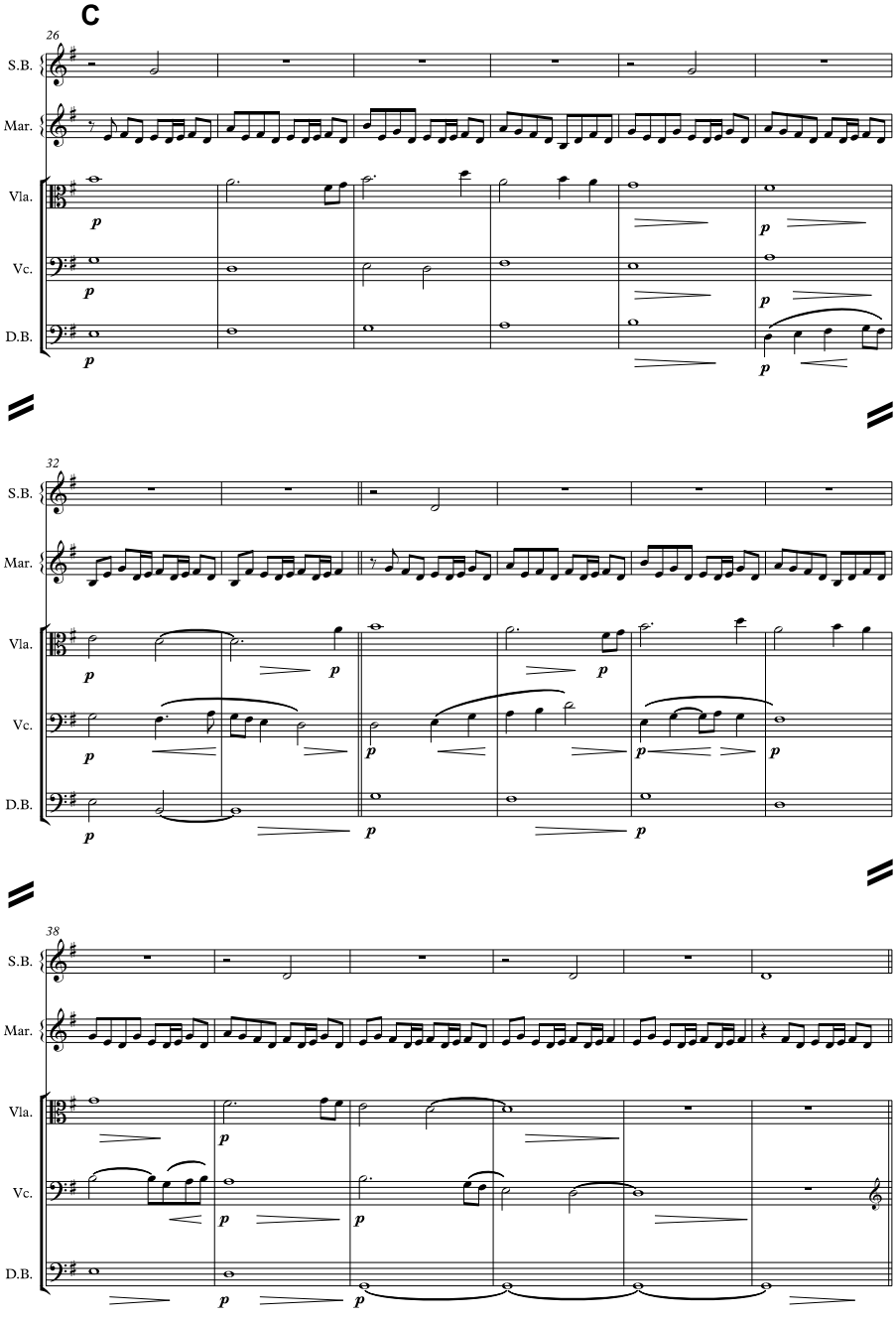
Inner Zone

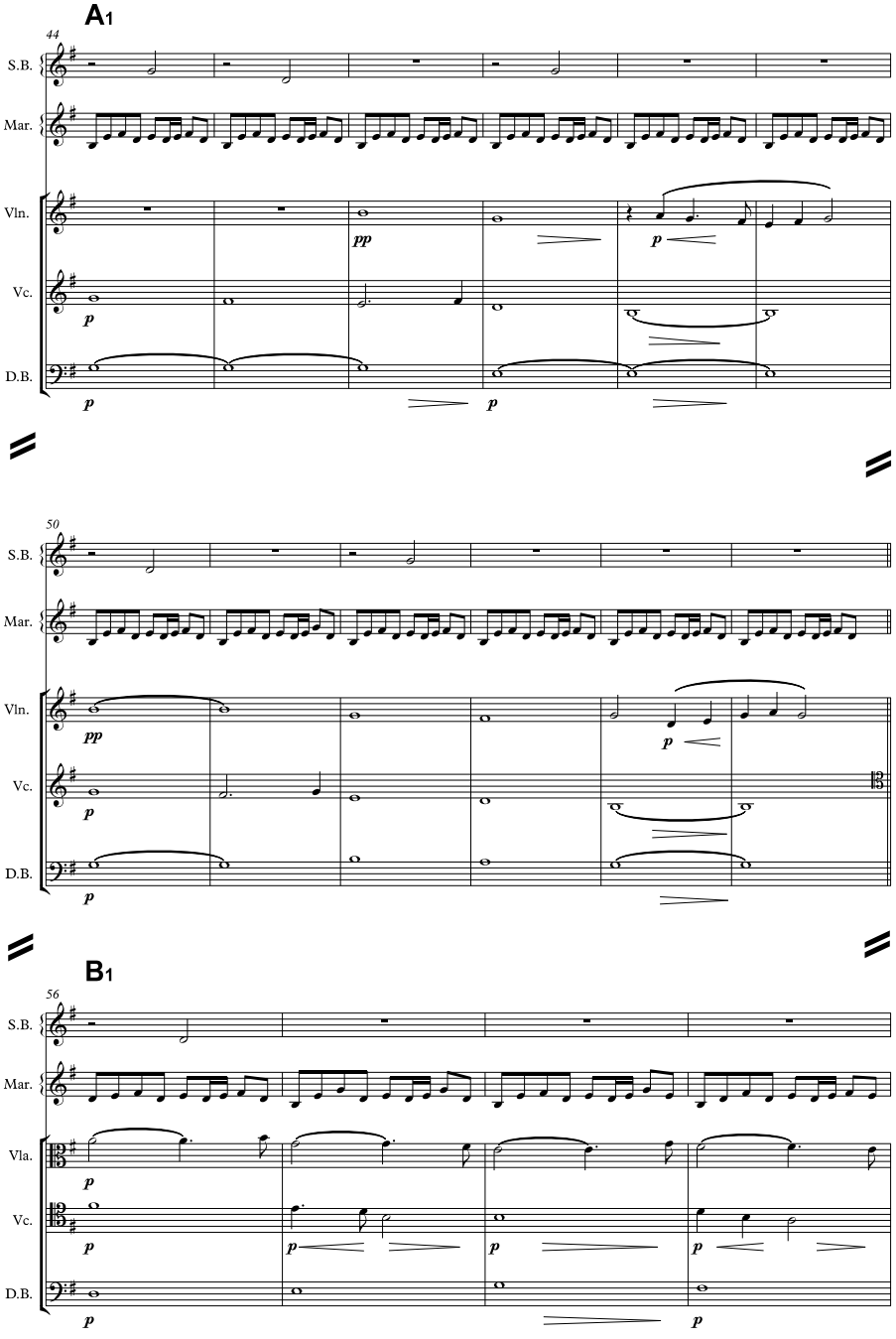
Janos Imre

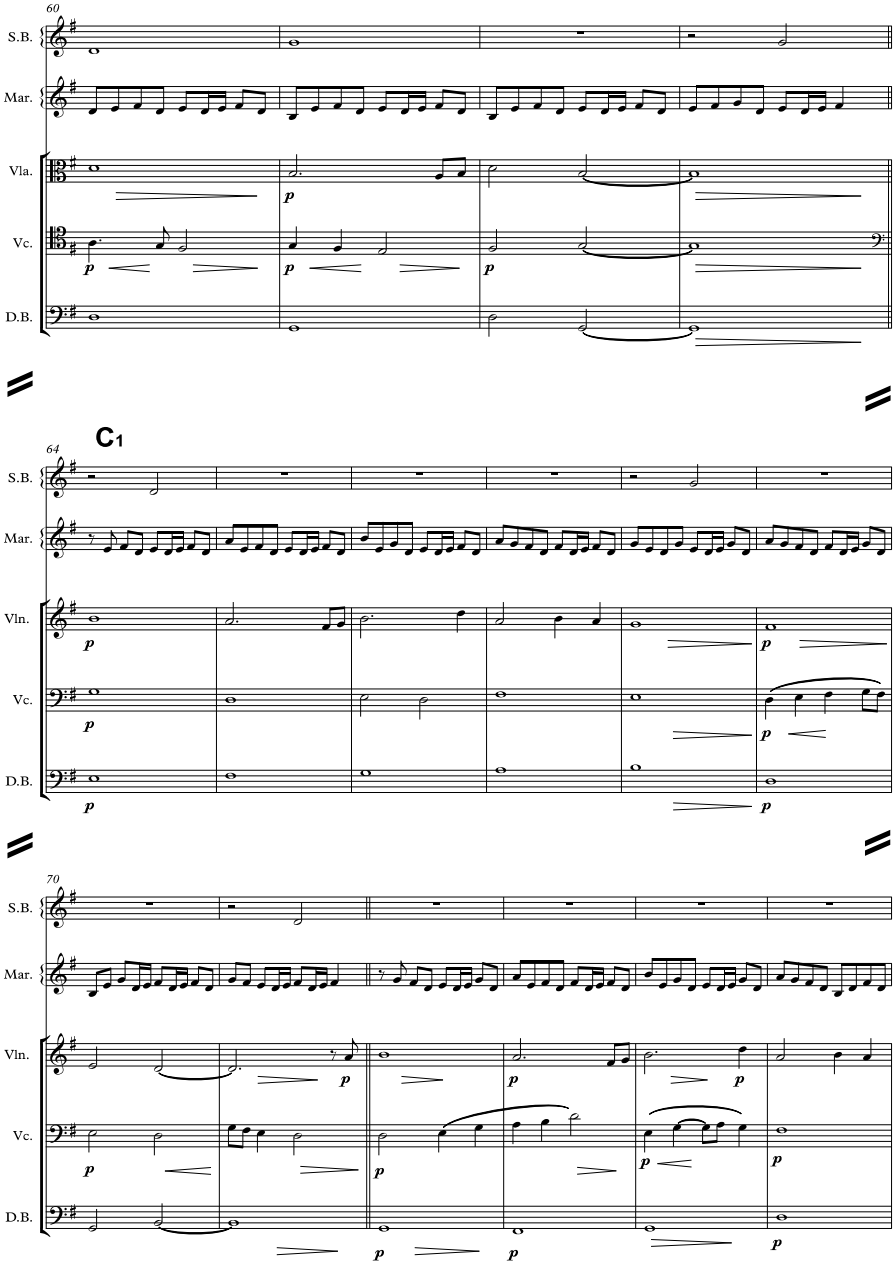
Larghetto, espressivo con legato

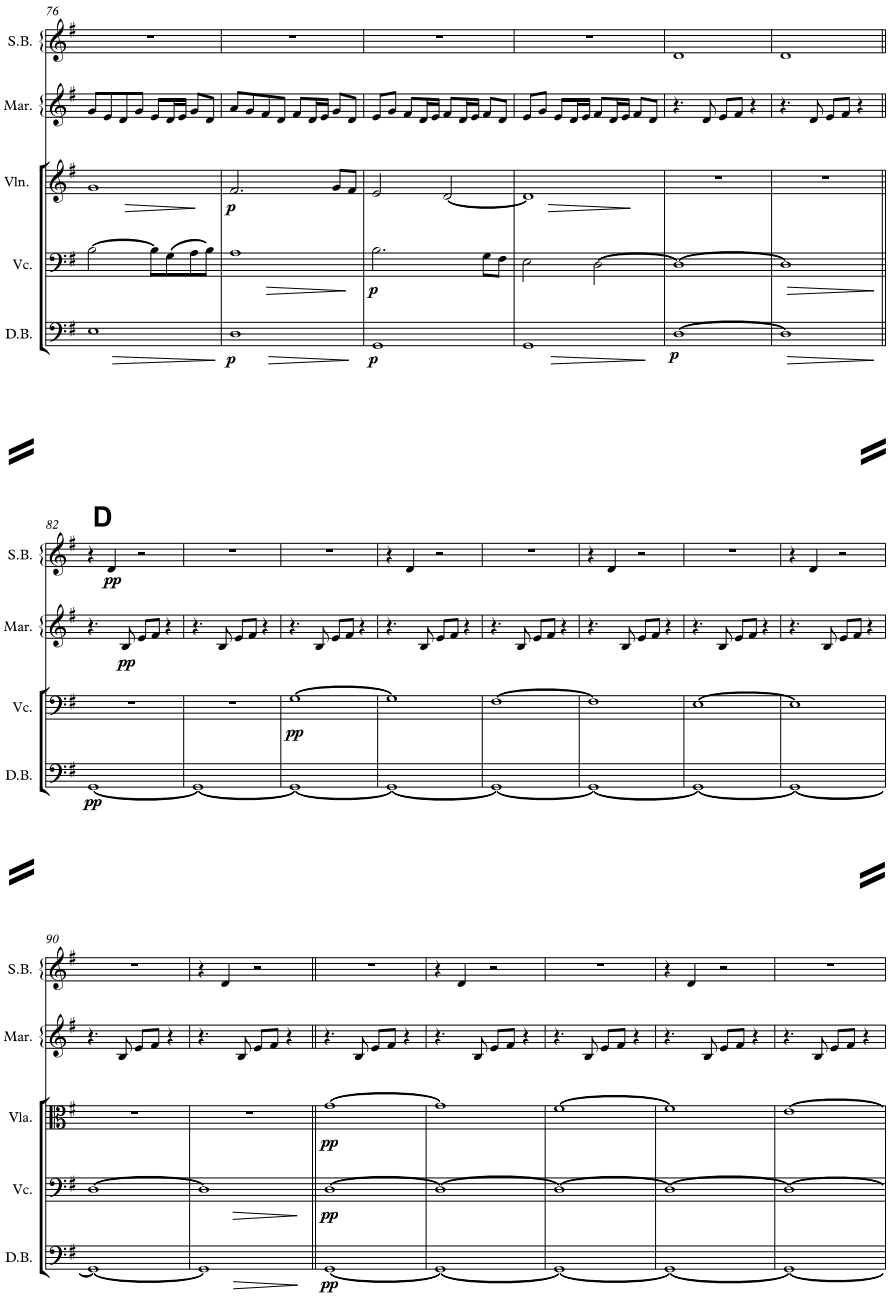


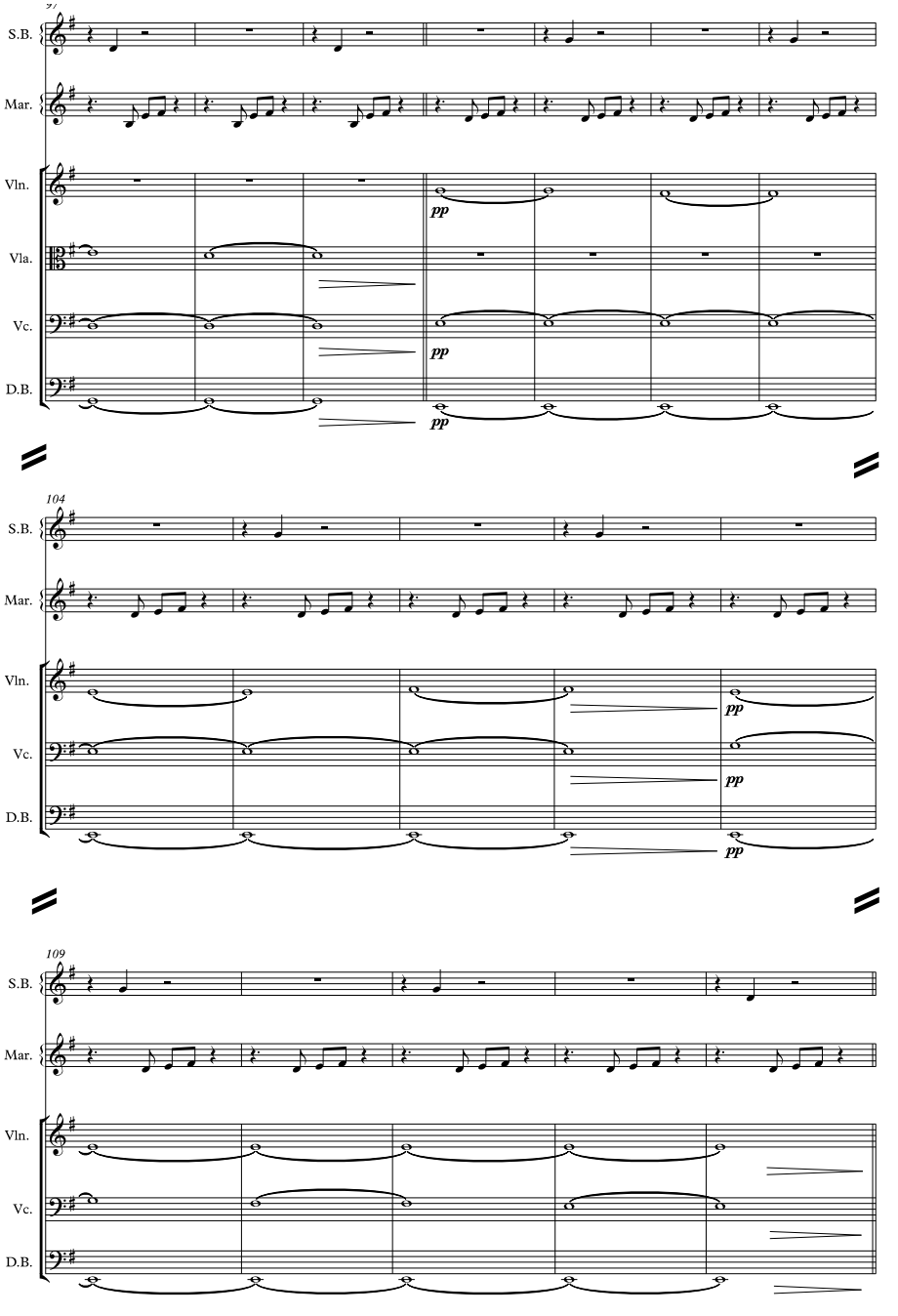

12
S.B.
Mar.
Vln.
Vla.
Vc.
D.B.
p
B
18
22

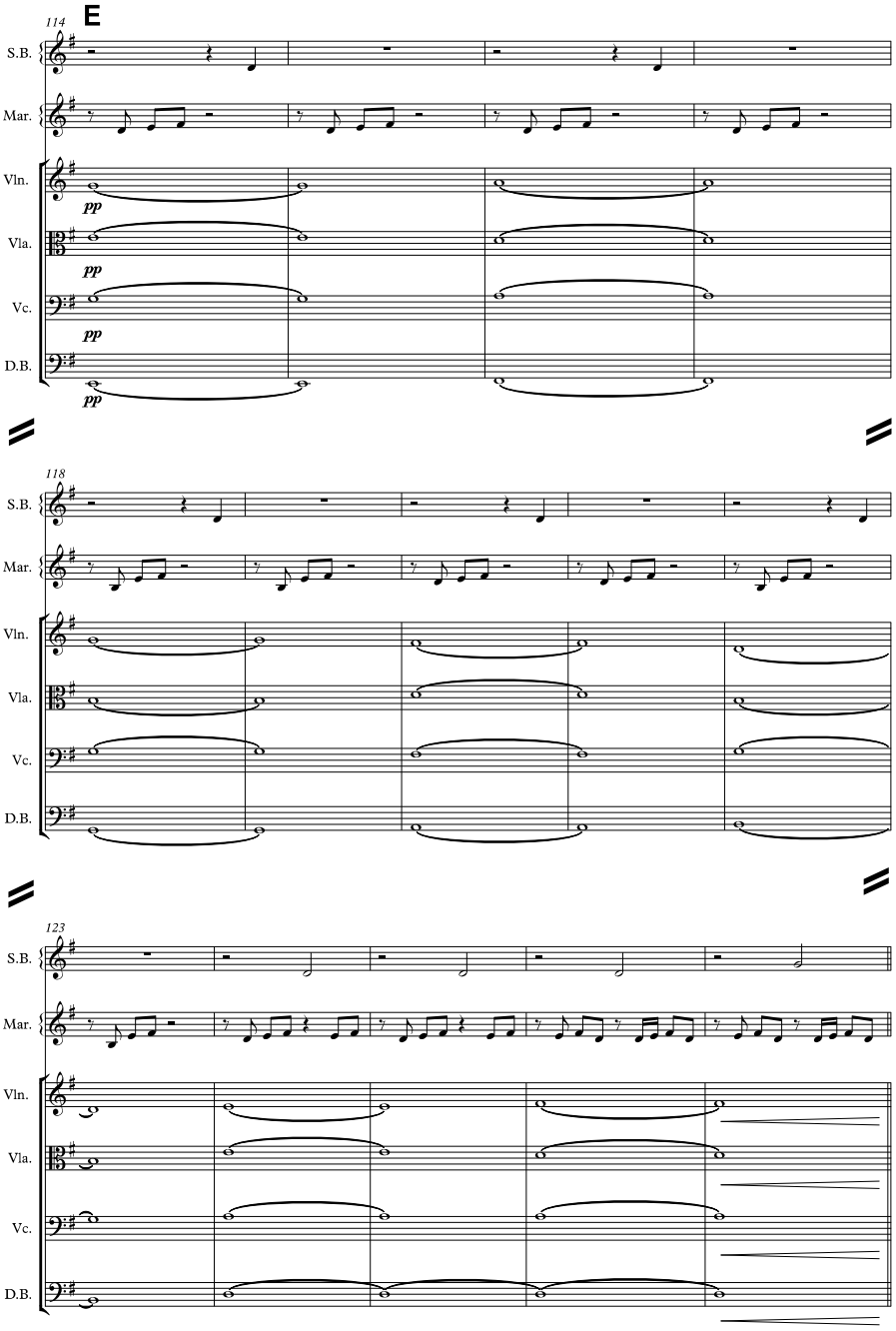

C
26
S.B.
Mar.
Vla.
Vc.
D.B.
p
32
38

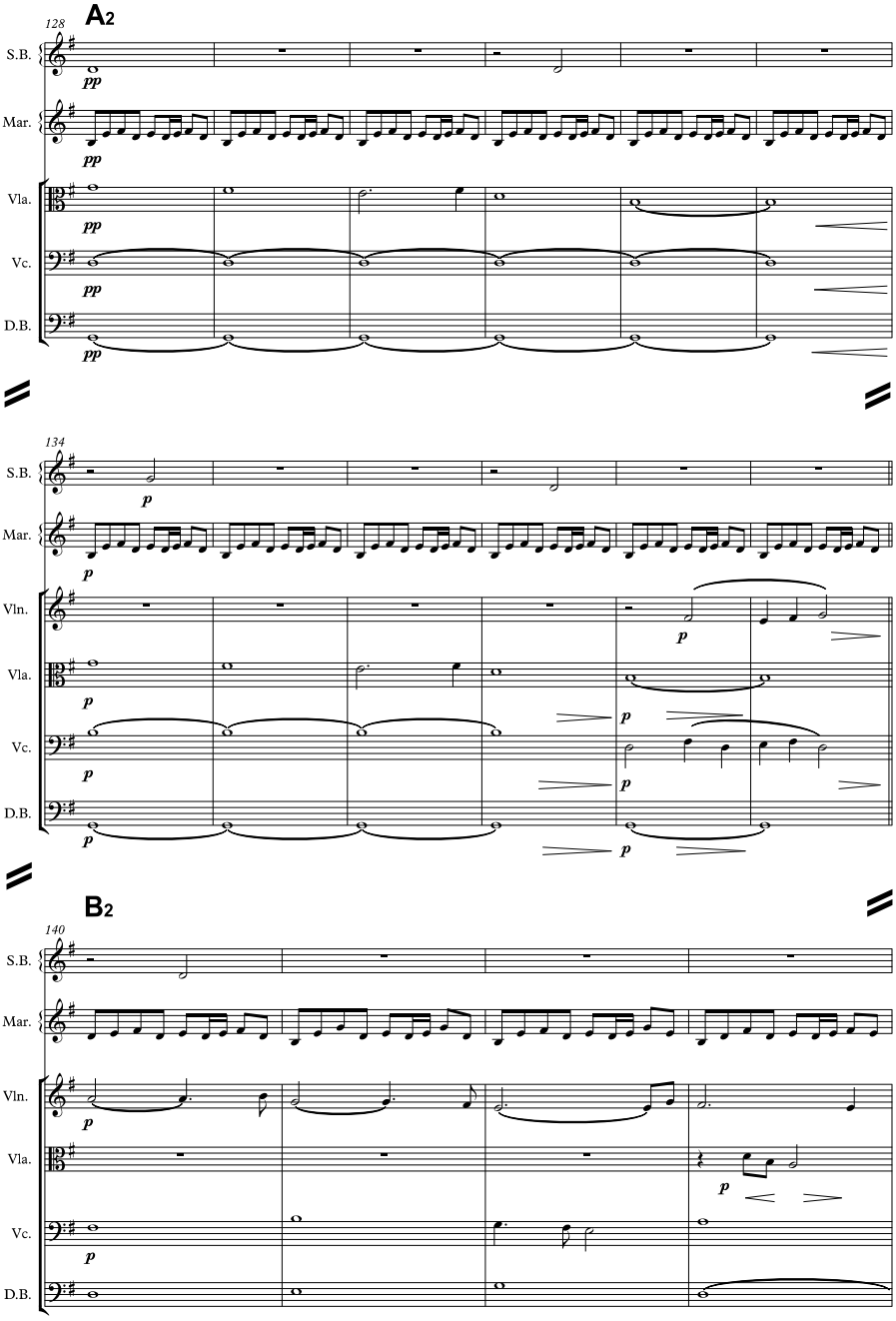

A1
44
S.B.
Mar.
Vln.
Vc.
D.B.
pp
p
50
B1
56
Vla.

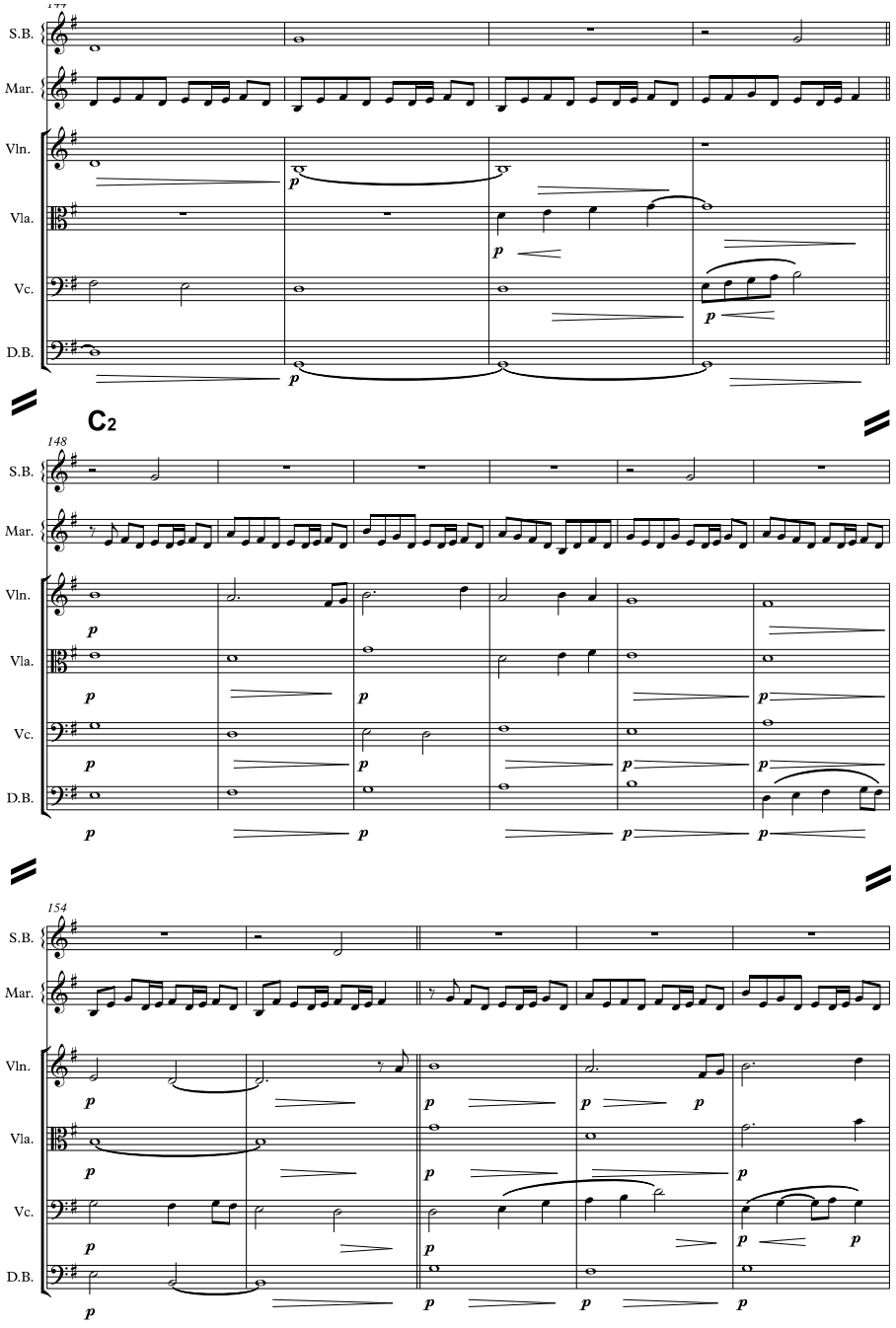

60
S.B.
Mar.
Vla.
Vc.
D.B.
p
C1
64
S.B.
Mar.
Vln.
Vc.
D.B.
p
70
S.B.
Mar.
Vln.
Vc.
D.B.
p

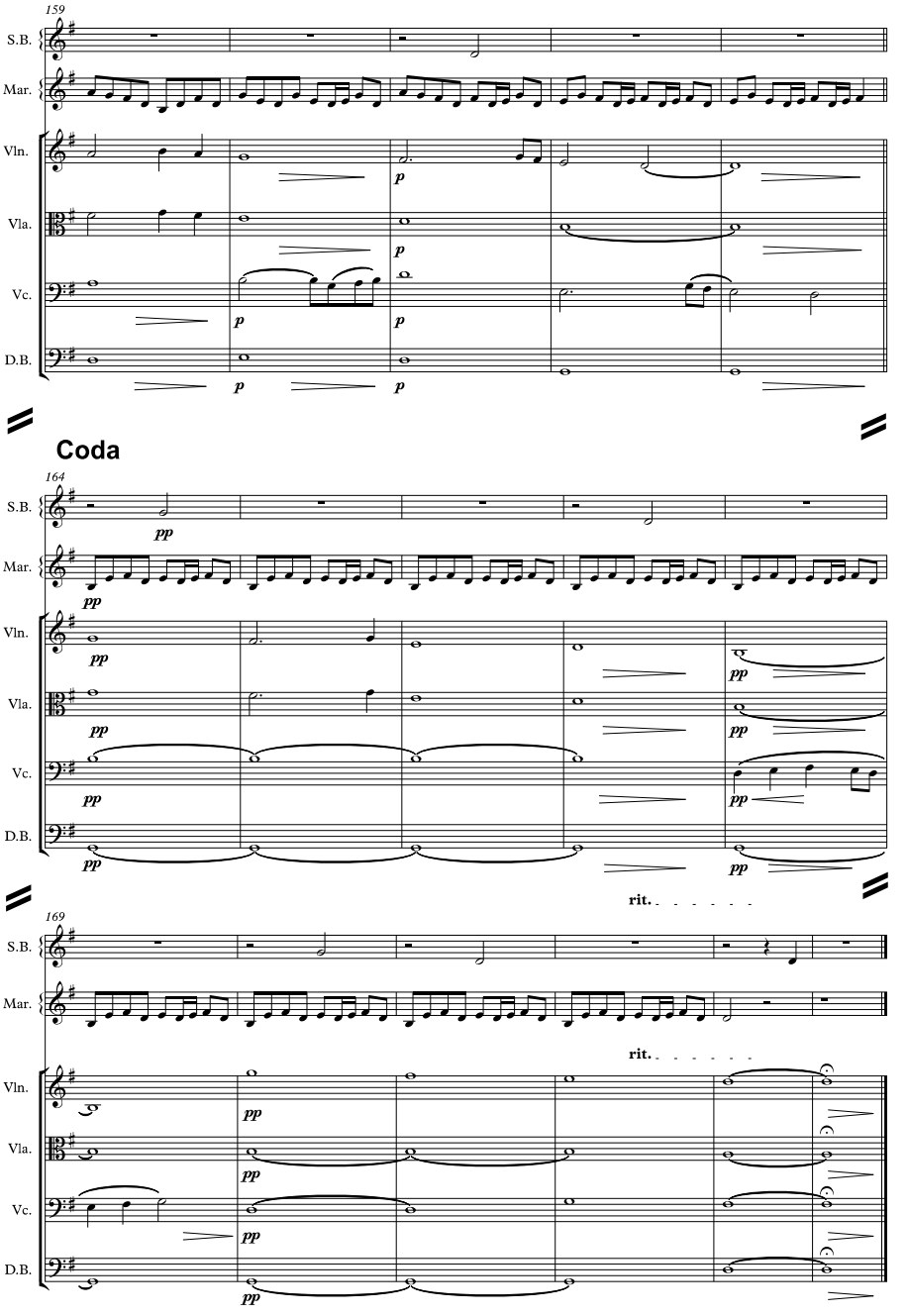

76
S.B.
Mar.
Vln.
Vc.
D.B.
p
82
D
pp
Vla.
90


S.B.
Mar.
Vln.
Vla.
Vc.
D.B.
pp
104
109


E
114
S.B.
Mar.
Vln.
Vla.
Vc.
D.B.
pp
118
123


A2
128
S.B.
Mar.
Vla.
Vc.
D.B.
pp
134
Vln.
p
B2
140

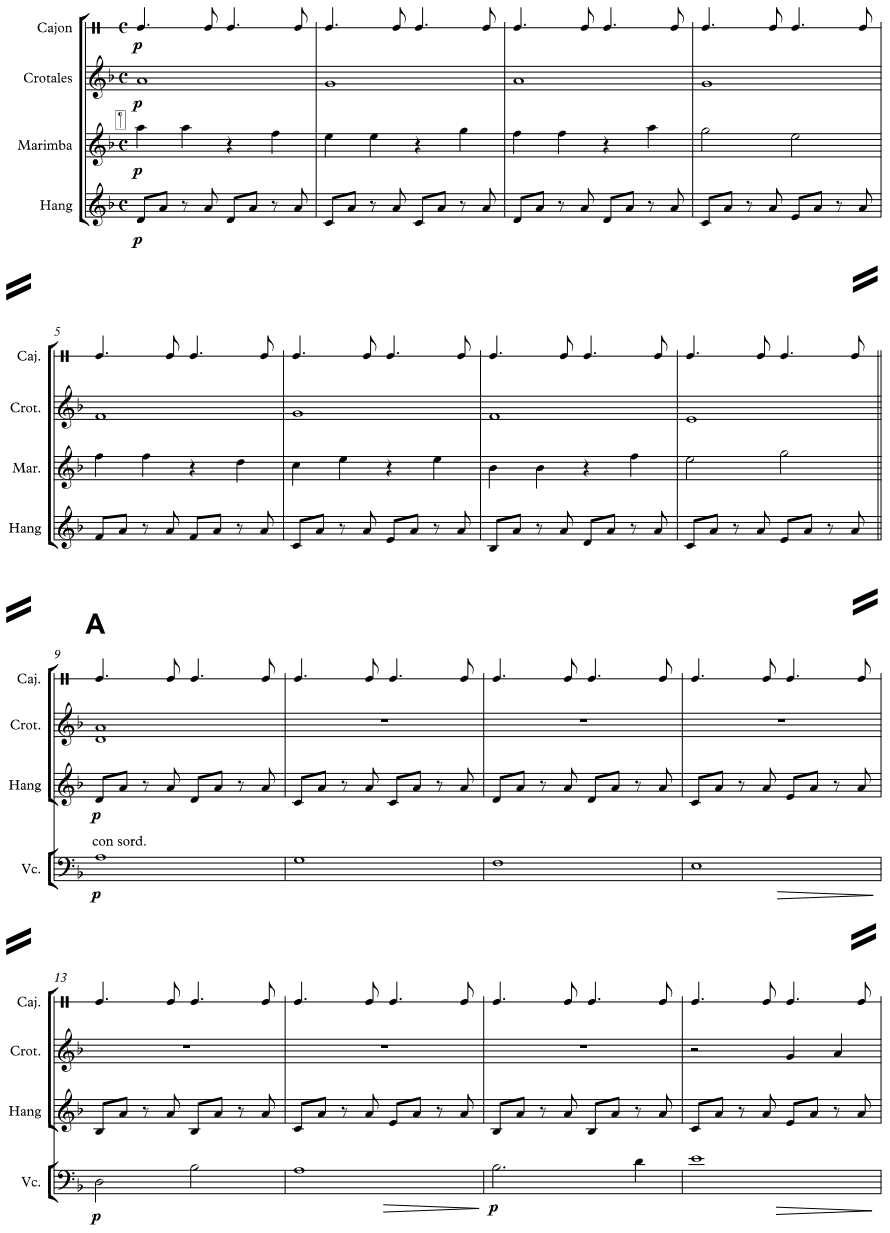

147
S.B.
Mar.
Vln.
Vla.
Vc.
D.B.
p
C2
148
154

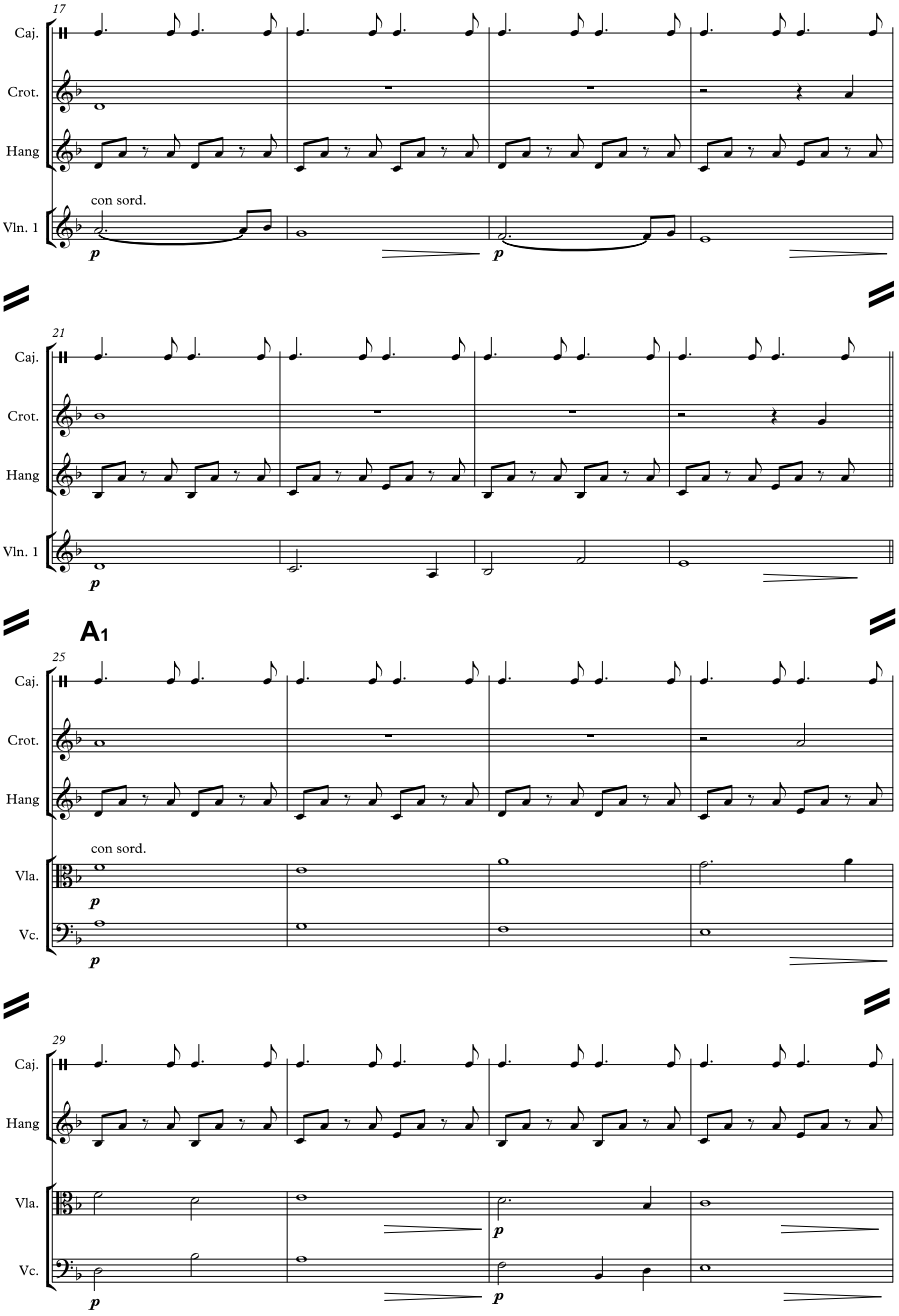

159
S.B.
Mar.
Vln.
Vla.
Vc.
D.B.
p
Coda
164
pp
rit.
169

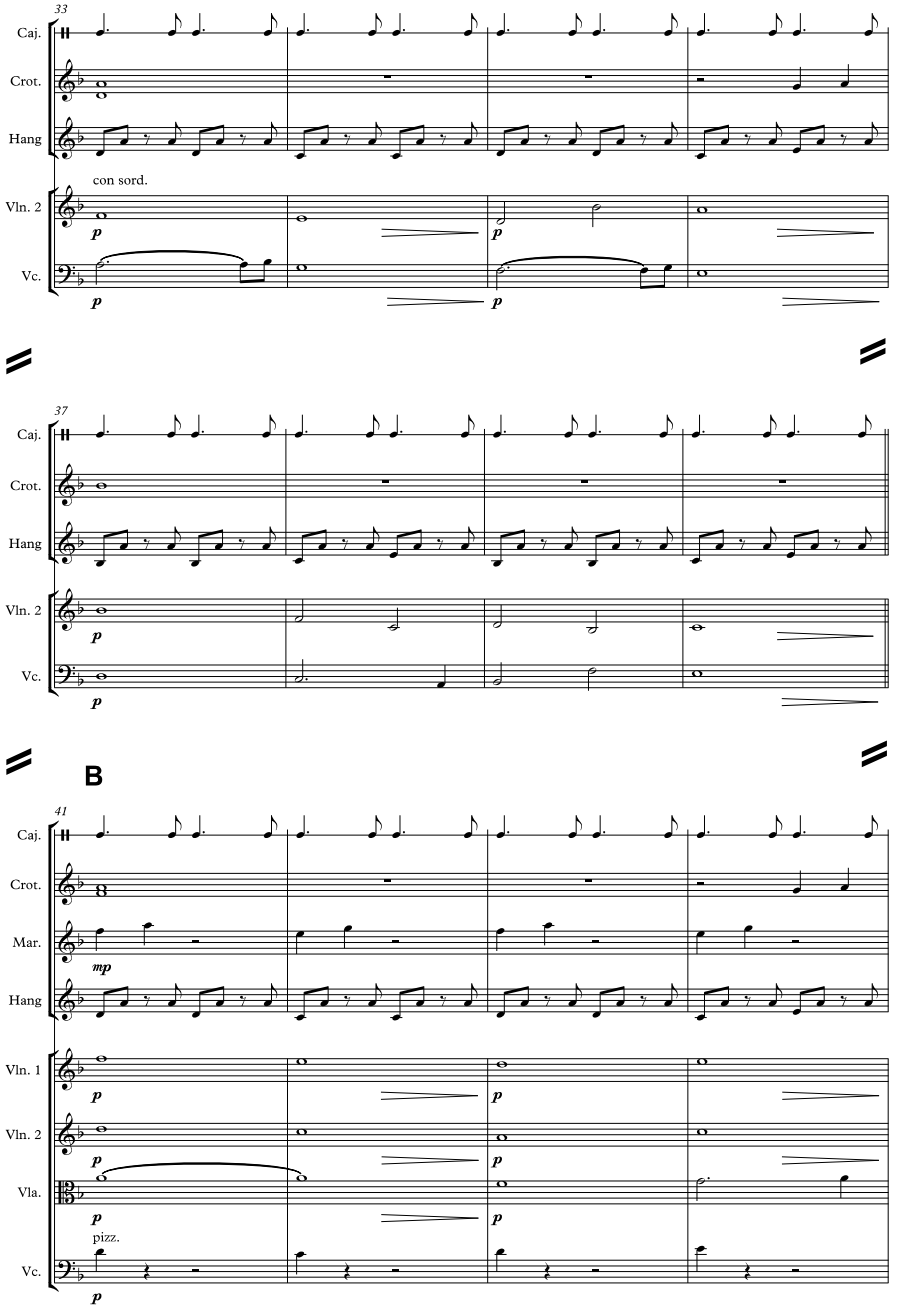
Spectrum

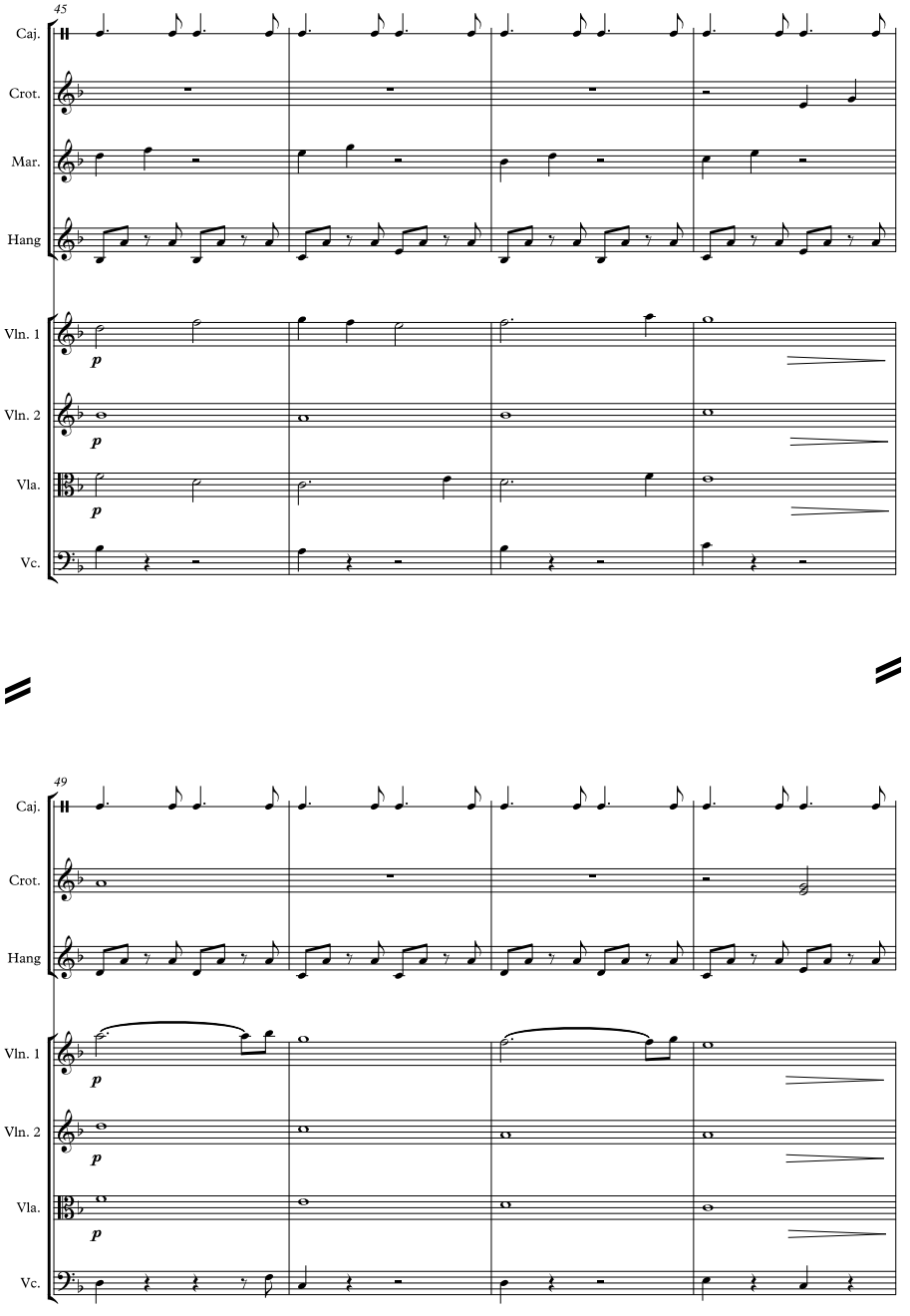
Janos Imre

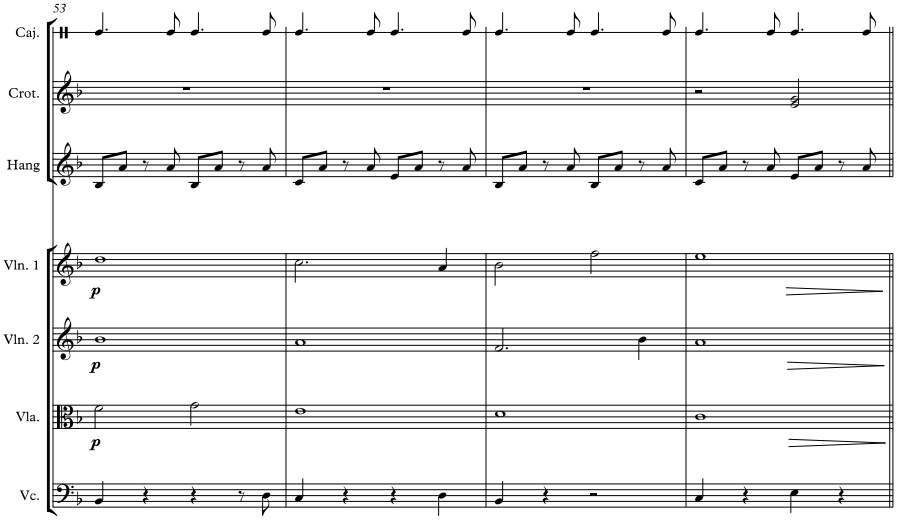
Adagio affetuoso ed appassionato, con legato



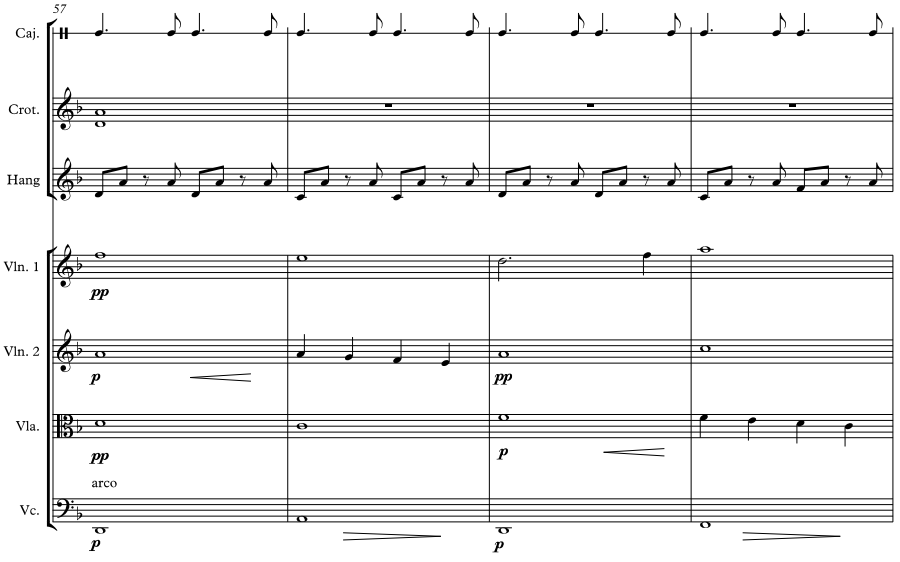

17
Caj.
Crot.
Hang
con sord.
Vln. 1
p
p
21
Caj.
Crot.
Hang
Vln. 1
p
A1
25
Caj.
Crot.
Hang
con sord.
Vla.
Vc.
p
p
29
Caj.
Hang
Vla.
Vc.
p
p
p

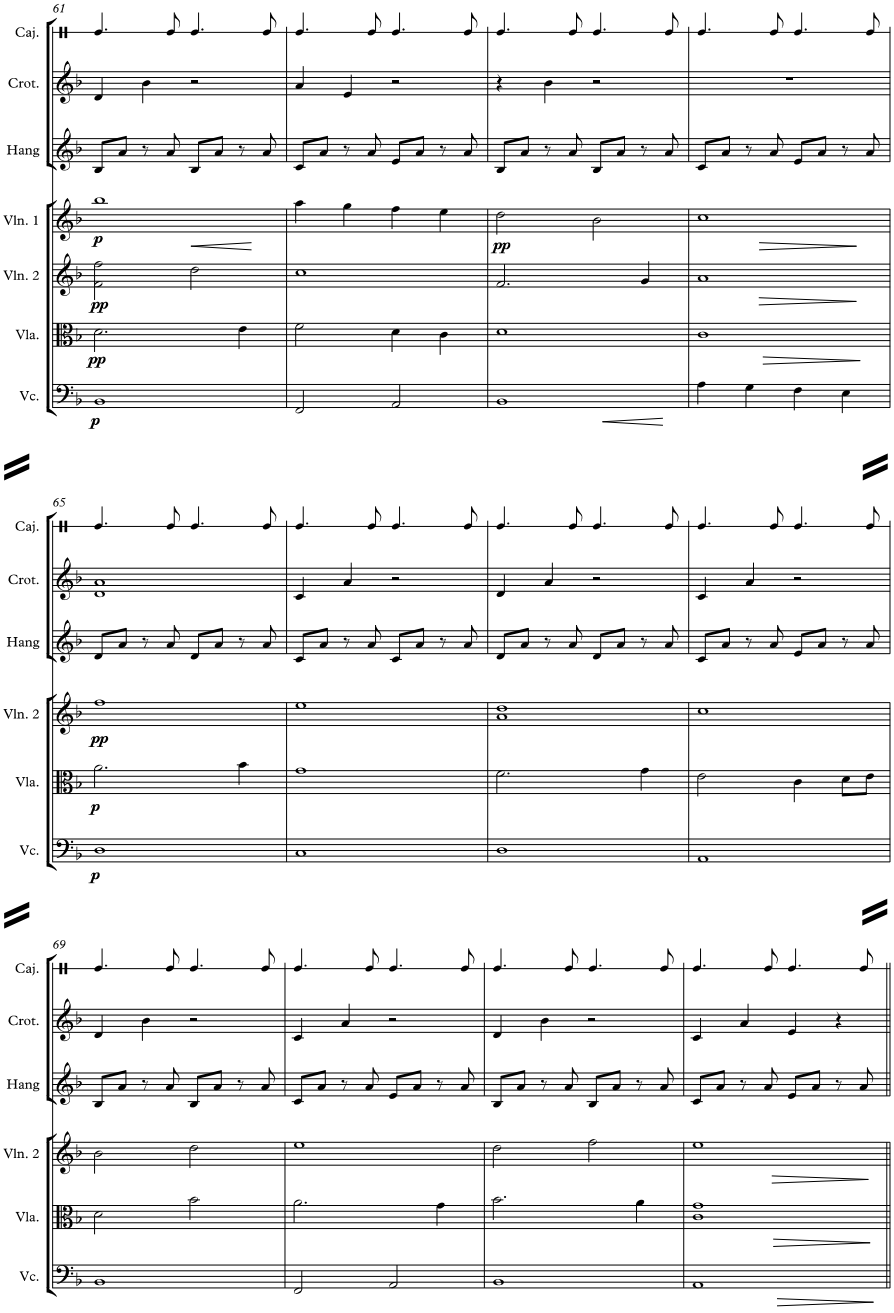

33
Caj.
Crot.
Hang
con sord.
Vln. 2
Vc.
p
37
B
41
Mar.
mp
Vln. 1
Vla.
pizz.

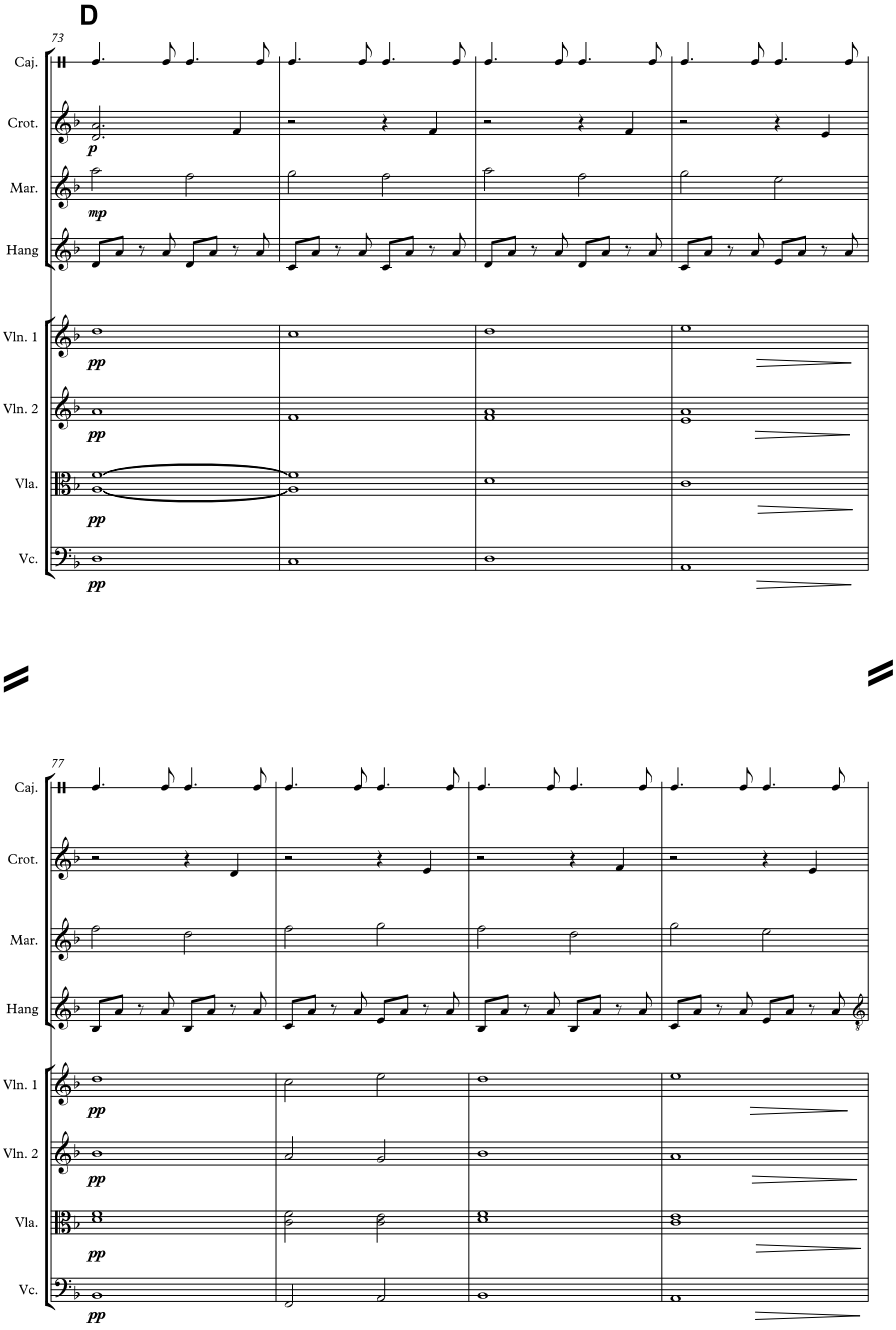

45
Caj.
Crot.
Mar.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
p
49
Caj.
Crot.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
p

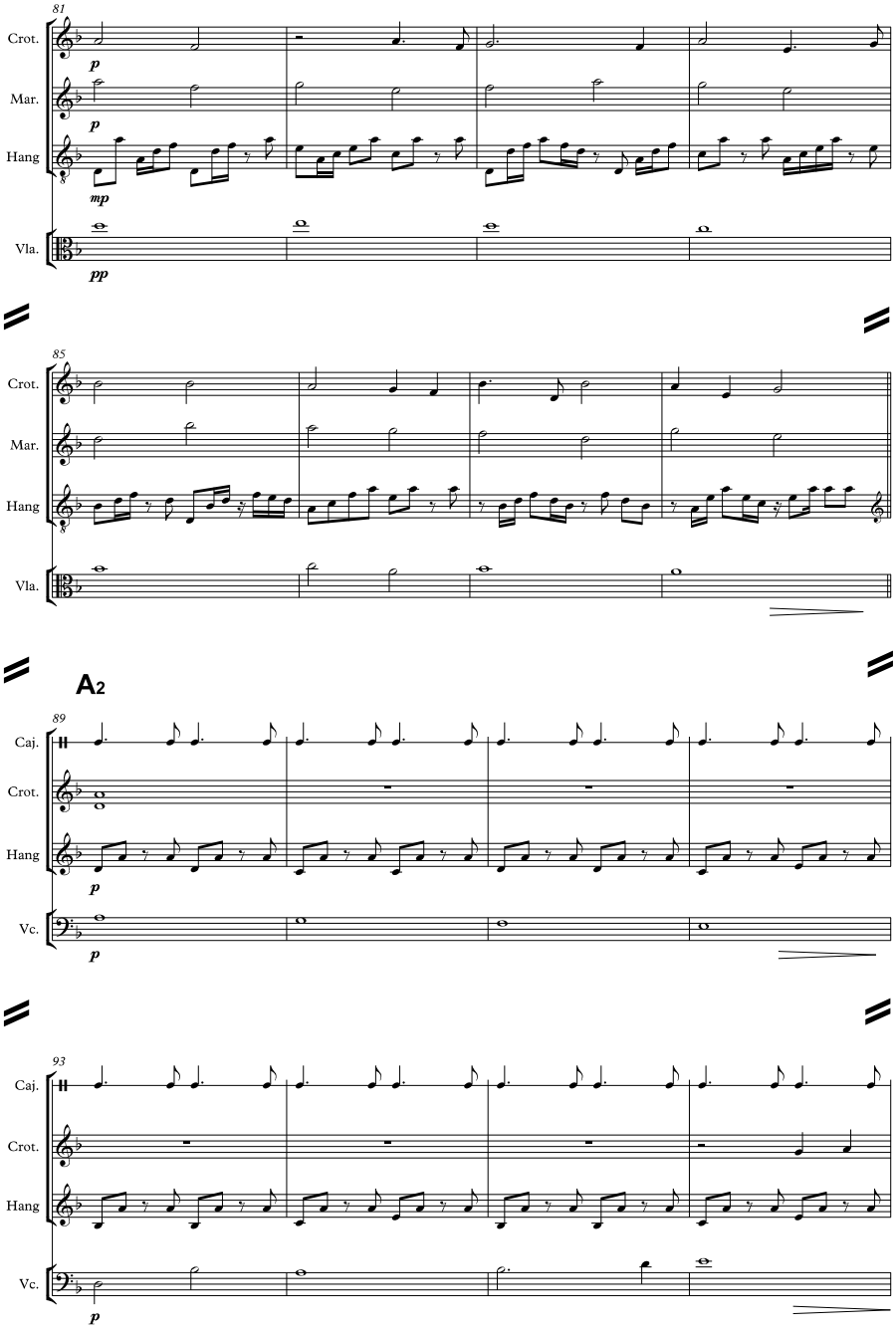

53
Caj.
Crot.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
p
p
p

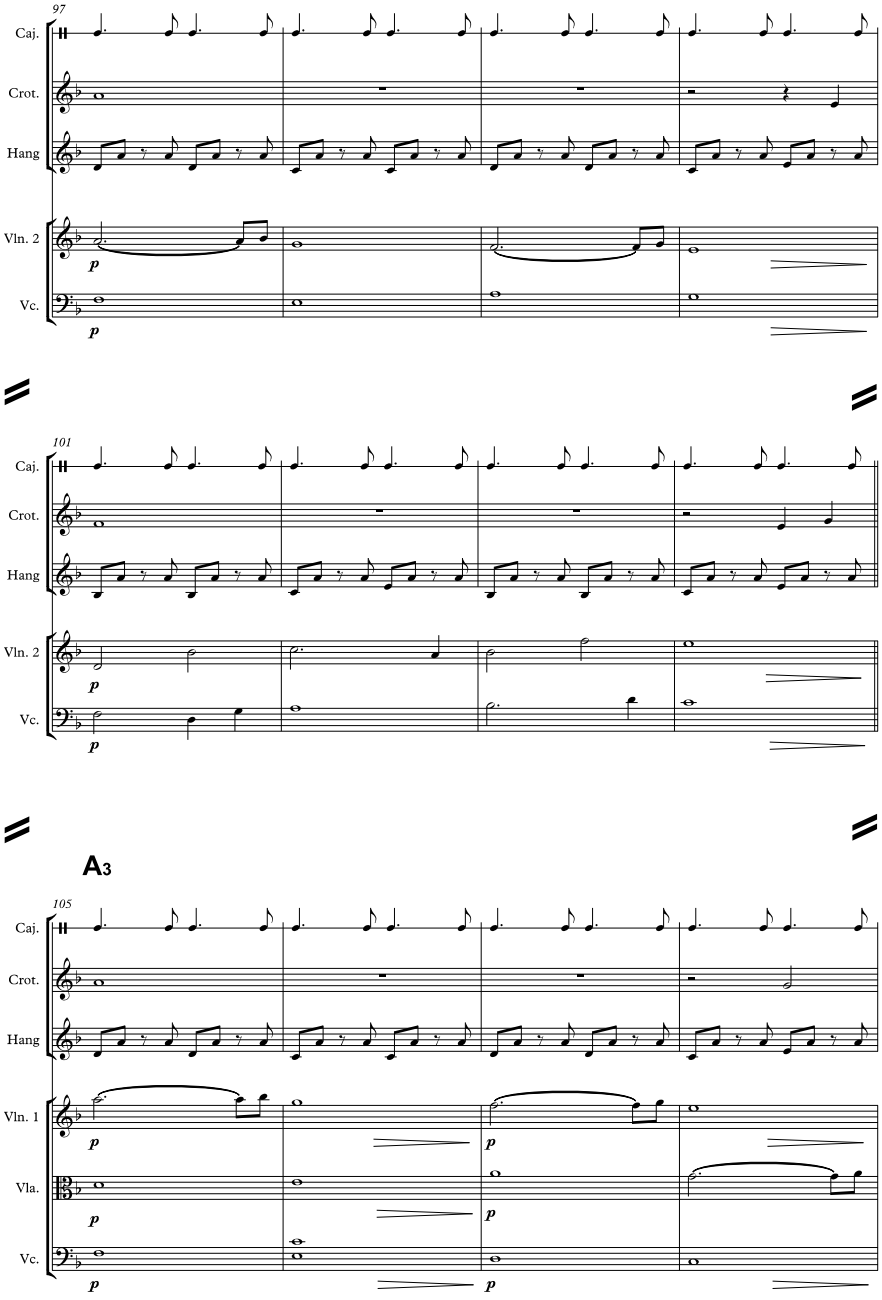
C

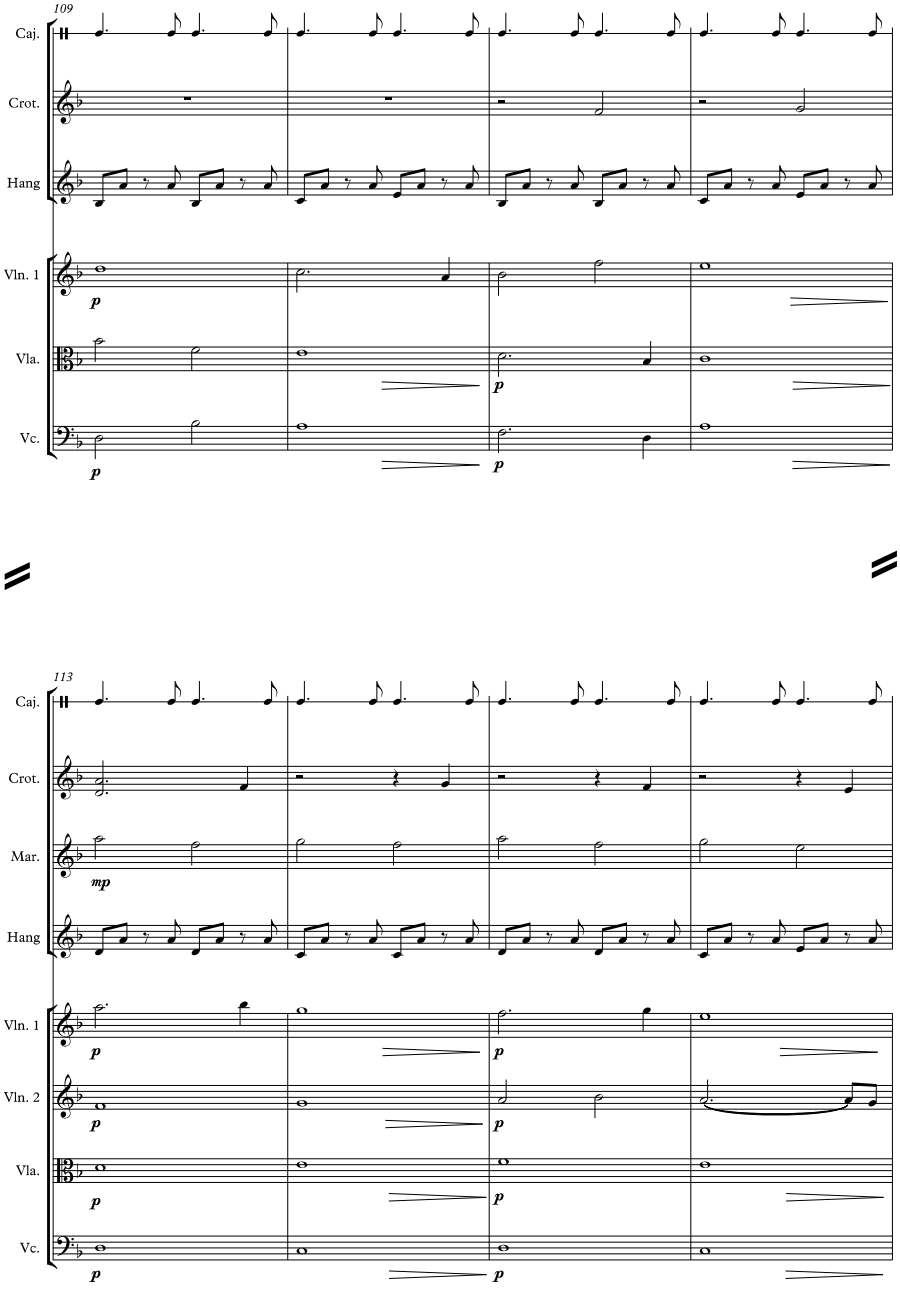

57
Caj.
Crot.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
pp
p
pp
pp
p
arco
p
p

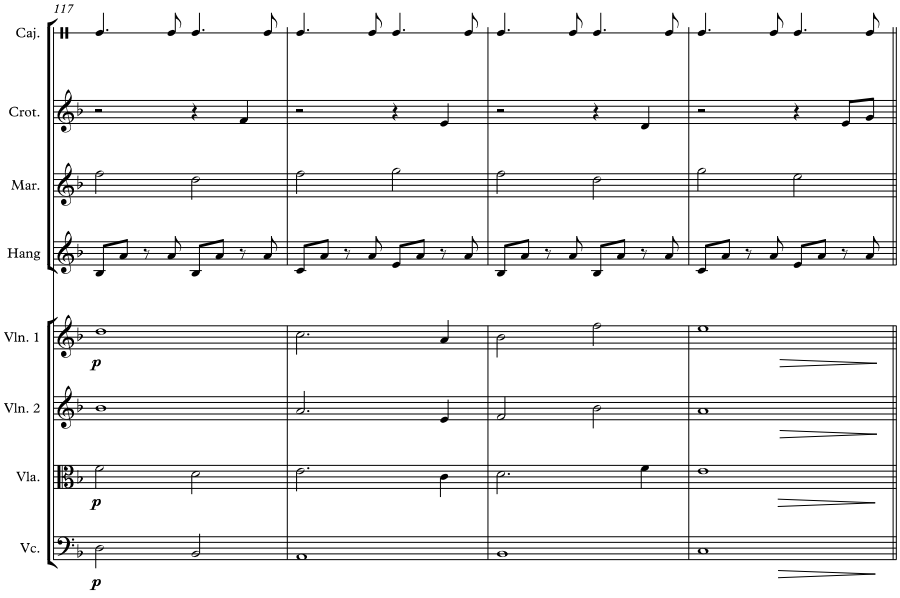

61
Caj.
Crot.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
p
pp
65
69


D
73
Caj.
Crot.
Mar.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
p
mp
pp
77

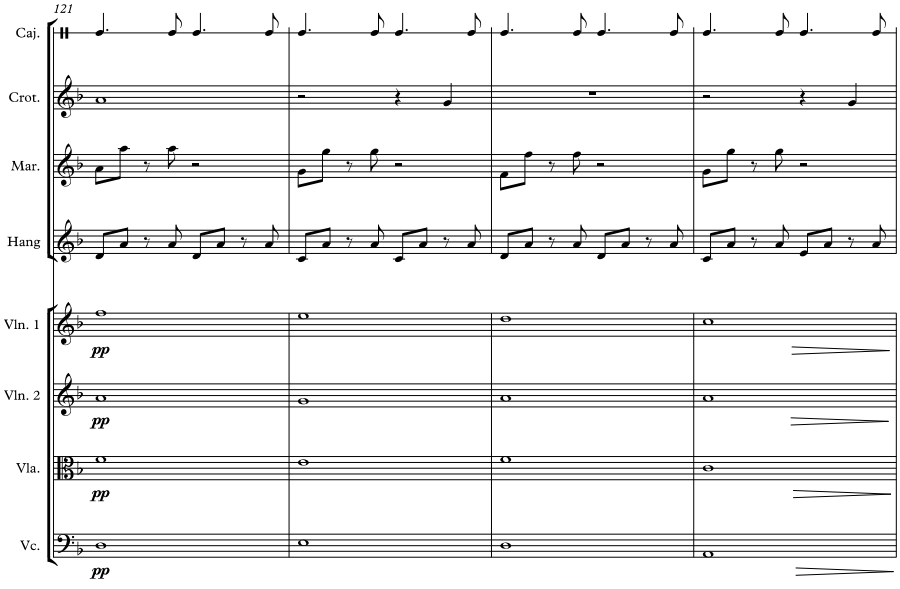

81
Crot.
Mar.
Hang
Vla.
p
p
mp
pp
85
Crot.
Mar.
Hang
Vla.
A2
89
Caj.
Crot.
Hang
Vc.
p
p
93
Caj.
Crot.
Hang
Vc.
p

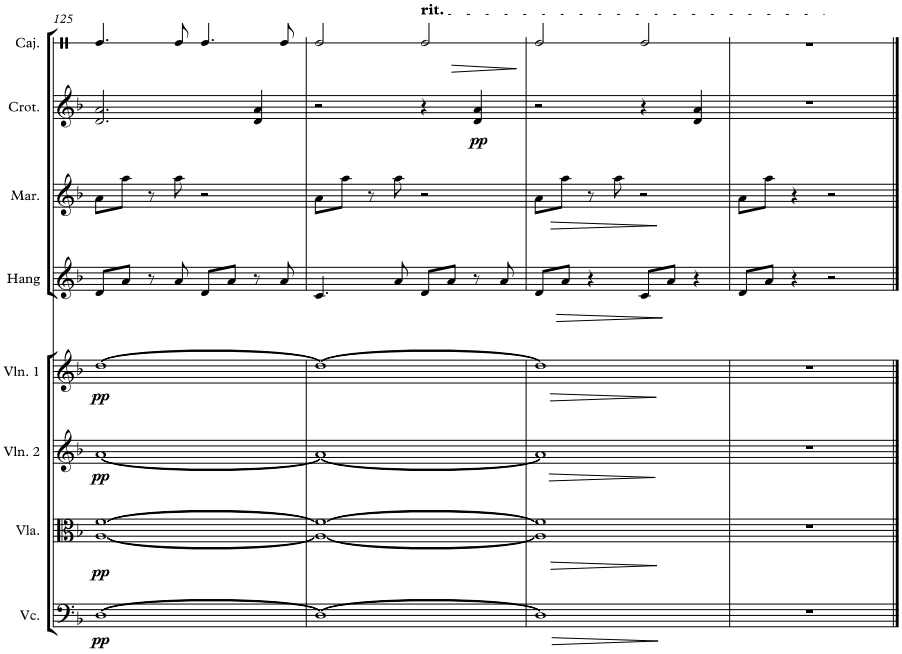

97
Caj.
Crot.
Hang
Vln. 2
Vc.
p
101
A3
105
Vln. 1
Vla.


109
Caj.
Crot.
Hang
Vln. 1
Vla.
Vc.
p
113
Caj.
Crot.
Mar.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
mp
p


117
Caj.
Crot.
Mar.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
p
p
p

Coda


121
Caj.
Crot.
Mar.
Hang
Vln. 1
Vln. 2
Vla.
Vc.
pp
pp
pp
pp


125
rit.
Caj.
Crot.
pp
Mar.
Hang
Vln. 1
pp
Vln. 2
pp
Vla.
pp
Vc.
pp