



A MEDITATION

BATHE YOURSELF IN THE SOUND OF THE VIOLA DA GAMBA

MUSIC BY TELEMANN, ABEL, HUME, MARAIS IN A MEDITATIVE SETTING

HOW TO USE THIS RECORDING

"ONE FULL BREATH IS A MEDITATION", SAYS ECKHART TOLLE, AND RIGHTLY SO. MEDITATION HAS REACHED US IN MANY FORMS THROUGH THE AGES. THE BASIC IDEA IS ALWAYS SIMILAR: REDUCE THE NOISE OF THE MIND, THE CLUTTER OF OUR THOUGHTS, BY FOCUSING ON SOMETHING OTHER THAN THE MIND. YOUR BREATH, A MANTRA, OR IN THIS CASE, MUSIC. BAROQUE MUSIC. MUSIC THAT WAS COMPOSED HUNDREDS OF YEARS AGO, IN AN ERA WHEN SILENCE WAS THE NORM, AND MUSIC THE HIGHLY VALUED EXCEPTION.

AND MUSIC FOR A VERY SPECIAL INSTRUMENT, THE VIOLA DA GAMBA. THIS PARTICULAR INSTRUMENT WAS BUILT BY BAVARIAN (AUGSBURG) VIOL MAKER GEORG AMAN IN THE EARLY 18 TH CENTURY. ALSO HUNDREDS OF YEARS AGO. THIS VIOLA DA GAMBA IS SO RICH IN OVERTONES THAT SOMETIMES THE FIRST SEVEN OVERTONES ARE LOUDER THAN THE FUNDAMENTAL. THE OVERTONES GO RIGHT UP UNTIL AND PAST 20 000 HZ, SO HIGHER THAN HUMAN EARS CAN DISCERN. IT IS MY OPINION THAT IT IS THIS INCREDIBLE VOLUME OF OVERTONES THAT IS RESPONSIBLE FOR THE MEDITATIVE AND SOOTHING EFFECT OF THE SOUND.

THE RECORDING HAS THREE SECTIONS:

1. STARTING UP.

ON THE SOUND OF A THREE-MOVEMENT FANTASY IN G MINOR BY G.P. TELEMANN, MAKE YOURSELF COMFORTABLE, LIE DOWN, SIT DOWN, GET ON THE COUCH OR ON YOUR CUSHION. GET USED TO THE INSTRUMENT, SETTLE DOWN, AND CLOSE YOUR EYES BY THE END OF THE THIRD MOVEMENT.

2. THE ACTUAL MEDITATION (ABOUT 38 MINUTES)

WITH YOUR EYES CLOSED AND IN A COMFORTABLE POSITION, LET THE SOUND OF THE INSTRUMENT GUIDE YOU. THERE WILL BE SOME REPETITION, SOME IMPROVISING. JUST GO WITH IT. TRY NOT TO EXPECT SOMETHING TO HAPPEN (MORE EASILY SAID THAN DONE...). WHAT WILL HAPPEN, WILL HAPPEN. JUST LET THE OVERTONES DO THE WORK. THERE WILL BE SOME SILENCES BETWEEN THE PIECES AND AT THE VERY END, AFTER A PIECE THAT IS RECORDED TO SOMEHOW BRING YOU BACK TO THE "REAL" WORLD (A SOLDIER'S RESOLUTION), A SILENCE OF ABOUT 40 SECONDS WILL ARRIVE, SILENTLY HERALDING THE END OF THE ACTUAL MEDITATION.

3. COMING BACK.

LISTENING TO TELEMANN'S FANTASY IN B FLAT MAJOR (ALSO THREE MOVEMENTS), GENTLY OPEN YOUR EYES, STRETCH, YAWN, MOVE AROUND, GET UP, PUT AWAY YOUR CUSHION OR MEDITATION MAT.

AND EXPERIENCE WHATEVER HAS HAPPENED. SOME PEOPLE EXPERIENCE A DEEP SENSE OF RELAXATION RIGHT AWAY, OTHERS NEED A FEW "TAKES" TO GET THERE, YOU MAY EVEN FIND YOURSELF FALLING ASLEEP IF YOUR BODY REALLY NEEDS IT. AGAIN: TRY NOT TO JUDGE WHAT HAS HAPPENED. JUST LET IT SINK IN.

HOW NOT TO USE THIS RECORDING (DISCLAIMER):

THIS RECORDING IS INTENDED FOR RECREATIONAL USE ONLY. IT IS NOT INTENDED TO BE USED AS AN ALTERNATIVE TO ANY MEDICAL TREATMENT WHATSOEVER. IF YOU HAVE EVER ENCOUNTERED HEALTH ISSUES WHILE MEDITATING, CONSULT YOUR GP BEFORE USING THIS RECORDING.

RALPH ROUSSEAU

viola da gamba

A MEDITATION

TRACK LISTING:

GEORG PHILIPP TELEMANN (1681-1767)

FANTASY IN G MINOR:

1. ANDANTE (4'19)
2. VIVACE (1'25)
3. ALLEGRO (2'06)

KARL FRIEDRICH ABEL (1723-1787):

4. ALLEGRO 1 (1'49)

TOBIAS HUME (1569-1645?):

5. A MEDITATION 1 (3'13)
6. CAPTAIN HUME'S PAVAN (8'25)

KARL FRIEDRICH ABEL (1723-1787):

7. ALLEGRO 2 (1'46)

TOBIAS HUME (1569-1645?):

8. A MEDITATION 2 (3'13)

MARIN MARAIS (1656-1728):

9. LE BADINAGE (3'59)

KARL FRIEDRICH ABEL (1723-1787):

10. ALLEGRO 3 (1'48)

TOBIAS HUME (1569-1645?):

11. A MEDITATION 3 (3'12)
12. A QUESTION (2'31)

KARL FRIEDRICH ABEL (1723-1787):

13. ALLEGRO 4 (1'51)

TOBIAS HUME (1569-1645?):

14. A SOLDIER'S RESOLUTION (5'28)

GEORG PHILIPP TELEMANN (1681-1767)

FANTASY IN B FLAT MAJOR

15. ALLEGRO (3'00)
16. LARGO (0'43)
17. ALLEGRO (1'28)

THIS RECORDING WAS MADE ON JUNE 30 TH , 2018 IN THE FRANCISCAN CONVENT IN UTRECHT, THE NETHERLANDS. IN ORDER NOT TO DISTURB THE FLOW OF THE MEDITATION IT WAS RECORDED IN ONE "TAKE", SO WITHOUT EDITS. NO CUTTING AND PASTING. EVERYTHING EXACTLY AS IT SOUNDED IN THE CHAPEL OF THE CONVENT, WHERE I SPENT MANY HOURS MEDITATING AND PRAYING WITH THE BRETHREN. FRITZ DE WITH USED SCHOEPS MICROPHONES, SILTECH CABLES, AND NAGRA RECORDERS DURING THE RECORDING. MASTERING WAS DONE AT ARJAN RIETVELD DIGITAL MASTERING IN BAARN. LAY OUT: M84 MEDIA.

THE RECORDING IS MADE AVAILABLE IN TWO WAYS: A REGULAR 17-TRACK CD AND 17 TRACKS STORED ON A SEPARATE USB-STICK OF 1 GB. AFTER TRANSFERRING THE MUSIC FILES TO YOUR PC OR PHONE, YOU CAN USE THIS DEVICE TO STORE ANYTHING ELSE YOU MIGHT WANT. THANKS TO: MARCEL PAULISSEN EN TON PETERS (FRANCISCAN FRIARS), HAN PEEKEL, LYDIA DE KORTE AND FRITZ DE WITH (PHOTOGRAPHY).

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