

Living in the Now

for SAB Voices and Piano

Leah Hokanson

♩ = 92

Piano

mf

pedal freely

6

10 **A**

mp

I live like the ri-ver flows e-ver-un-fold-ing in the Now.

p

14

I live like the ri-ver flows e-ver-un-fold-ing in the Now.

18

I love what the ri-ver flows show-ing me_ the how_ of liv-ing in the

22

Now. _____ Li-ving in the Now. _____

p

26

B

mf I live like the ri-ver flows e-ver-un-fold-ing in the Now. I live like the

mf I live like the flows e-ver-un-fold-ing in the Now. I live like the

sostenuto Oo _____ Oo _____

B

mp

31

ri-ver flows e-ver-un-fold-ing in the Now. I love what the

ri-ver flows e-ver-un-fold-ing in the Now. I love what the

i love what the

PERUSAL SCORE ONLY - PLEASE DO NOT COPY

35

ri - ver knows__ - ing me__ the how__ of li - ving - in the

ri - ver knows__ show - ing me__ the how__ of li - ving - in the

ri - ver k show - ing me__ the how__

PERUSAL SCORE ONLY - PLEASE DO NOT COPY

38

Now. Li-ving in the Now. Oo

Now. Li-ving in the Now. Oo

Oo

f

42

I live like the river flows_ e - ver - un - fold - ing in the

I live like the ri - ver flows_ e - ver - un - fold - ing in the

I live like the ri - ver_ flow - ing,

f

PERUSAL SCORE ONLY - PLEASE DO NOT COPY

45

Now I live like the ri-ver flows_

Now I live like the ri-ver flows_

e - ver - un - fold - ing in the Now. I love like the

48

e - ver - un - fold - ing in the I love what the

e - ver - un - fold - ing the Now. I love what the

ri - ver_ fl_ ing, e - ver un - fold - ding. I love what the

PERUSAL SCORE ONLY - PLEASE DO NOT COPY

51

ri - ver knows, show - ing me the how of li - ving - in the

ri - ver knows, show - ing me the how of li - ving - in the

ri - ver knows, show - ing me the how of li - ving - in the

Detailed description: This block contains the musical notation for measures 51 through 53. It includes three vocal staves (treble and bass clefs) and a piano accompaniment section with treble and bass clefs. The lyrics are: "ri - ver knows, show - ing me the how of li - ving - in the". The piano accompaniment features a rhythmic pattern of eighth notes in the right hand and chords in the left hand.

54

D

Now. Li - ving in the Now.

Now. Liv - ing the Now. Li - ving in the Now. Liv - ing in

Now, ing in the Now. Liv - ing in the Now. Liv - ing in the

D

Detailed description: This block contains the musical notation for measures 54 through 56. It includes three vocal staves and a piano accompaniment section. The lyrics are: "Now. Li - ving in the Now.", "Now. Liv - ing the Now. Li - ving in the Now. Liv - ing in", and "Now, ing in the Now. Liv - ing in the Now. Liv - ing in the". A chord symbol 'D' is present above the first measure of the vocal line. The piano accompaniment continues with a similar rhythmic pattern to the previous section.

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57

Li-ving in the Now. _____ Li-ving in the Now.

— the Now. Li-ving in the Now. Liv-ing in _____ the Now. Li-ving in the Now.

— the Now. Liv-ing in the Now, Liv-ing in _____ the Now. Liv-ing in the Now.

f

61

rit. 8^{va}

p



Leah Hokanson is a lifelong adventurer in music, sound and listening—as a composer, community choir pianist, improviser, singer-songwriter, and certified sound healing practitioner. Leah is co-founder of Sound, Belonging & Wholeness, offering programs that explore vocal sounding and intentional listening as portals to Presence, healing and transformation. She also directs the Song Keepers Women's Choir (Gabriola Island), is Music Director at the First Unitarian Fellowship (Nanaimo), and leads bi-weekly Contemporary Ecstatic Chanting sessions at Bethlehem Centre (Nanaimo).

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