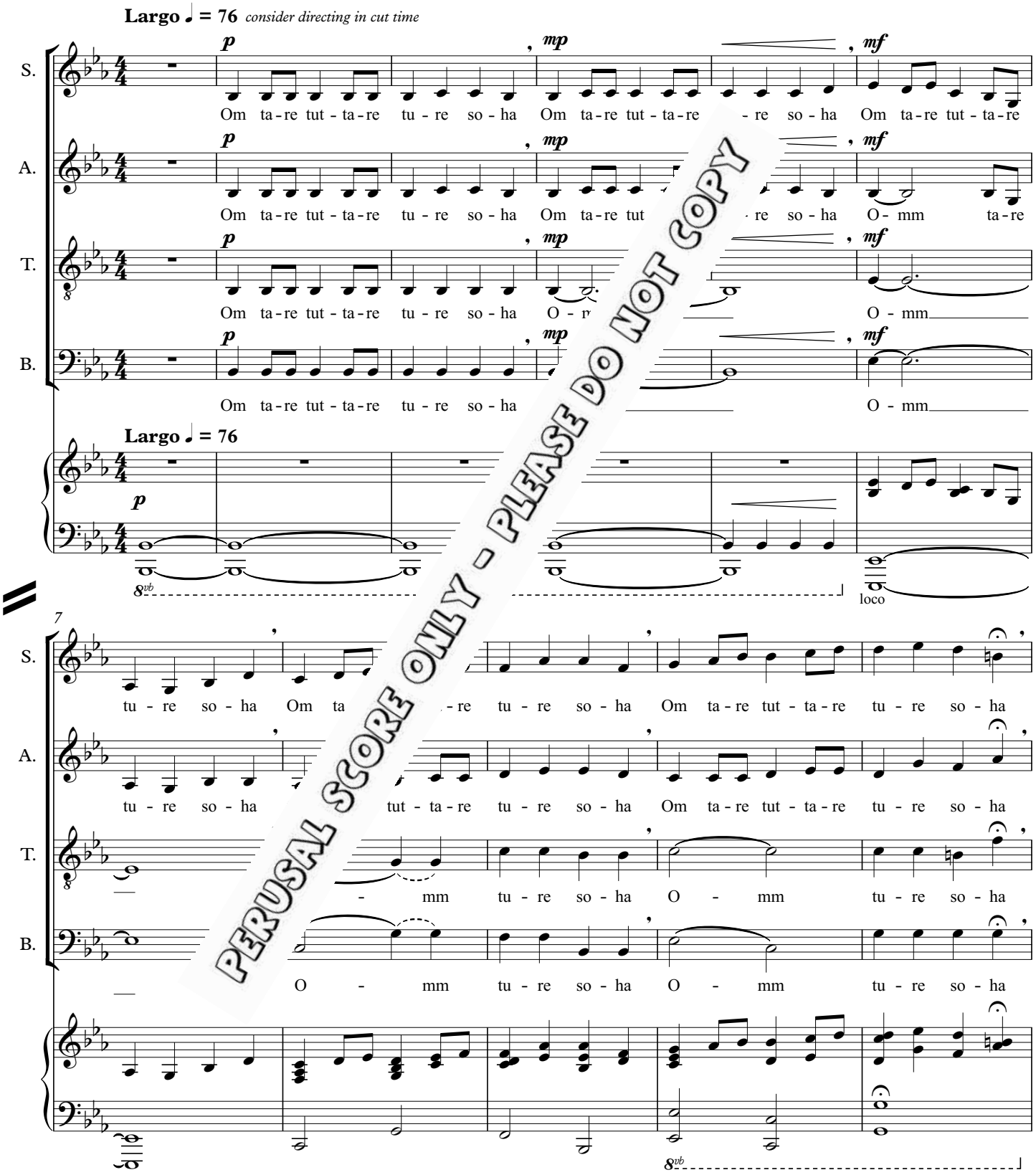
# Breathing

Wandering thoughts while meditating

Naomi Beth Wakan
Chant: ancient Tibetan Buddist mantra

Judy Specht

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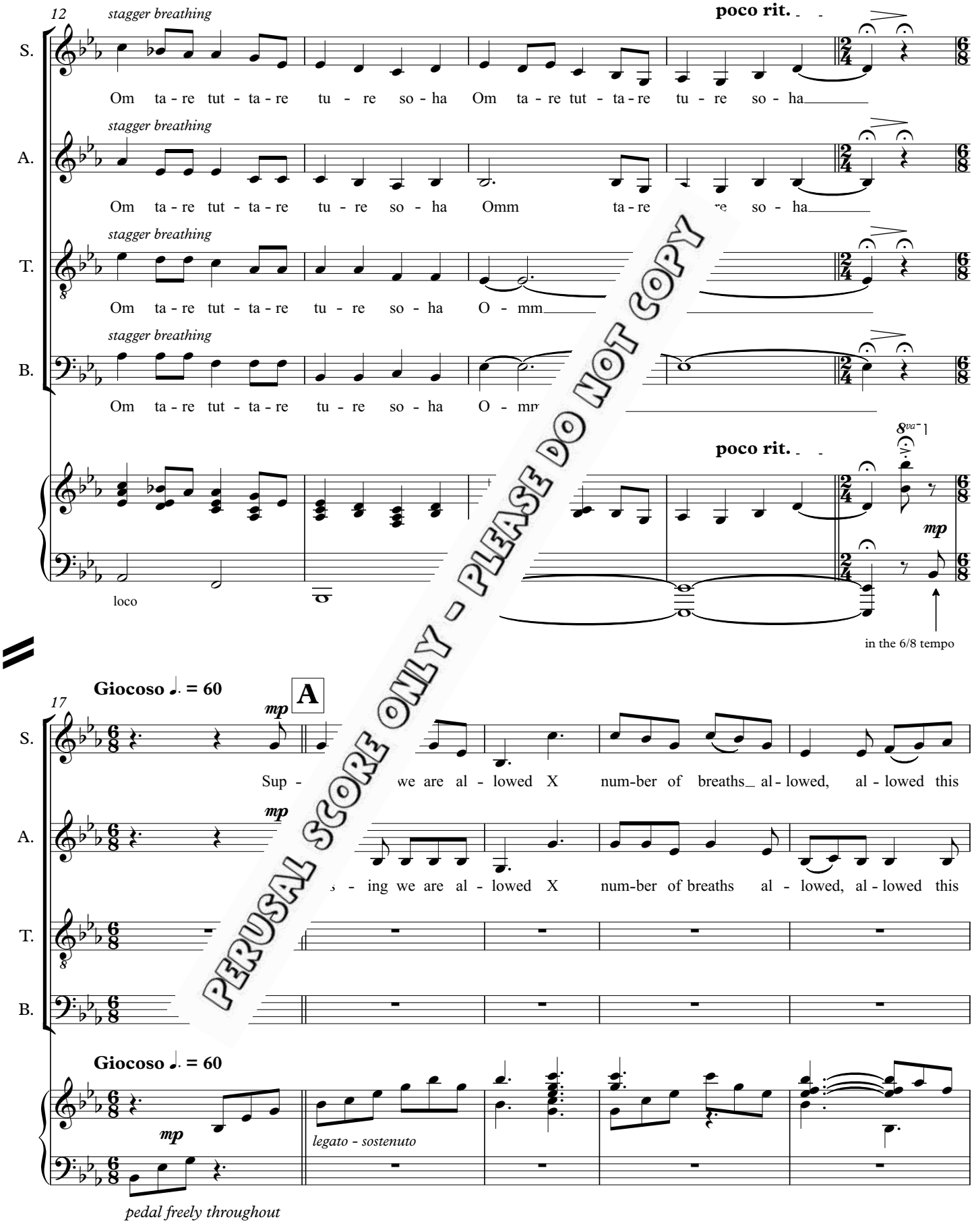


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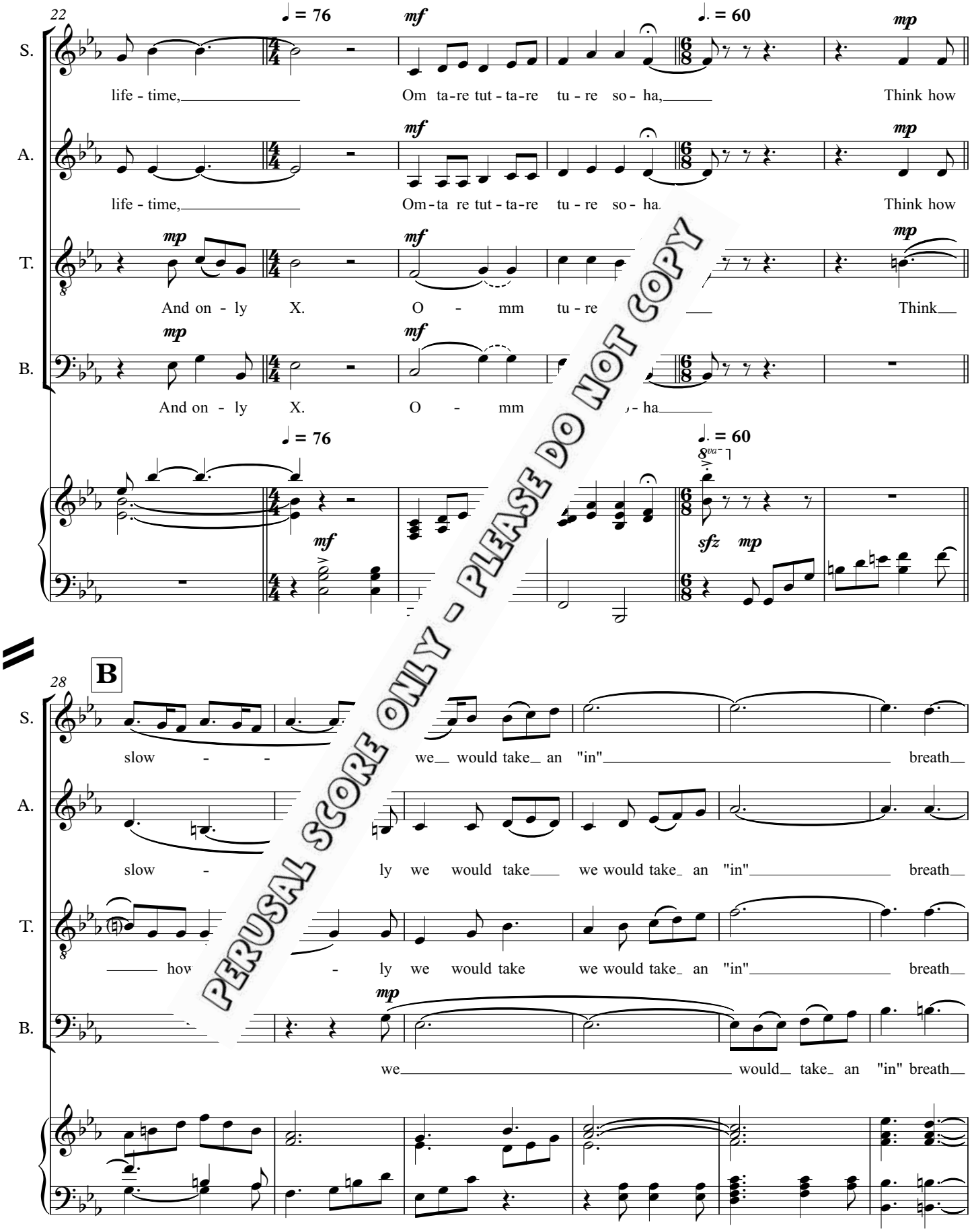


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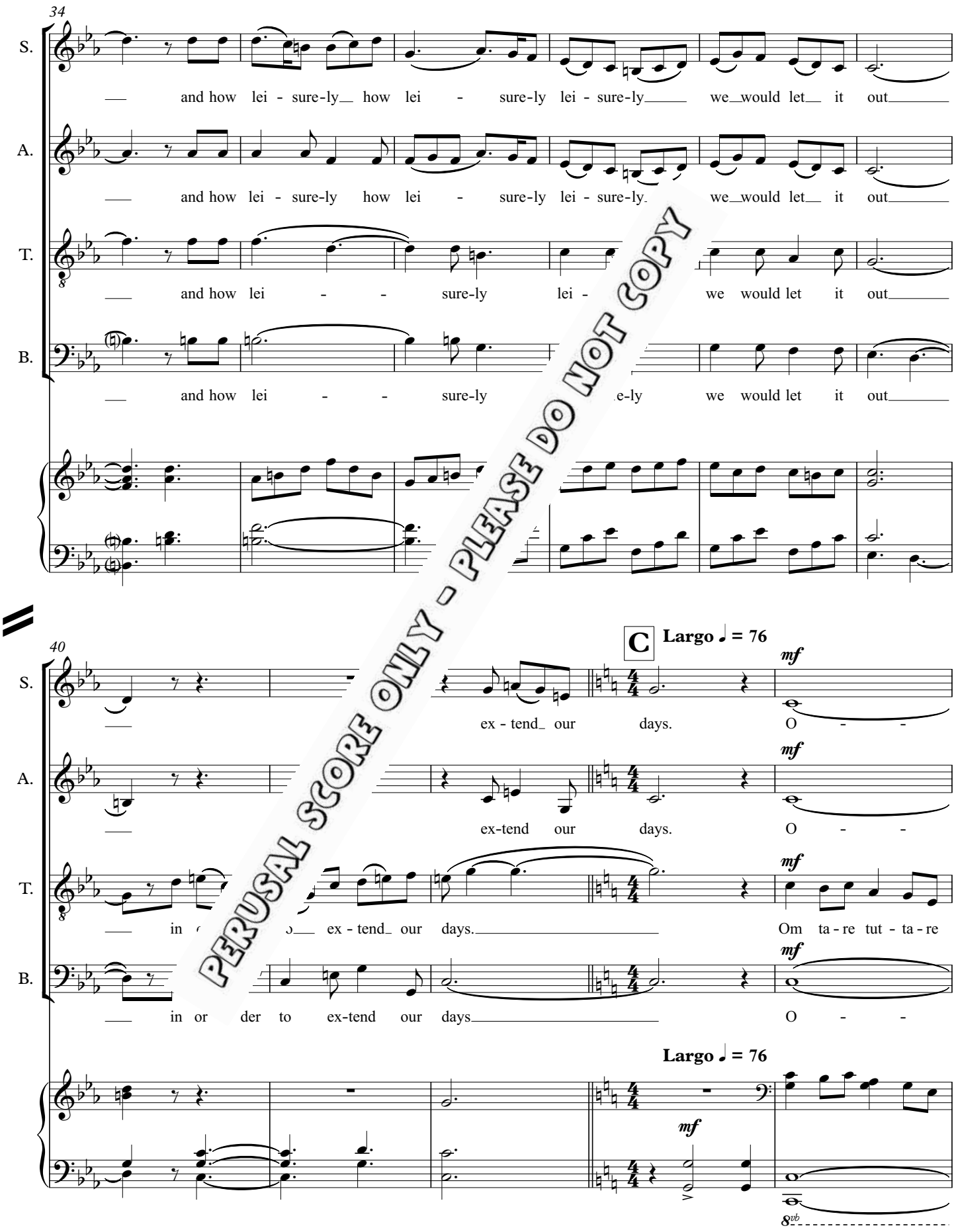


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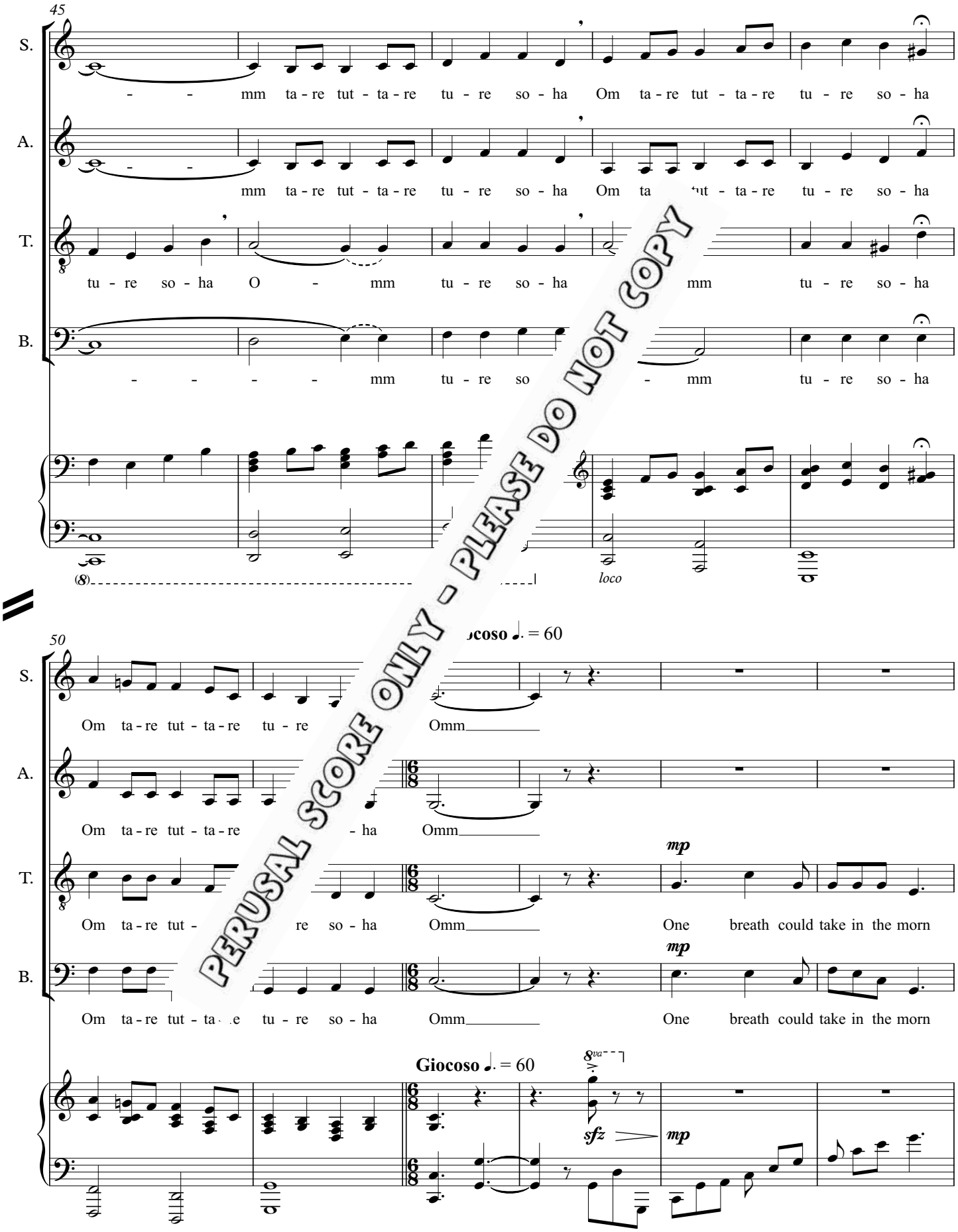


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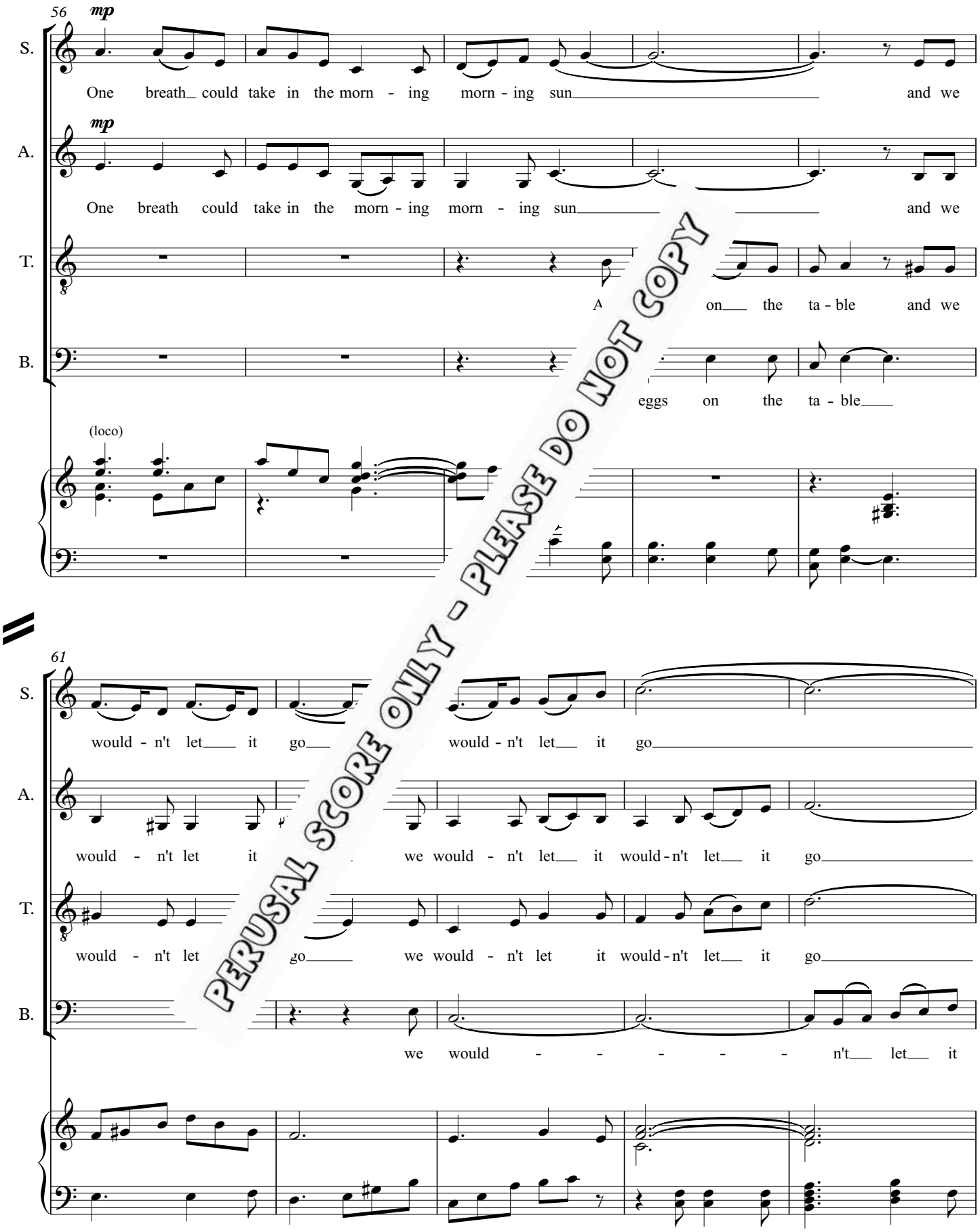


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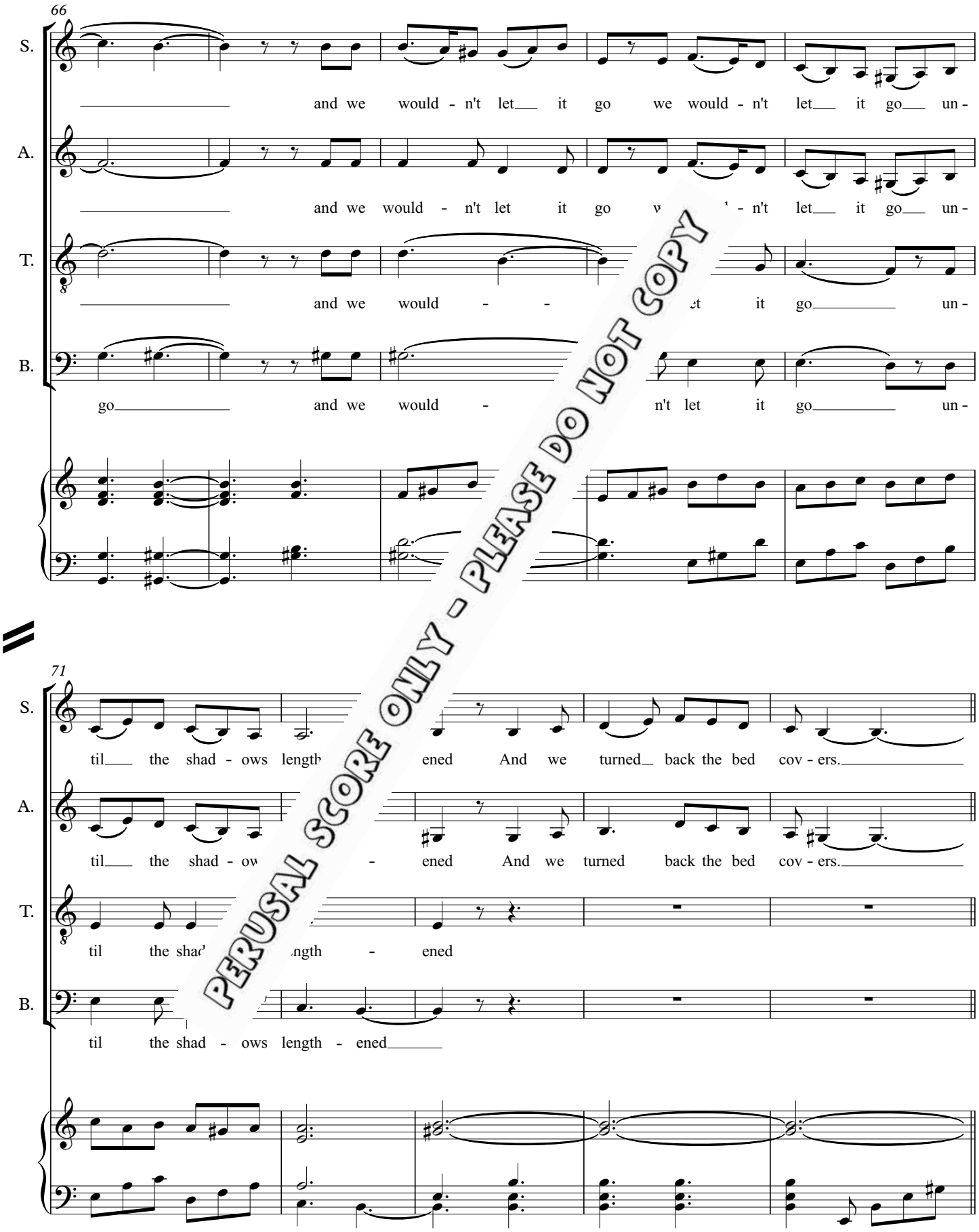


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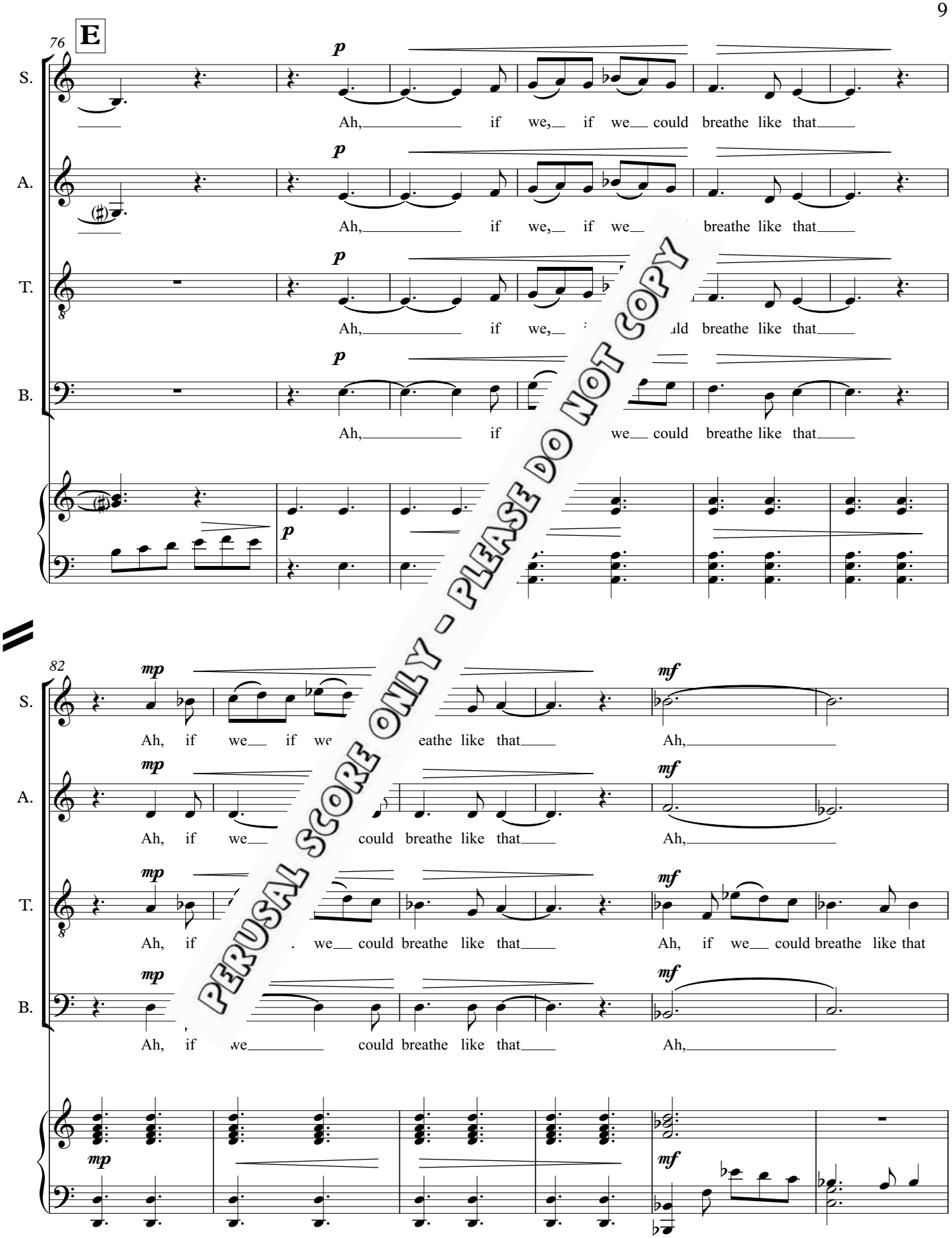


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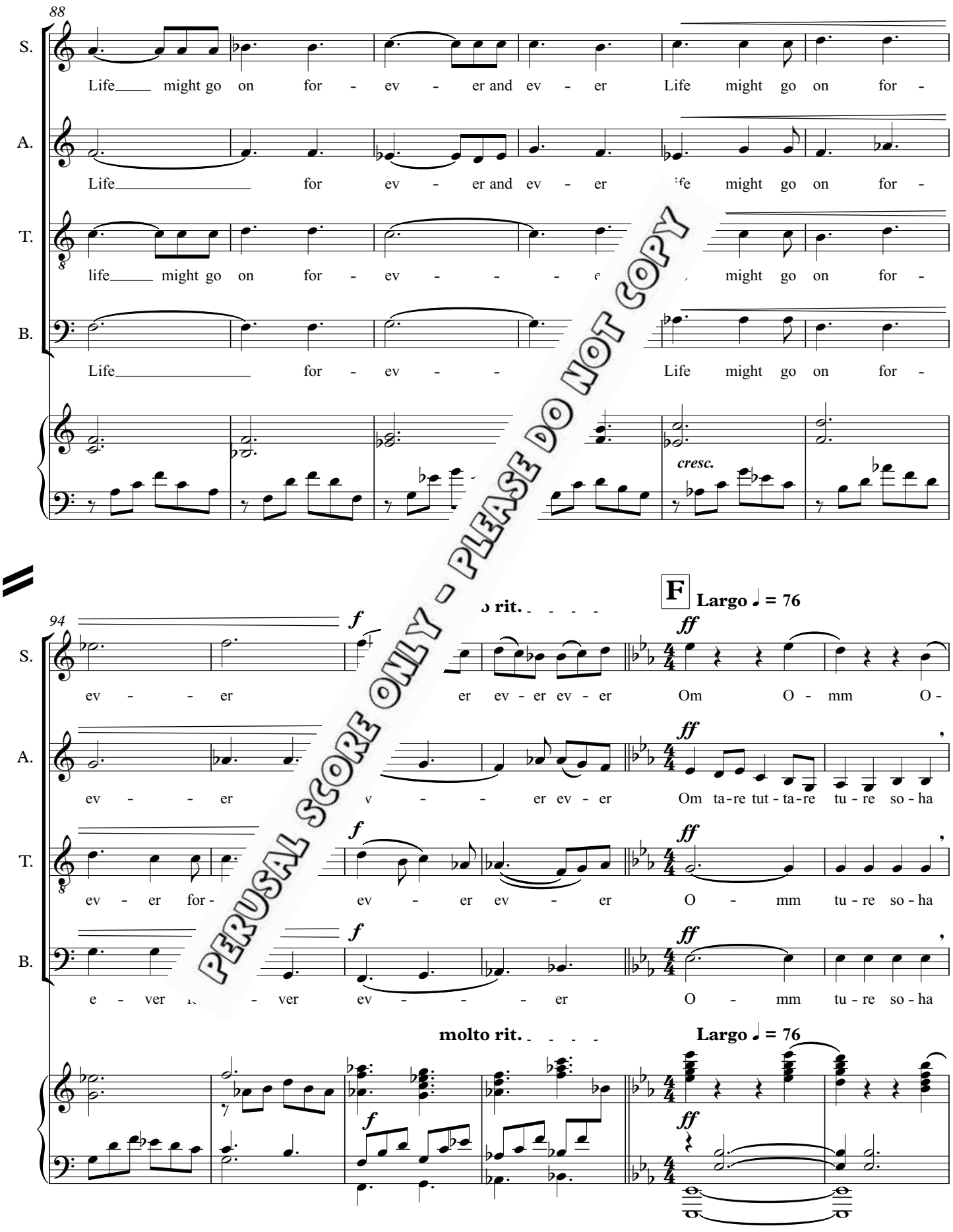


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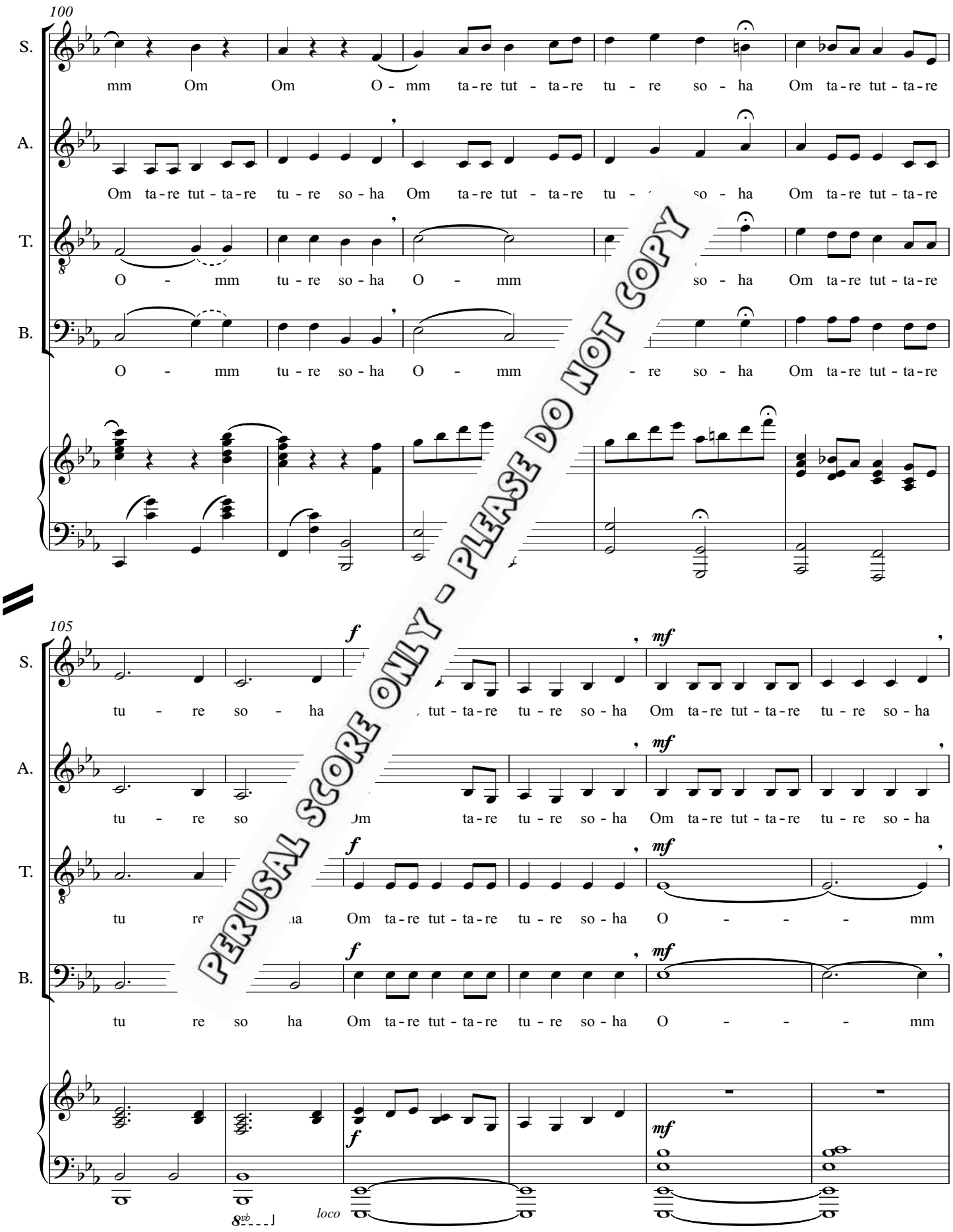


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**Judy Spech** nposes primarily for choirs, solo voices, keyboards and instrumental ensembles osing she has enjoyed a diverse career, including that of: choir director and chur iversity lecturer in Harmony and Counterpoint; studio teacher of Piano and Theory and creator of electronic scores for live theatre; and most fun of all, multi-i with The Trollsons theatre troupe touring China, Singapore, Korea and Cana nominated for a Jesse Richardson Award for her music for Chinese instruments per Orchid Ensemble in Pangaea Arts' production of The Life of Paper. She has had ch ished by Gordon V Thompson (now Warner) and piano compositions published h n Conservatory of Music. She holds an ARCT in piano, a M.Mus in composition nd is an Associate of the Canadian Music Centre. At the time of this publication es to compose from her home on Gabriola Island (British Columbia).

This piece has two opposing s ne is an ancient Tibetan Buddhist mantra, chanted over and over so as to lead the mind into a relaxed state of being. The o of intriguing thoughts (from the poem Breathing, by Naomi Beth Wakan) that interrupt the focus, causing the mind to wander ie meditation three times before the mantra finally prevails. At the end, the singers sustain an "om" for as long as their breath

This composition has ce cment which could also be played on a synthsizer. (provided at no charge upon request)