

Breathing

Wandering thoughts while meditating

Naomi Beth Wakan

Judy Specht

Chant: ancient Tibetan Buddhist mantra

Largo ♩ = 76 *consider directing in cut time*

S. *p* *mp* *mf*
 Om ta-re tut - ta-re tu - re so - ha Om ta-re tut - ta-re - re so - ha Om ta-re tut - ta-re

A. *p* *mp* *mf*
 Om ta-re tut - ta-re tu - re so - ha Om ta-re tut - re so - ha O - mm ta-re

T. *p* *mp* *mf*
 Om ta-re tut - ta-re tu - re so - ha O - r O - mm

B. *p* *mp* *mf*
 Om ta-re tut - ta-re tu - re so - ha O - mm

Largo ♩ = 76

p
 8^{vb} loco

7
 S. tu - re so - ha Om ta - re tu - re so - ha Om ta - re tut - ta - re tu - re so - ha
 A. tu - re so - ha tut - ta - re tu - re so - ha Om ta - re tut - ta - re tu - re so - ha
 T. - mm tu - re so - ha O - mm tu - re so - ha
 B. O - mm tu - re so - ha O - mm tu - re so - ha

8^{vb}

12 *stagger breathing* **poco rit.**

S. Om ta - re tut - ta - re tu - re so - ha Om ta - re tut - ta - re tu - re so - ha

A. *stagger breathing* Om ta - re tut - ta - re tu - re so - ha Omm ta - re re so - ha

T. *stagger breathing* Om ta - re tut - ta - re tu - re so - ha O - mm

B. *stagger breathing* Om ta - re tut - ta - re tu - re so - ha O - mr

loco *mp*

8va **poco rit.** *mp*

in the 6/8 tempo



17 **Giocoso** ♩ = 60 **A** *mp*

S. Sup - we are al - lowed X num - ber of breaths al - lowed, al - lowed this

A. *mp* s - ing we are al - lowed X num - ber of breaths al - lowed, al - lowed this

T.

B.

Giocoso ♩ = 60 *mp* *legato - sostenuto*

pedal freely throughout

PERUSAL SCORE ONLY - PLEASE DO NOT COPY

22 $\text{♩} = 76$ *mf* $\text{♩} = 60$ *mp*

S. life - time, _____ Om ta-re tut - ta-re tu - re so - ha, _____ Think how

A. life - time, _____ Om-ta re tut - ta-re tu - re so - ha. Think how

T. *mp* And on - ly X. *mf* O - mm tu - re *mp* Think _____

B. *mp* And on - ly X. *mf* O - mm r - ha _____

$\text{♩} = 76$ *mf* $\text{♩} = 60$ *sfz mp*

28 **B**

S. slow - - - we_ would take_ an "in" _____ breath_

A. slow - - - ly we would take_ we would take_ an "in" _____ breath_

T. _____ how - - - ly we would take we would take_ an "in" _____ breath_

B. *mp* we _____ would_ take_ an "in" breath_

34

S. — and how lei - sure-ly — how lei - sure-ly lei - sure-ly — we would let it out —

A. — and how lei - sure-ly how lei - sure-ly lei - sure-ly. we would let it out —

T. — and how lei - - sure-ly lei - we would let it out —

B. — and how lei - - sure-ly e-ly we would let it out —

40

C **Largo** ♩ = 76 *mf*

S. — ex - tend our days. O - -

A. — ex-tend our days. O - -

T. — in or der to ex - tend our days. — Om ta - re tut - ta - re

B. — in or der to ex-tend our days — O - -

Largo ♩ = 76 *mf*

PERUSAL SCORE ONLY - PLEASE DO NOT COPY

45

S. *mm* ta-re tut - ta-re tu - re so - ha Om ta-re tut - ta-re tu - re so - ha

A. *mm* ta-re tut - ta-re tu - re so - ha Om ta-re tut - ta-re tu - re so - ha

T. tu - re so - ha O - *mm* tu - re so - ha *mm* tu - re so - ha

B. *mm* tu - re so *mm* tu - re so - ha

8)----- loco

50

Allegro ♩ = 60

S. Om ta-re tut - ta-re tu - re Omm_____

A. Om ta-re tut - ta-re - ha Omm_____

T. Om ta-re tut - re so - ha Omm_____ *mp* One breath could take in the morn

B. Om ta-re tut - ta-re tu - re so - ha Omm_____ *mp* One breath could take in the morn

Giacoso ♩ = 60 *8va* *sfz* *mp*

56 *mp*

S. One breath could take in the morn - ing morn - ing sun _____ and we

A. *mp* One breath could take in the morn - ing morn - ing sun _____ and we

T. _____ A on the ta - ble and we

B. _____ eggs on the ta - ble _____

(loco)

61

S. would - n't let it go _____ would - n't let it go _____

A. would - n't let it _____ we would - n't let it would - n't let it go _____

T. would - n't let go _____ we would - n't let it would - n't let it go _____

B. _____ we would - - - - - n't let it

66

S. _____ and we would - n't let__ it go we would - n't let__ it go__ un -

A. _____ and we would - n't let it go v ' - n't let__ it go__ un -

T. _____ and we would - - at it go_____ un -

B. go_____ and we would - n't let it go_____ un -

71

S. til__ the shad - ows length ened And we turned__ back the bed cov - ers._____

A. til__ the shad - ov - ened And we turned back the bed cov - ers._____

T. til the shar' ngth - ened

B. til the shad - ows length - ened_____

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E

76

S. *p* Ah, if we, if we could breathe like that

A. *p* Ah, if we, if we breathe like that

T. *p* Ah, if we, could breathe like that

B. *p* Ah, if we could breathe like that



82

S. *mp* Ah, if we, if we breathe like that *mf* Ah,

A. *mp* Ah, if we could breathe like that *mf* Ah,

T. *mp* Ah, if we could breathe like that *mf* Ah, if we could breathe like that

B. *mp* Ah, if we could breathe like that *mf* Ah,

88

S. Life ___ might go on for - ev - er and ev - er Life might go on for -

A. Life ___ for ev - er and ev - er ife might go on for -

T. life ___ might go on for - ev - - - might go on for -

B. Life ___ for - ev - - Life might go on for -

cresc.

94

S. ev - - er *f* er ev - er ev - er **F** *ff* Om O - mm O -

A. ev - - er *f* v - - er ev - er *ff* Om ta-re tut - ta-re tu - re so - ha

T. ev - er for - *f* ev - er ev - er *ff* O - mm tu - re so - ha

B. e - ver *f* - ver ev - - er *ff* O - mm tu - re so - ha

molto rit. **Largo** ♩ = 76

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100

S. mm Om Om O - mm ta-re tut - ta-re tu - re so - ha Om ta-re tut - ta-re

A. Om ta-re tut - ta-re tu - re so - ha Om ta-re tut - ta-re tu - re so - ha Om ta-re tut - ta-re

T. O - mm tu - re so - ha O - mm so - ha Om ta-re tut - ta-re

B. O - mm tu - re so - ha O - mm - re so - ha Om ta-re tut - ta-re

105

S. tu - re so - ha , tut - ta-re tu - re so - ha Om ta-re tut - ta-re tu - re so - ha , *mf*

A. tu - re so , Om ta-re tu - re so - ha Om ta-re tut - ta-re tu - re so - ha , *mf*

T. tu re .a Om ta-re tut - ta-re tu - re so - ha O - - - mm , *f* , *mf*

B. tu re so ha Om ta-re tut - ta-re tu - re so - ha O - - - mm , *f* , *mf*

f *mf*

8^{sub}... loco

111 *mp* , *p*

S. Om ta-re tut - ta-re tu - re so - ha O - mm.

A. Om ta-re tut - ta-re tu - re so - ha O - mm.

T. Om ta-re tut - ta-re tu - re so - ha O - mm.

B. Om ta-re tut - ta-re tu - re so - ha O - mm.



Judy Specter composes primarily for choirs, solo voices, keyboards and instrumental ensembles. Using she has enjoyed a diverse career, including that of: choir director and church music director; university lecturer in Harmony and Counterpoint; studio teacher of Piano and Theory; multi-instrumentalist; and creator of electronic scores for live theatre; and most fun of all, performing with The Trollsons theatre troupe touring China, Singapore, Korea and Canada. She was nominated for a Jesse Richardson Award for her music for Chinese instruments performed by the Orchid Ensemble in Pangaea Arts' production of The Life of Paper. She has had her work published by Gordon V Thompson (now Warner) and piano compositions published in the Journal of the Royal Conservatory of Music. She holds an ARCT in piano, a M.Mus in composition and is an Associate of the Canadian Music Centre. At the time of this publication she continues to compose from her home on Gabriola Island (British Columbia).

This piece has two opposing speeds. The first is a relaxed state of being. The second is a state of causing the mind to wander for as long as their breath

is an ancient Tibetan Buddhist mantra, chanted over and over so as to lead the mind into a state of intriguing thoughts (from the poem Breathing, by Naomi Beth Wakan) that interrupt the focus, and the meditation three times before the mantra finally prevails. At the end, the singers sustain an "om"

This composition has been arranged for piano and voice, an instrument which could also be played on a synthesizer. (provided at no charge upon request)

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