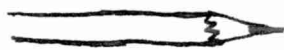




Meditation (2010)

for five people

Andy Costello

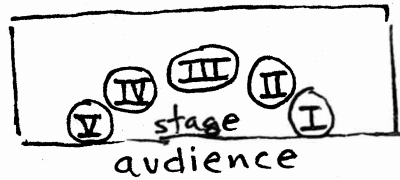


Pencil and Eraser
Press

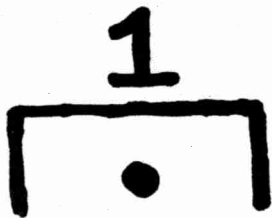
Performance Notes:

The entirety of this piece is to be performed without instruments.

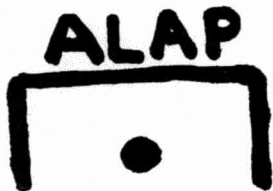
You should be arranged in a semi-circle facing straight ahead (towards the audience).



Symbols found in score:



- denotes the passage of time in seconds



- stands for "As Long As Possible"



- inhale through mouth, unless otherwise specified

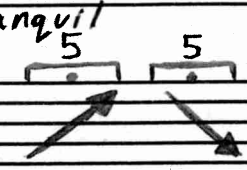
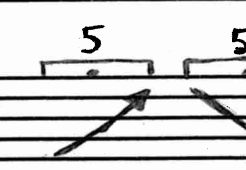


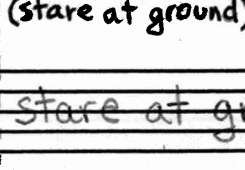
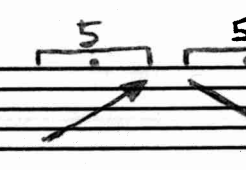
- exhale through mouth, unless otherwise specified

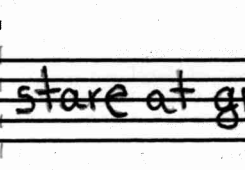
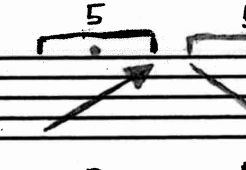
Meditation

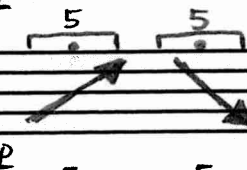
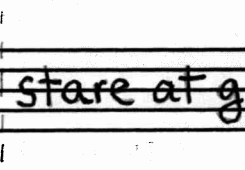
Andy Costello

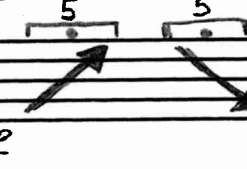
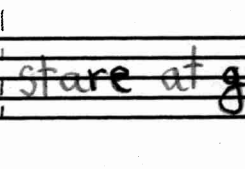
Tranquil

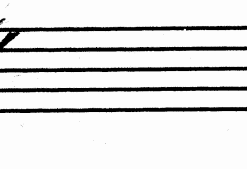
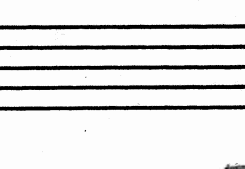
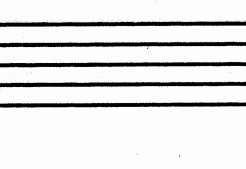
I.   

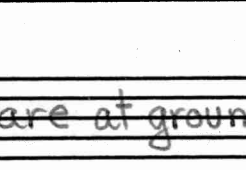
II.   

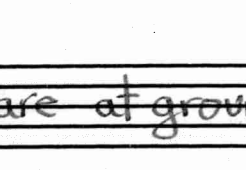
III.   

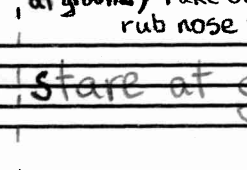
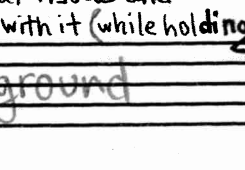
IV.   

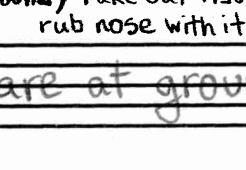
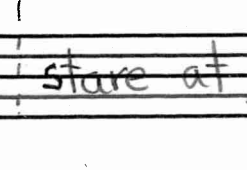
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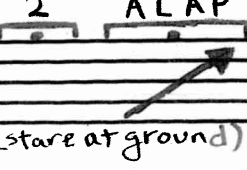
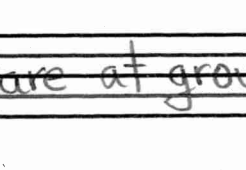
VI.   

I.  

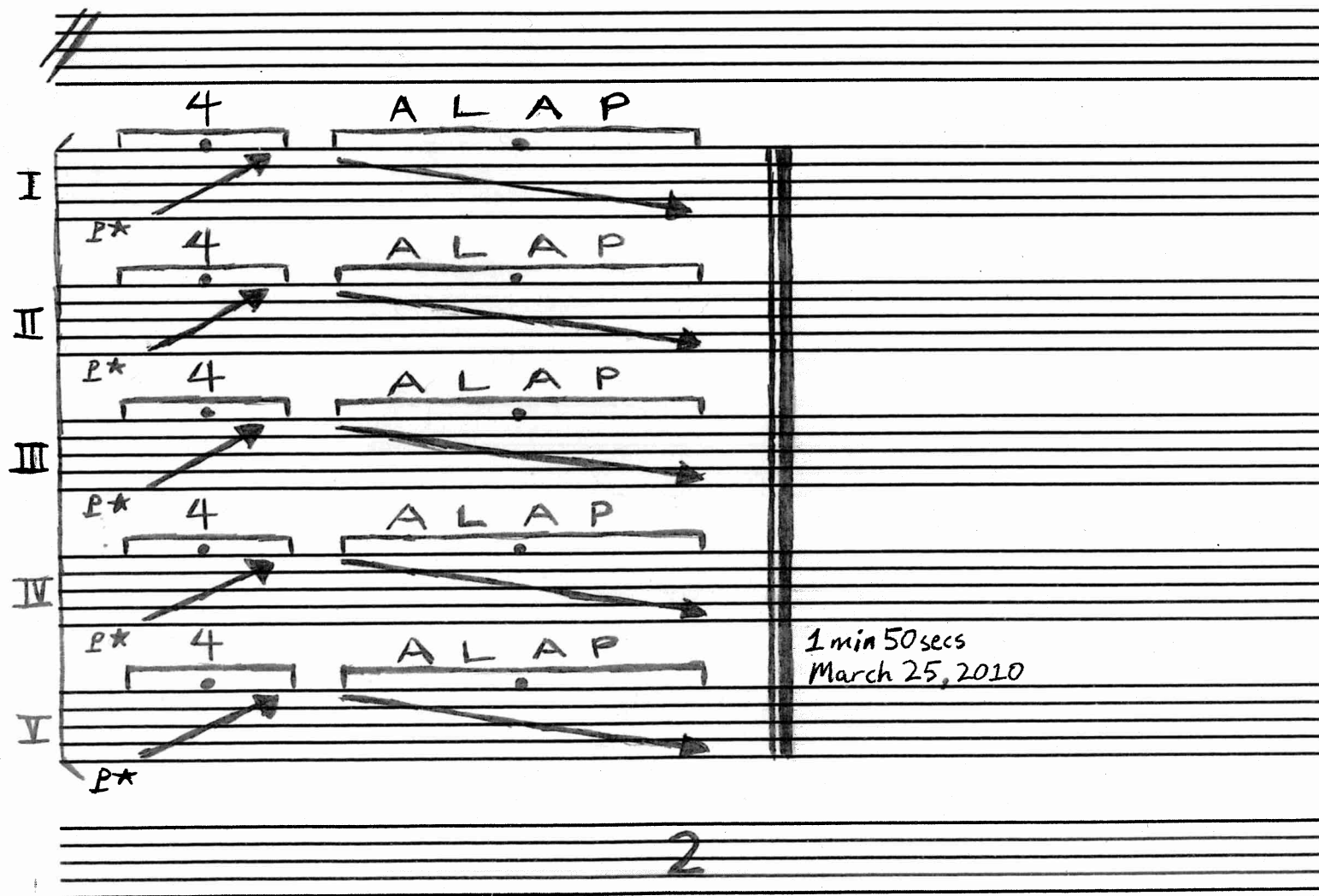
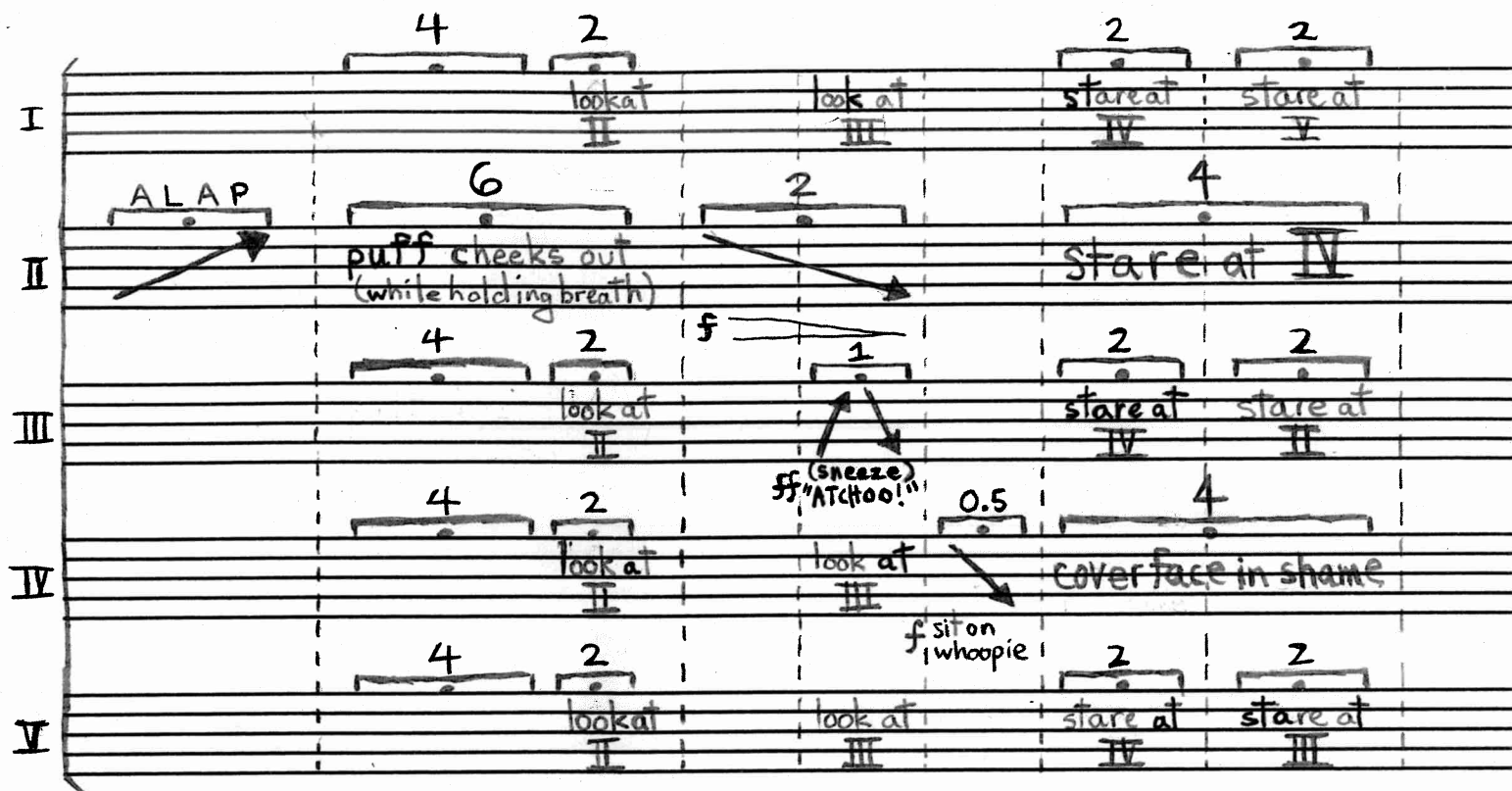
II.  

III.    

IV.   

V.    

★ to III: Rub nose with tissue, and quickly put into your pocket. Start inhaling a fraction of a second later than the group.



★ to everyone: pinch nostrils shut with right hand, while inhaling and exhaling.