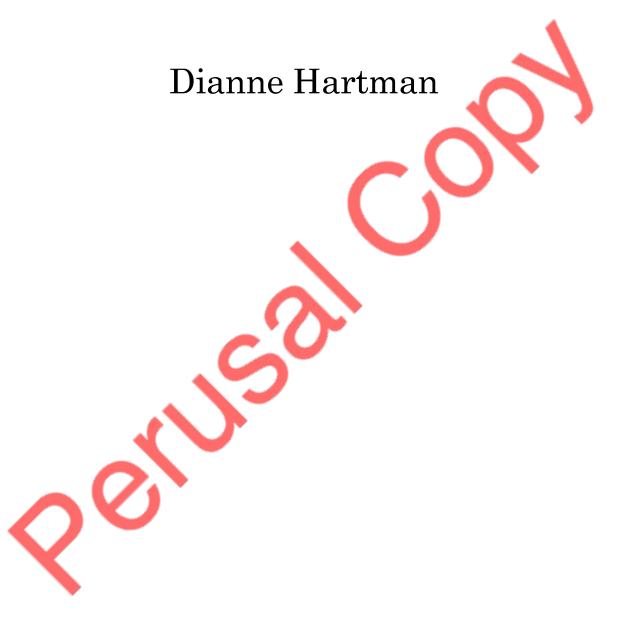
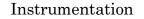
LEARNING TO CALM



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Perusa



Flute 1 (A. Flute), 2 Oboe 1,2 Clarinet 1,2 Bassoon 1,2

> Horn in F 1,2 Trumpet 1,2 Trombone 1,2 Tuba

Timpani Percussion 1-4

Violin 1 Violin 2 Viola Violoncello Double Bass

Percussion List

Vibraphone Tam Tam Singing Bowl Snare Drum Bass Drum Suspended Cymbal

Duration: ca. 4:15

Transposed Score

Program Notes

Learning to Calm (2022)

Dianne Kasprzyk Hartman

Learning to Calm

A psychotherapist for over 30 years, the composer has blended her two careers (music teacher/band director and psychotherapist) by composing music for health.

Learning to Calm illustrates the difficulty some have when beginning to learn meditation. In attempting to quiet the mind, thoughts often interrupt and get in the way. So, just like any other new skill, one must be patient and continue to practice, beginning with minutes instead of trying to meditate for a long period and gradually increasing the time. The piece begins with the soothing sound of a singing bowl and soft music takes one to a place of peace. The music changes to portray the interruption of thoughts. A gong sounds as one would use a mantra to return to the peaceful place. The thoughts interrupt again sometimes often at the first tries, but as one repeats the use of the mantra to return, the meditation ends successfully in a calmer place than one first began.



NOTE

In an article about *Watching Seeds Grow*, the author mentions that Mother Nature does not get angry that some seeds take longer to grow. Similarly, we must be patient with ourselves if we are trying to change. Everyone is unique in their journey for better living, but with persistence the end result is worth the time and effort. Do not give up.

Learning to Calm



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