

LEARNING TO CALM

Dianne Hartman

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Instrumentation

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

Lyrical Adagio ♩ = 65

The score is for a piece titled "Learning to Calm" in 4/4 time, marked "Lyrical Adagio" with a tempo of ♩ = 65. The instrumentation includes Alto Flute, Flute 2, Oboe 1, Oboe 2, Clarinet in B♭ 1, Clarinet in B♭ 2, Bassoon 1, Bassoon 2, French Horn in F 1, French Horn in F 2, Trumpet in B♭ 1, Trumpet in B♭ 2, Trombone 1, Trombone 2, Tuba, Timpani, Vibraphone (with a "singing bowl" effect), Tam-tam, Snare Drum, Bass Drum, Violin 1, Violin 2, Viola, Violoncello, and Double Bass. The woodwinds have melodic lines, with the Alto Flute and Flute 2 starting with a *mf* dynamic. The strings play a sustained, low-register accompaniment, with the Double Bass and Violoncello marked *ppp* and the Viola marked *mp*. A large red watermark "PERUSAI COPY" is overlaid diagonally across the page.

Alto Flute *mf*

Flute 2 *mf*

Oboe 1 *mf*

Oboe 2

Clarinet in B♭ 1

Clarinet in B♭ 2

Bassoon 1

Bassoon 2

French Horn in F 1

French Horn in F 2

Trumpet in B♭ 1

Trumpet in B♭ 2

Trombone 1

Trombone 2

Tuba

Timpani

Vibraphone (singing bowl)

Tam-tam

Snare Drum

Bass Drum

Violin 1

Violin 2

Viola (one player) *mp*

Violoncello (one player) *ppp*

Double Bass (one player) *ppp*

Interference of Thoughts/Agitated $\text{♩} = 120$

A To Fl.

The musical score is arranged in a standard orchestral format with the following parts from top to bottom:

- A. Fl.
- Fl. 2
- Ob. 1
- Ob. 2
- Cl. in B \flat 1
- Cl. in B \flat 2
- Bsn 1
- Bsn 2
- F. Hn in F 1
- F. Hn in F 2
- Tpt in B \flat 1
- Tpt in B \flat 2
- Tbn. 1
- Tbn. 2
- Tba
- Timp.
- Vib.
- Tam.
- Sn. Dr.
- B. Dr.
- Vln 1
- Vln 2
- Vla
- Vc.
- D. B.

The score begins at measure 13. The first six measures feature a melodic line for the first flute (A. Fl.) and a bass line for the second flute (Fl. 2). The second flute part includes dynamic markings of *p* and *mf*. The woodwind section (oboes, clarinets, bassoons) and brass section (horns, trumpets, trombones, tuba) are mostly silent until measure 25, where they enter with a rhythmic pattern marked *mf*. The percussion section (timpani, vibraphone, tam-tam, snare, bass drum) also enters at measure 25. The string section (violins, viola, cello, double bass) is silent until measure 25, where they play a pizzicato line marked *mf*. The score concludes at measure 34. A large red watermark "Perusal Copy" is overlaid diagonally across the page.

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Fl. 1
Fl. 2
Ob. 1
Ob. 2
Cl. in Bb 1
Cl. in Bb 2
Bsn 1
Bsn 2
F. Hn in F 1
F. Hn in F 2
Tpt in Bb 1
Tpt in Bb 2
Tbn. 1
Tbn. 2
Tba
Timp.
Vib.
Tam.
Sn. Dr.
B. Dr.
Vln 1
Vln 2
Vla
Vc. pizz.
D. B.

Learning to Calm

A detailed musical score for the piece 'Learning to Calm', starting at measure 26. The score is arranged for a symphony orchestra and includes parts for the following instruments: Flute 1 & 2, Oboe 1 & 2, Clarinet in Bb 1 & 2, Bassoon 1 & 2, Horns in F 1 & 2, Trumpet in Bb 1 & 2, Trombone 1 & 2, Tuba, Timpani, Vibraphone, Snare Drum, Bass Drum, Violin 1 & 2, Viola, Violoncello, and Double Bass. The score is written in 4/4 time and features a variety of rhythmic patterns, including eighth and sixteenth notes, and rests. Dynamics such as *f* (forte) are indicated throughout. The key signature changes from one flat to two flats. A large red watermark reading 'PRELIMINARY COPY' is overlaid diagonally across the entire page. At the bottom right, there is a text instruction: 'To Sus. Cym.'

32 B Melodic ♩ = 65

Fl. 1 *f*

Fl. 2 *f*

Ob. 1

Ob. 2

Cl. in Bb 1

Cl. in Bb 2

Bsn 1

Bsn 2

F. Hn in F 1

F. Hn in F 2

Tpt in Bb 1

Tpt in Bb 2

Tbn. 1

Tbn. 2

Tba

Timp. *ff*

Vib. *ff*

Tam. *f*

Sn. Dr.

Sus. Cym. Sus. Cym. To B. Dr.

Vln 1 *f*

Vln 2 *f*

Vla. *f* tutti

Vc. *f* arco *ff* pizz. *p* arco

D. B. *f* *ff* pizz.

This musical score is for the piece "Learning to Calm" and is marked with a large red "PERUSAHAAN" watermark. The score is arranged in a standard orchestral format with the following parts:

- Flutes:** Fl. 1 and Fl. 2, both starting at measure 38 with a *mp* dynamic.
- Oboes:** Ob. 1 and Ob. 2, both starting at measure 38 with a *mp* dynamic.
- Clarinets:** Cl. in Bb 1 and Cl. in Bb 2, both starting at measure 38 with a *mp* dynamic.
- Bassoons:** Bsn 1 and Bsn 2, both starting at measure 38 with a *mp* dynamic.
- Horns:** F. Hn in F 1 and F. Hn in F 2, both starting at measure 38 with a *mp* dynamic.
- Trumpets:** Tpt in Bb 1 and Tpt in Bb 2, both starting at measure 38 with a *mp* dynamic.
- Trombones:** Tbn. 1 and Tbn. 2, both starting at measure 38 with a *mp* dynamic.
- Tuba:** Tba, starting at measure 38 with a *p* dynamic.
- Percussion:** Timp., Vib., Tam., Sn. Dr., and B. Dr. are present throughout the score.
- Violins:** Vln 1 and Vln 2, both starting at measure 38 with a *mp* dynamic.
- Viola:** Vla, starting at measure 38 with a *mp* dynamic.
- Violoncello:** Vc., starting at measure 38 with a *mp* dynamic.
- Double Bass:** D. B., starting at measure 38 with a *mp* dynamic.

The score includes various musical notations such as dynamics (*mp*, *p*, *dim.*), articulation marks (accents, slurs), and performance instructions like *p < mp >* and *dim.* The piece concludes with a *dim.* instruction for the strings and a *p < mp >* instruction for the bass drum.

C Agitated $\text{♩} = 120$

55

Fl. 1 *f*

Fl. 2 *f*

Ob. 1 *f*

Ob. 2 *f*

Cl. in Bb 1 *f*

Cl. in Bb 2 *f*

Bsn. 1 *f*

Bsn. 2 *f*

F. Hn. in F 1 *f*

F. Hn. in F 2 *f*

Tpt. in Bb 1 *f*

Tpt. in Bb 2 *f*

Tbn. 1 *f*

Tbn. 2 *f*

Tba. *f*

Timp. *f*

Vib. *f*

Tam. *f*

Sn. Dr. *f*

B. Dr. *f*

Vln. 1 *f*

Vln. 2 *f*

Vla. *f*

Vc. *f*

D. B. *f*

arco

61 D Relaxed ♩ = 65

Fl. 1
Fl. 2
Ob. 1
Ob. 2
Cl. in Bb 1
Cl. in Bb 2
Bsn 1
Bsn 2
F. Hn in F 1
F. Hn in F 2
Tpt in Bb 1
Tpt in Bb 2
Tbn. 1
Tbn. 2
Tba
Timp.
Vib.
Tam.
Sn. Dr.
B. Dr.
Vln 1
Vln 2
Vla
Vc.
D. B.

to singing bowl singing bowl struck

center

71

Fl. 1 *mf*

Fl. 2 *mf*

Ob. 1 *mf*

Ob. 2 *mf*

Cl. in Bb 1 *mf*

Cl. in Bb 2 *mf*

Bsn 1 *mf*

Bsn 2 *mp*

F. Hn in F 1 *mp*

F. Hn in F 2 *mp*

Tpt in Bb 1 *mf*

Tpt in Bb 2 *mp*

Tbn. 1 *p*

Tbn. 2 *p*

Tba *p*

Timp. *mf*

Vib. *mf* (singing bowl)

Tam.

Sn. Dr.

B. Dr.

Vln 1 *mp*

Vln 2 *mp*

Vla *mp*

Vcl. *mp*

D. B. *pizz.*

This musical score is for the piece "Learning to Calm" and is page 15. It features a large ensemble of instruments. The woodwind section includes Flutes 1 and 2, Oboes 1 and 2, Clarinets in Bb 1 and 2, Bassoons 1 and 2, French Horns in F 1 and 2, Trumpets in Bb 1 and 2, Trombones 1 and 2, and Tuba. The brass section includes Trumpets in Bb 1 and 2, Trombones 1 and 2, and Tuba. The string section includes Violins 1 and 2, Viola, Violoncello (Vc.), and Double Bass (D.B.). The percussion section includes Timpani (Timp.), Vibraphone (Vib.), Tam-tam (Tam.), Snare Drum (Sn. Dr.), and Bass Drum (B. Dr.). The score is marked with a large red "PROOF COPY" watermark. The music begins at measure 79. The woodwinds and strings play complex rhythmic patterns, often in triplets. The brass instruments have more melodic lines. The percussion provides a steady rhythmic accompaniment. Dynamics range from *mf* (mezzo-forte) to *f* (forte) and *pp* (pianissimo). The key signature has one flat (Bb) and the time signature is 4/4.

85

Fl. 1
Fl. 2
Ob. 1
Ob. 2
Cl. in Bb 1
Cl. in Bb 2
Bsn 1
Bsn 2
F. Hn in F 1
F. Hn in F 2
Tpt in Bb 1
Tpt in Bb 2
Tbn. 1
Tbn. 2
Tba
Timp.
Vib.
Tam.
Sn. Dr.
B. Dr.
Vln 1
Vln 2
Vla.
Vc.
D. B.

mf

arco
mf

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