

Morning of Mindfulness – 1 August 2015 at the Salisbury Centre

1. This music is a gift of the whole universe, the Earth, the sky, numerous living beings and much hard and loving work

Making instruments mindfully

Brian Lisus made the two violins, a viola and cello for the Quartet of Peace and has recorded a video of the process of making them:

<https://www.youtube.com/watch?v=0fUixINRBZY>

Here is his website:

<http://www.lisusviolins.com/>

The skill of the baroque copyist in preparing a manuscript.

Many original manuscripts of public domain baroque music can be found on Petrucci Music Library

<http://imslp.org/>

The example I passed around was of Quantz trio sonata in C minor for flute and oboe which is very beautifully copied (attached).

Here is how it sounds:

<https://www.youtube.com/watch?v=vo76D9HfLqM>

The contemporary music notation software I mentioned was Finale Notepad and Sibelius.

<http://www.finalemusic.com/products/finale-notepad/>

http://www.sibelius.com/home/index_flash.html

2. May we listen attentively so as to appreciate it

Here is the original Washington Post article and clip about the Virtuoso Violinist Joshua Bell playing incognito in the New York subway and being largely ignored.

http://www.washingtonpost.com/lifestyle/magazine/pearls-before-breakfast-can-one-of-the-nations-great-musicians-cut-through-the-fog-of-a-dc-rush-hour-lets-find-out/2014/09/23/8a6d46da-4331-11e4-b47c-f5889e061e5f_story.html

The outstanding French violinist Renaud Capuçon found the same thing when he was filmed busking in the Paris Metro.

<https://www.youtube.com/watch?v=E8nj1Su06oY>

3. May we listen in moderation so as to safeguard our hearing

Some people recommend listening to MP3's with headphones at not more than 60% of full volume for not more than 60 minutes at a time (The 60:60 rule):

<https://www.youtube.com/watch?v=JEnIZqD4rEo>

<https://www.youtube.com/watch?v=4Bx-DYNRC-Y>

The classical flute player from the RTE orchestra who had to resign due to hearing loss is Elizabeth Petcu – in a film called 'Hearing Silence'

<http://www.elizabethpetcu.com/hearing-silence.htm>

4. May we listen to music that nourishes wholesome seeds in us

Pascal Roget recounts the story of the man whose son was born prematurely and the doctors found that playing Gymnopedie No 1 by Satie was the only thing that managed to stabilize his heart rate here (24 minutes, 19 seconds in):

<http://www.bbc.co.uk/programmes/b03jznqg>

The version of Gymnopedie arranged for flute and piano was played by Kenneth Smith and Paul Rhodes from their album "The Expressive Voice of the Flute":

https://www.youtube.com/watch?v=twmGHBDnVo&index=41&list=PLeWDxKsxzcenK394XqVeWGbJ7y_NrjpbO

There are several other interesting stories about peoples responses to particular pieces of music in the "Soul Music" series on I-Player

The story of Natalia Karp(f) playing Chopin's nocturne in C sharp minor to the concentration camp commander Amon Goeth is recounted here (you have to read down a bit):

<http://www.theguardian.com/news/2007/jul/11/guardianobituaries.secondworldwar>

When you read what Amon Geoth was like, you can sense how extraordinary it was that her playing touched him enough to spare her life:

https://en.wikipedia.org/wiki/Amon_Goeth

I played a recording of the Chopin nocturne in C sharp minor arranged by Josha Bell from his album The Romance of the Violin:

<https://www.youtube.com/watch?v=FclzBjUQrJs>

The other pianist I mentioned from that period of history who survived thanks to her music was Alice Sommer Herz. There is a DVD called "Everything is a present" produce by The Christopher Nupen Films. It is expensive but here is an extract that covers the key points:

<https://www.youtube.com/watch?v=g5VTkQKgxkY>

She published a book about her experiences called “A Garden of Eden in Hell”. Translated by Giles Mac Donogh and published by Pan books.

The new translation and chant version of the Heart Sutra can be found here:

<http://www.coiuk.org/mindfulnessresources/practice-notes/heart-sutra-new-translation-and-chant/>

5. May music foster understanding and love and build community

The video documentary about the West-Eastern Divan orchestra (founded by Daniel Barenboim and Edward Said) by Paul Smaczny is called “Knowledge is the beginning”. The orchestra brings together young musicians across the political divide in the Middle East.

Here is an extract:

<https://www.youtube.com/watch?v=K22pkacxfN0>

The flautist Yossi Arnheim also brings Israeli’s and Palestinians together in a group called “Shesh Besh”

<http://www.arnheim.info/#!sheshbesh>

Here is the website of Sistema Scotland and the Big Noise Project:

<http://makeabignoise.org.uk/sistema-scotland/>

Here is the website for “Protest in Harmony”

<http://www.protestinharmony.org.uk/wp/>

Here is the website for Voice House:

<http://www.voicehouse.org.uk/>

Here is the quote of Plato from the article ‘The True Musician’ written by Sister Trai Nghiem in the Autumn 2011 issue of “The Mindfulness Bell” (Issue 58, pp. 24 – 28) (I’ve made it gender neutral).

“It is not s/he who produces a beautiful harmony in playing the lyre or other instruments whom one should consider as the true musician, but those who know how to make of their own life a perfect harmony in establishing an accord between their feelings, words and acts”

The quotes from “Old Path White Clouds” by Thich Nhat Hanh were from chapter 25 “Music’s Lofty Peaks” and chapter 71. “The Art of Stringing a Sitar”

The song “The Mind is a Clear Blue Sky” comes from the book “A Basket of Plums – Songs for the practice of mindfulness” published by Plum Village.

Pete’s “party piece” on the flute was the Cantabile from Vivaldi flute concerto No. 3 “Il Gardellino”: