

The Center of Your mind

Composer: Mr. Jan von Matérn

SCORE

Preface

The idea for The Center of Your Mind derive from Alexandra Maliganis who works as a yoga teacher with a strong focus on health and well-being. On social media she posted beautiful music that she uses in her work. Here a thought arose of writing something calm and soothing for body and soul and it became the meditative piece The Center of Your Mind.

This music fits in many different contexts. It is very suitable for a part of a concert or in a sacred ceremony and it can also be a feature during meditation and yoga. The ensemble is a string sextet that is excellent for this type of music which is built of long lines and phrases. The work consists of three movements in the keys C major, A-flat major and E major – thus falling into major thirds, which gives a feeling of infinity. The mutual relationship is extremely soft and restful for the ear at the same time as it represents power and energy. In the choice of keys, the last movement took the lead and it is of course the low E in the double bass I have been looking for.

Each movement basically consists of an ostinato played by two instruments. In the first movement it is violoncello and double bass, in the second movement two violas and in the last movement it is violin and viola that play these sequences. Melodies and undertones are then woven around these ostinatos.

The first movement is a slow largo and that tempo is further reduced in the following movements. It may seem like a subtle change, especially in the last movement where quarter note triplets account for increased kinetic energy. Still, the decelerations are important and at the end of the music they indicate a restful pulse that fade into nothingness.

Thanks!

I want to thank my very good friend Amanda Hofman-Bang for many pieces of good advice and positive feedback! Amanda is really the very best sounding board; a good listener and full of ideas, solutions and positive commitment. Thanks for being there with great response and presence!

A big thanks also to Ulf Sydbeck and of course to Alexandra Maliganis.

Mr. Jan von Matérn
Composer

Ensemble

Violin I
Violin II
Viola I
Viola II
Violoncello
Contrabass

Duration

Approximate duration: 18' 25".

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I: Within - very calm

Largo, solenne e doloroso ♩ = 36

Violin I

Violin II

Viola I

Viola II

Violoncello

Contrabass

p *mp* *pp* *simile* *p* *mp* *mp*



8

A

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

mp *mf* *mp* *mf* *p* *mp* *mp* *mp* *mf* *mf*

B A tempo

molto rit.

15

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

mp *mf* *mp* *f* *mp* *f*

mf *mp* *mf* *mp* *mf* *mp* *mp* *f*

mf *mp* *mf* *mp* *mf* *mp* *mf* *mp*

p *simile* *mf* *p* *mp* *f*

Cb.

C

23

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

p *p* *p* *mp* *p* *mp* *p* *mp*

p *p* *p* *mp* *p* *mp* *p* *mp*

p *mp* *mp* *p* *mp* *p* *mp* *mp*

p *mp* *pp* *simile* *p* *mp* *p* *mp*

Cb.

D

32

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

mp *p* *mp* *mp* *p* *mp* *p* *mp*

p *mp* *p* *mp* *p* *mp* *p* *mp*

p *mp* *p* *mp* *p* *mp* *p* *mp*

p *mp* *p* *mp* *p* *mp* *p* *mp*

Cb.

38 // rit.

The musical score for measures 38-42 is arranged for a string ensemble. The staves are labeled Vln. I, Vln. II, Vla. I, Vla. II, Vc., and Cb. The key signature has one flat (B-flat). The time signature is 4/4. The score includes dynamic markings: *mp* (mezzo-piano), *p* (piano), and *pp* (pianissimo). A ritardando instruction (*// rit.*) is placed above the staff at measure 39. The notation includes various note values, rests, and slurs. The Vln. I and Vln. II parts start with a half note in measure 38, followed by a quarter note in measure 39, and then a half note in measure 40. The Vla. I and Vla. II parts start with a half note in measure 38, followed by a quarter note in measure 39, and then a half note in measure 40. The Vc. and Cb. parts start with a half note in measure 38, followed by a quarter note in measure 39, and then a half note in measure 40. The dynamics for Vln. I and Vln. II are *mp* in measure 38, *p* in measure 39, and *pp* in measure 40. The dynamics for Vla. I and Vla. II are *p* in measure 38, *mp* in measure 39, and *pp* in measure 40. The dynamics for Vc. and Cb. are *p* in measure 38, *mp* in measure 39, and *pp* in measure 40.

II: Earnestly – even clamer

Largo lentamente, lacrimoso e ardentemente $\text{♩} = 34$

Violin I

Violin II

Viola I

Viola II

Violoncello

Contrabass

A

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

poco ritA tempo

poco rit. A tempo

D

[illegible]

III: Closer – as calm as possible

Largo ancora più lento, ritirato e amorevole ♩ = 32

A

Violin I

Violin II

Viola I

Viola II

Violoncello

Contrabasso

II

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

20

B

C

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

p *mp* *mp* *p* *mp* *p* *mp*

p *mp* *p* *mp* *p* *mp*

p *mp* *pizz.* *mp*

p *mp* *pizz. arco* *p* *mp*

p *mp* *pizz.* *mp*

p *mp* *p* *mp*

31

D

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

mf *mf* *mp* *p* *mp*

mf *mf* *mp* *p* *mp*

mf *mf* *mp* *p* *mp*

pizz. arco *mf* *mf* *mp* *p* *mp*

arco *p* *mf* *mf* *mp* *pizz.* *mp*

pizz. *mf* *p* *mp*

42

E

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

mf *p* *p* *p* *p*

mf *p* *p* *p* *p*

mf *p* *p* *p* *p*

arco *mf* *p* *pizz.* *cresc.*

pizz. *mp dim.* *pp cresc.*

48

rit.

Vln. I

Vln. II

Vla. I

Vla. II

Vc.

Cb.

mf

p

mp

mf

dim. a niente

pizz.

arco

mf

dim.

p

cresc.

mf

arco

dim. a niente