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 meditativ 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 ostinatones.

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”.

Notation program: Sibelius
In cooperation with STIM and Swedish Music Information Centre

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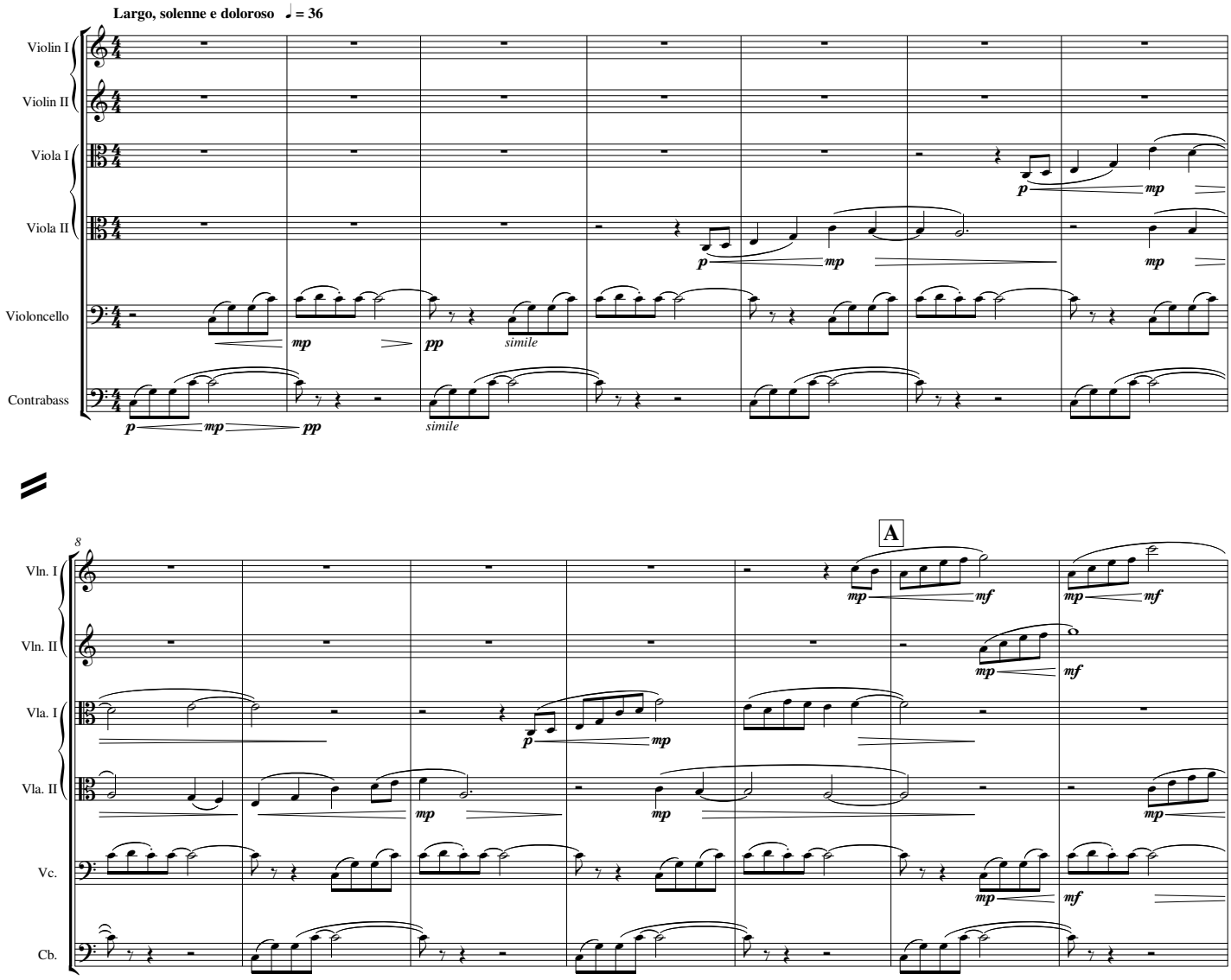
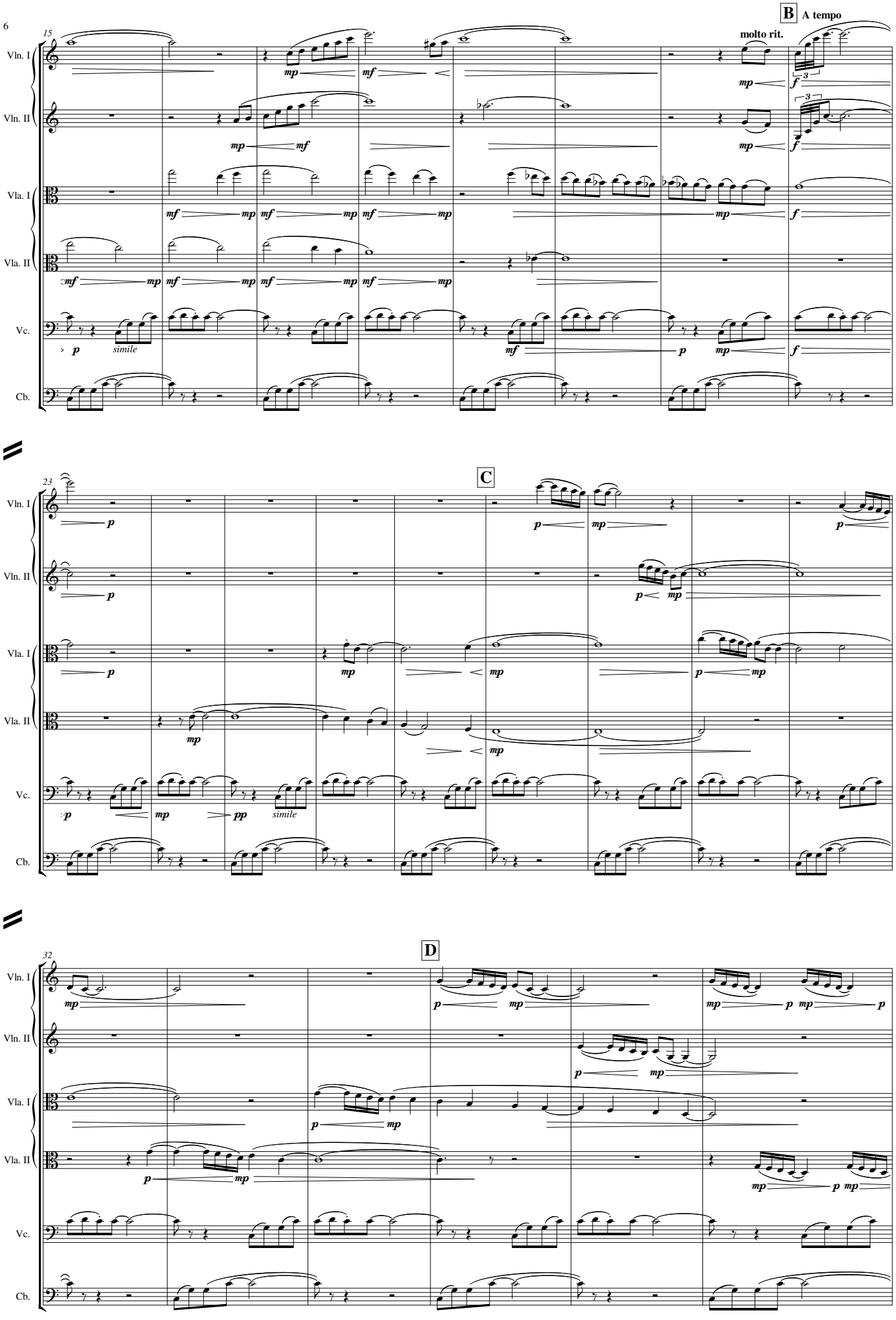
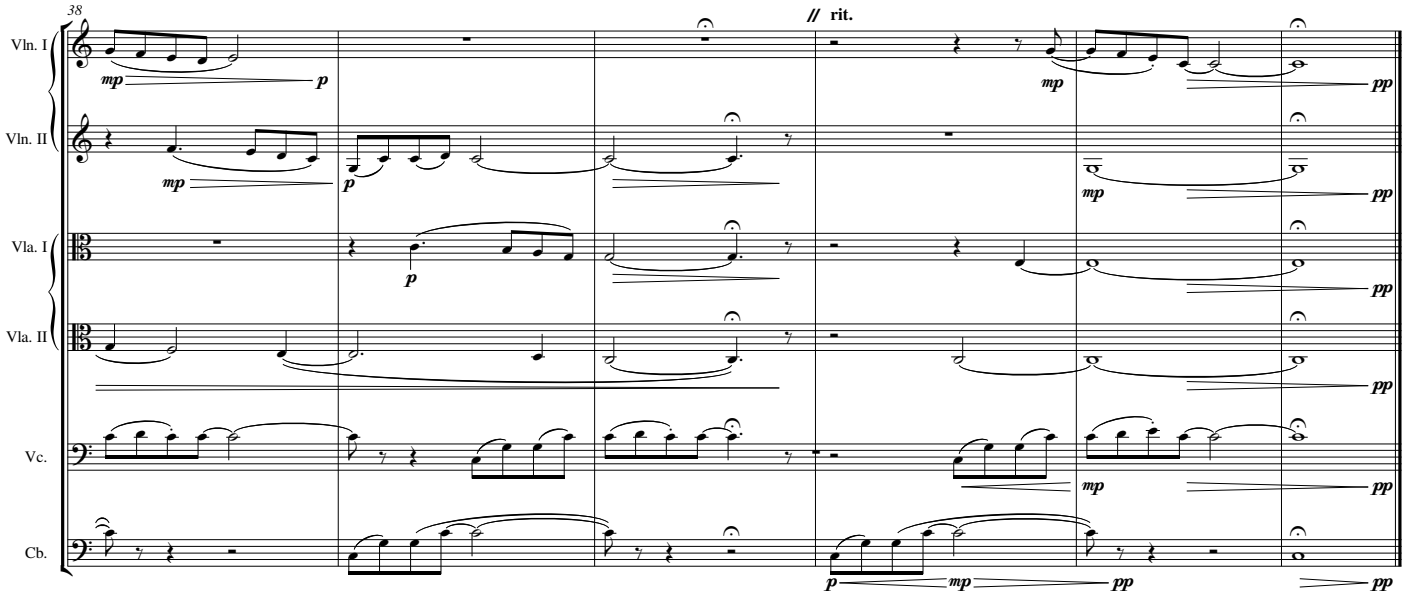
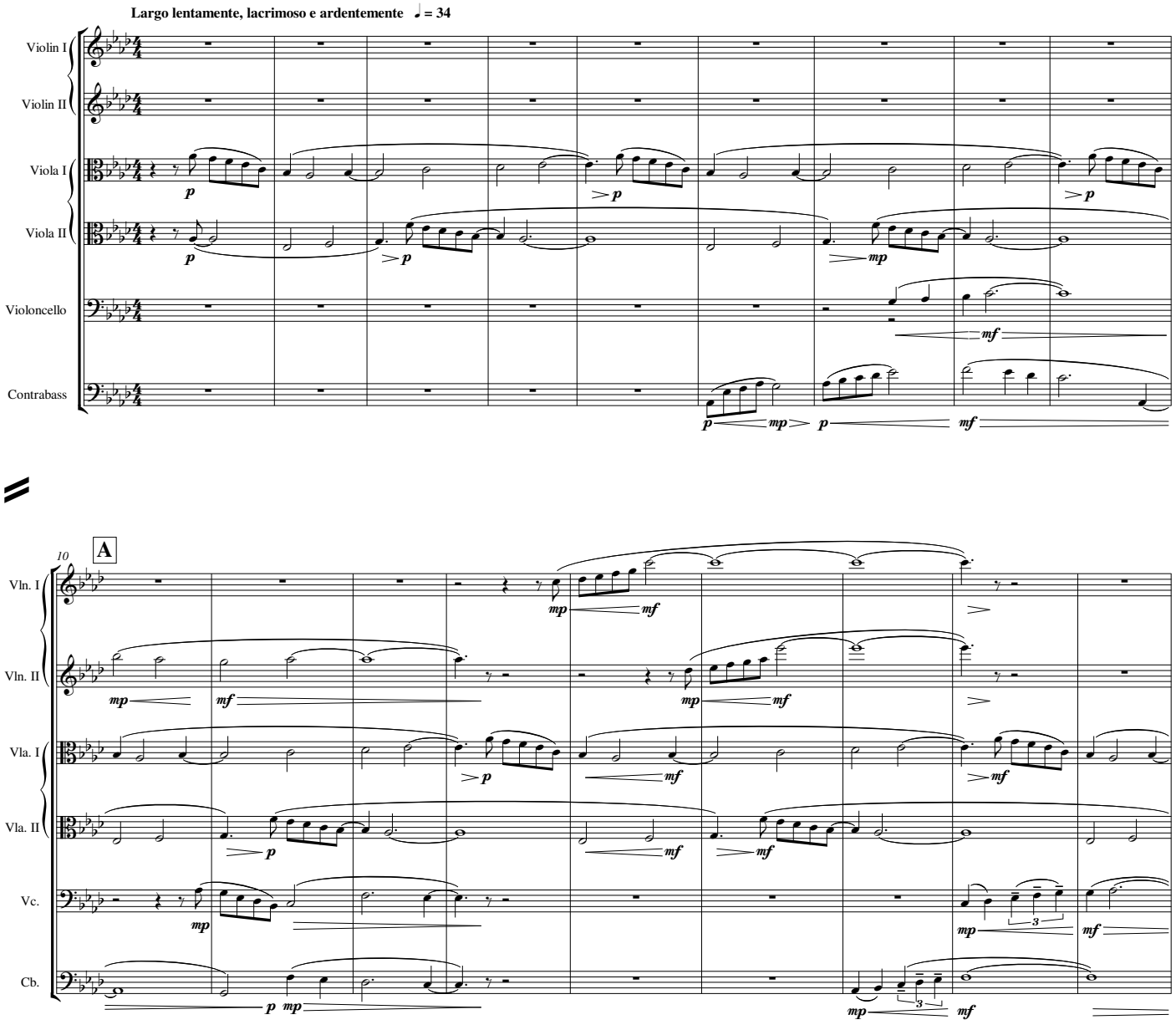
I: Within - very calm

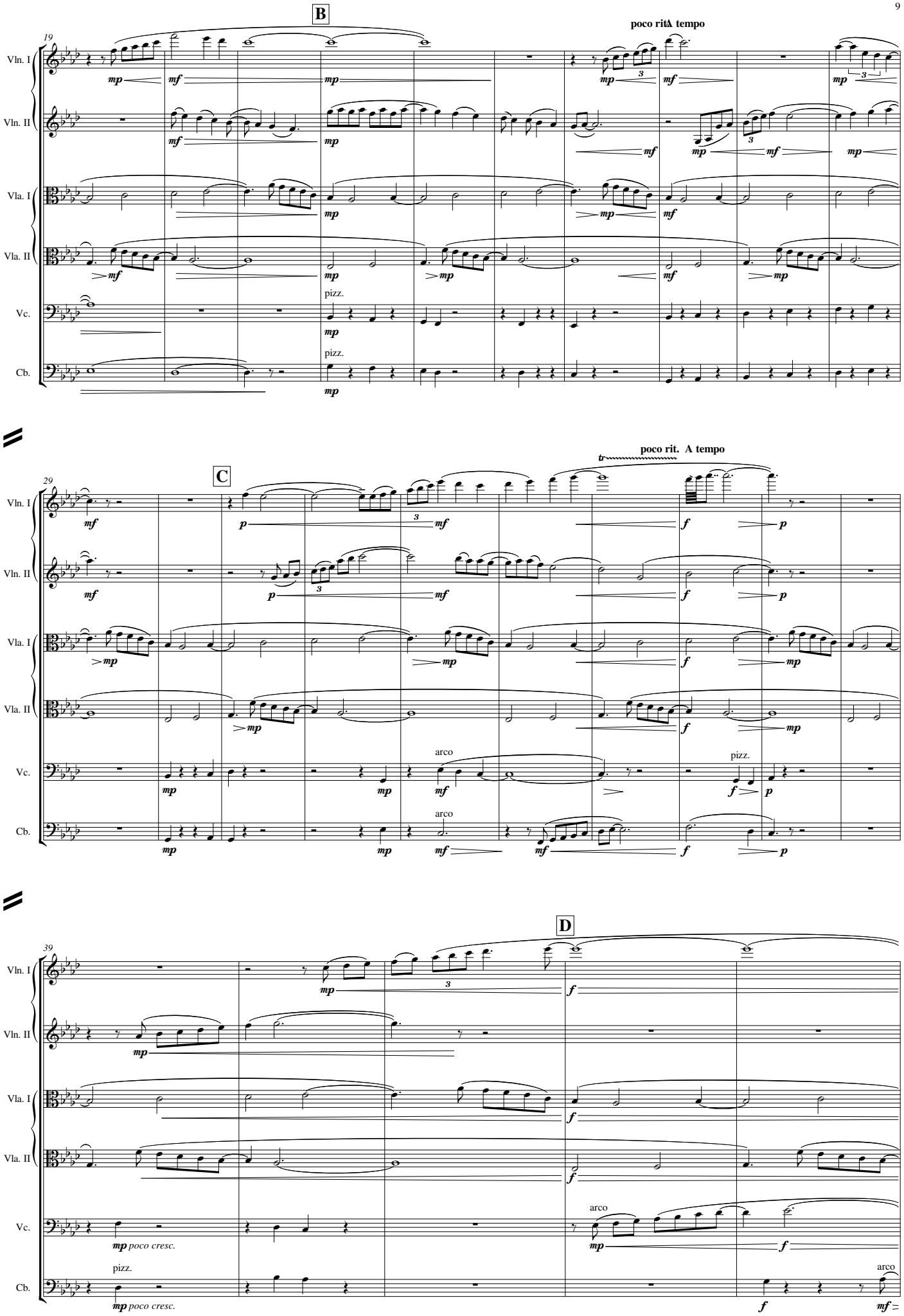


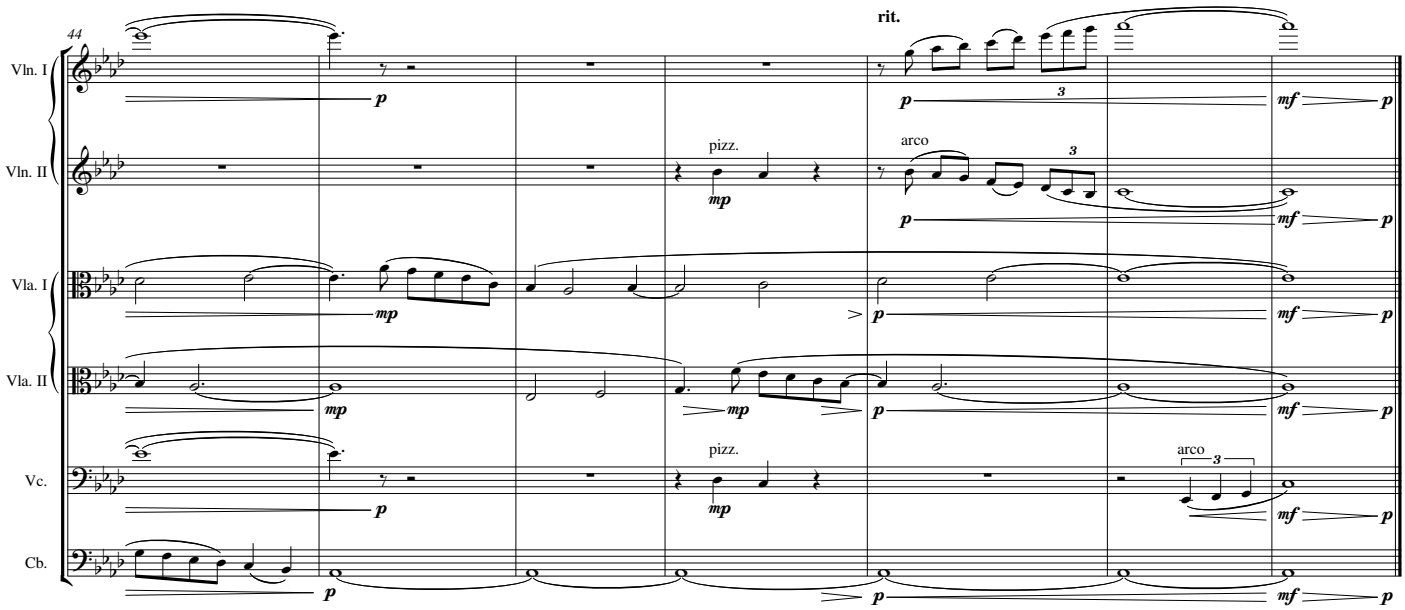

15
B
A tempo
molto rit.
Vln. I
Vln. II
Vla. I
Vla. II
Vc.
Cb.
simile
23
C
simile
32
D


38
// rit.
Vln. I
Vln. II
Vla. I
Vla. II
Vc.
Cb.
mp
p
pp

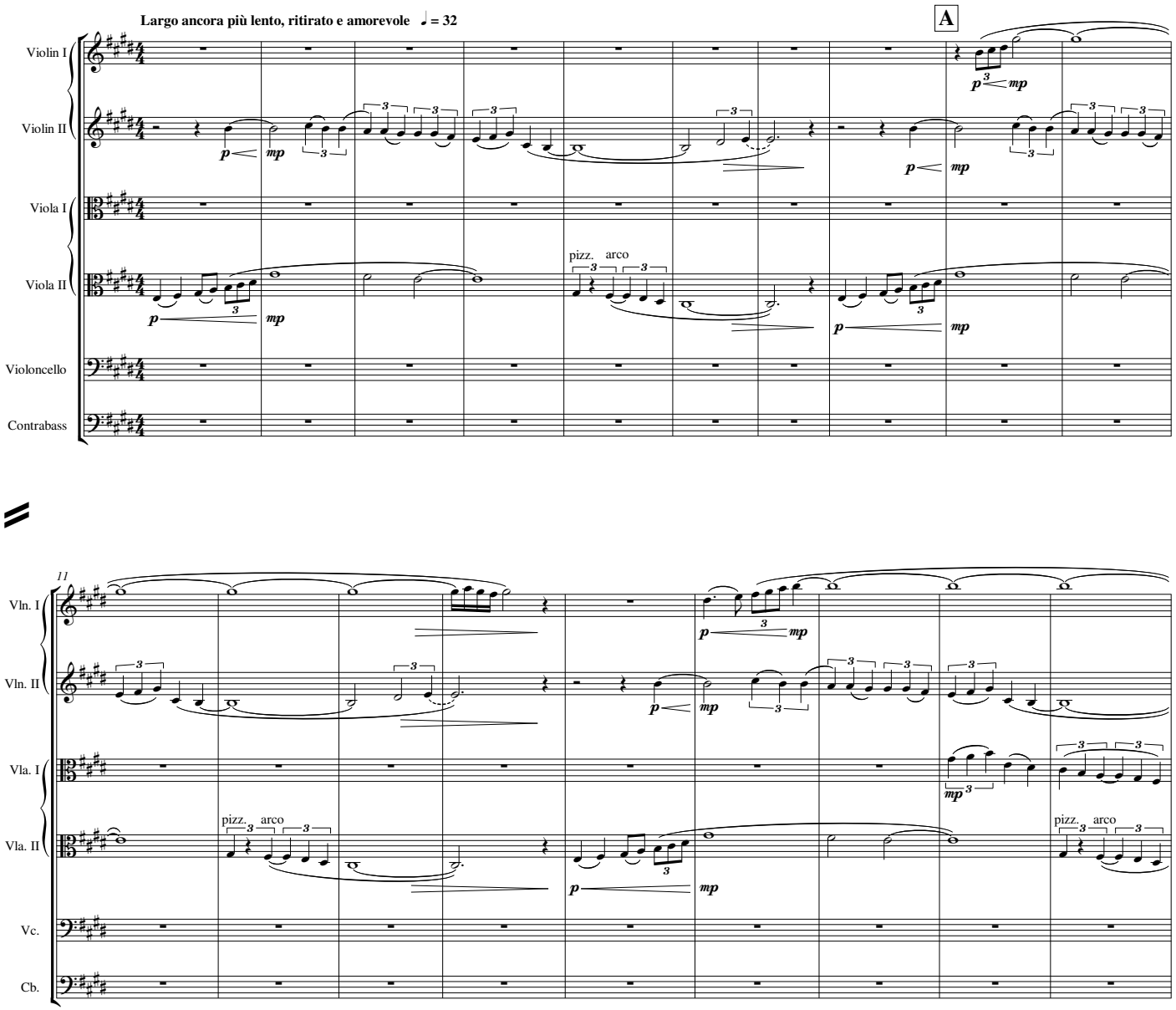
II: Earnestly – even clamer

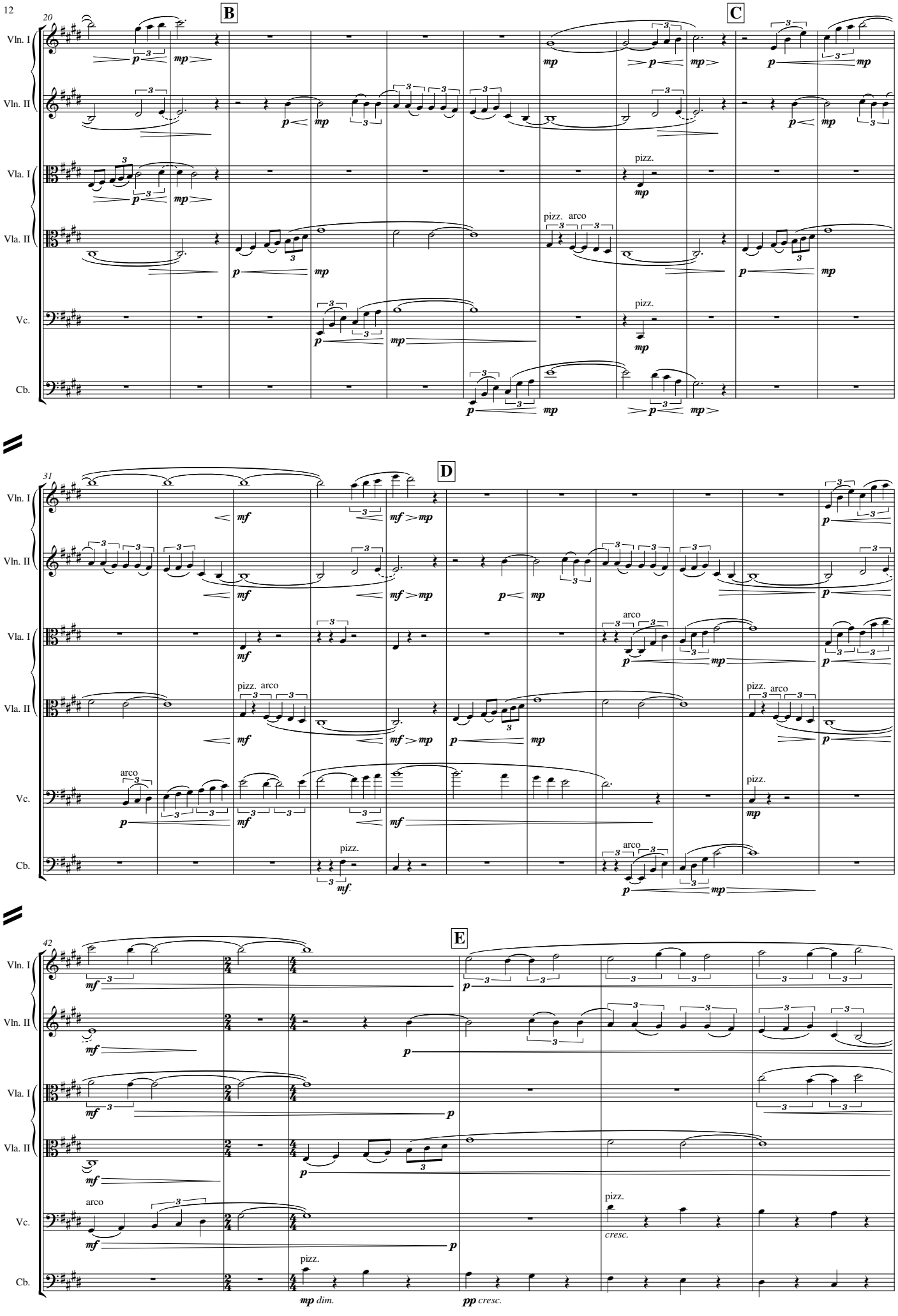


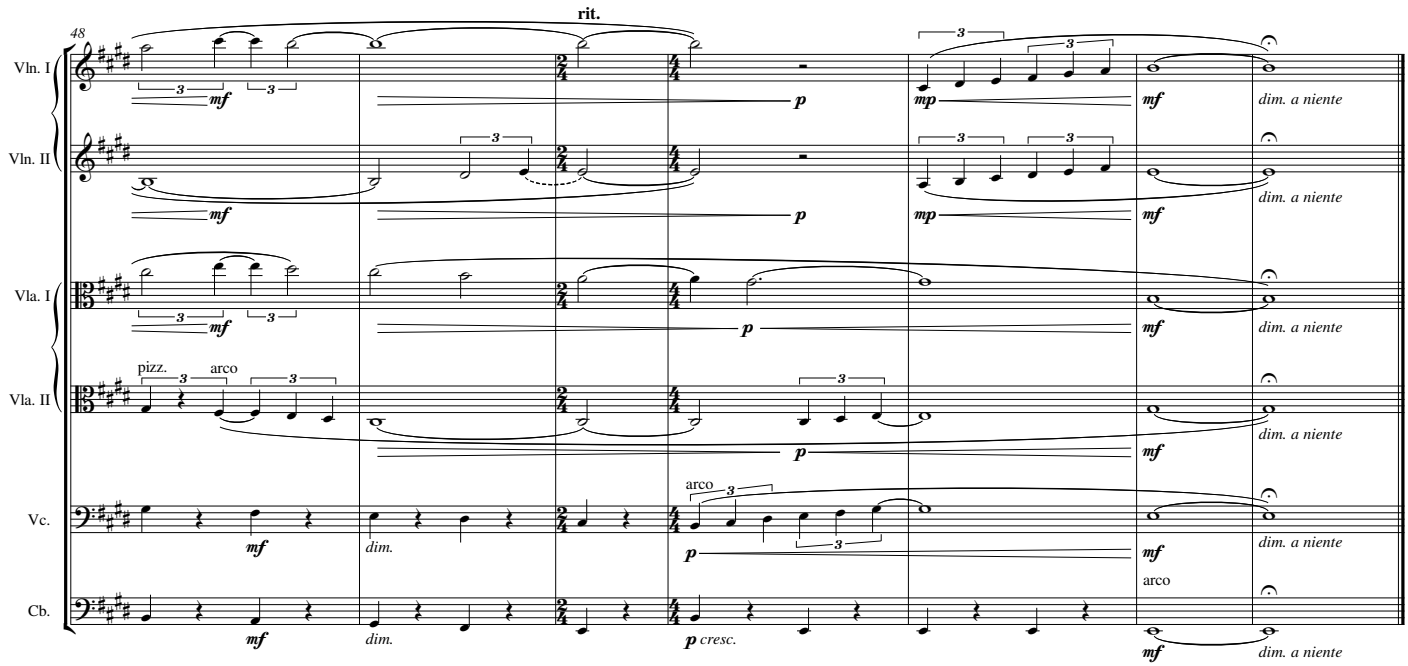

B
poco rit. A tempo
C
poco rit. A tempo
D
Vln. I
Vln. II
Vla. I
Vla. II
Vc.
Cb.
pizz.
arco
poco cresc.


44
rit.
Vln. I
Vln. II
Vla. I
Vla. II
Vc.
Cb.
pizz.
arco
p
mp
mf
3

III: Closer – as calm as possible




20
B
C
Vln. I
Vln. II
Vla. I
Vla. II
Vc.
Cb.
pizz.
arco
31
D
42
E
cresc.
mp dim.
pp cresc.


48
rit.
Vln. I
Vln. II
Vla. I
Vla. II
Vc.
Cb.
pizz.
arco
dim.
cresc.
dim. a niente