



REACHING
TURRIYA

Commissioned by Emily Aida DiAngelo

FOR OBOE, STRING TRIO,
AND NARRATOR

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REACHING TURIYA

Dedicated to the Students and Staff of the Prudence Risley College
for the Creative and Performing Arts
at Cornell University

I. INTRODUCTION

JAKE WALSH

Improvisatory, with vigor ♩ = 80

"It is time for Yoga Nidra."

Oboe

Violin

Viola

Violoncello

f boldly *fp* *sfz*

Vln.

f boldly *fp* *sfz*

Vc.

f *fp* *sfz*

Vln.

f boldly *fp* *sfz*

Vla.

f boldly *fp* *sfz*

Vc.

f *fp* *sfz*

Vln. *f* *fp* *sfz* *f*

Vla. *f* *fp* *sfz* *f*

Vc. *f* *fp* *sfz* *f*

Vln. *f*

Vla. *f*

Vc. *f*

10

Ob. *f* with confidence *f*

Vln. *mp*

Vla. *mp*

Vc. *mp*

Ob. *f* 3

Vln. 3

Vla. 3

Vc. 3

Ob. 6 *f* 3

Vln. 3

Vla. 3

Vc. 3

Gaining Momentum...

Ob. *p* 3

Vln. *p* 3

Vla. *p* 3

Vc. *p* 3

Ob. *ff* *mf*

Vln. *f* *mf* *mp*

Vla. *f*³ *mf* *mp*

Vc. *f* *mf* *mp*

rit.

Molto rubato ♩ = 56

Ob. *p*

Vln. *mf* *mp* *mp* *p*

Vla. *mf* *mp* *p*

Vc. *mf* *mp* *p* *attaca*

II. MEDITATION

Freely, peacefully

"Become aware of any sounds..."

"Nothing else..."

"Begin to focus..."

Vln. *n* *let vibrate* *ad lib.* *n* *ppp* *pp*

Vla. *sul tasto* *(increase speed of trem. with cresc.)* *ppp* *mp* *ppp* *cresc. and dim. ad lib.* *gradually move to sul ponticello...*

Vc. *n* *ad lib.* *pp* *p*

"Let your sense..."

key clicks and blow air through instrument

Ob. *ad lib.* *pp* *molto* *f*

Vln. *pp* *mf* *p* *pp* *mf* *p*

Vla. *(sul pont.)* *fp* *mp*

Vc. *pp* *mf*

Floating, molto rubato ♩ = 80

"...for a few moments."

Ob. (ordinario)
 (to OBOE) *p* searching *mp*

Vln. *P* echo *mp*

Vla. *pp* gradually move to *sul tasto* (*sul tasto*) *P* ad lib. cresc. and dim. move to ord. (*ord.*) *mp*

Vc. tenderly *mp*

Ob. *mp* *pp* *mf*

Vln. *p* *mf p sub.* *mf* *mf*

Vla. *p* *mp* *mf* *p* *mf*

Vc. *mf* *n* *mp* *mf* *p* *mf*

Freely, microscopic

"Move your attention..."

Ob. *n*

Vln. *p* *pp* *mf* *p*

Vla. *move to sul tasto* *pp* *poco* *p* *ad. lib. cresc. and dim.* *(sul tasto)*

Vc. *p*

"withouth labeling the source."

"Graudally bring your attention..."

Ob. *n* *p* *mf*
**Hum* Hmm...

Vln. *n* *mp* *n* *mp* *f* *n*
sul tasto

Vla. *mp* *pp* *mp* *f*

Vc. *pp* *mp* *n* *mp* *f* *pp* *n*
sul tasto

rit. *ppp* *fade away to nothing...*

Ob. (Hmm...)

Vla. *p* 6 5 3 3 *pp*

atacca

III. SANKALPA

"The practice of
Yoga Nidra begins now."

Like a prayer ♩ = 76

"At this moment..."

(Oboe)

Ob. (To OBOE) *n* *p* *mp* *p* *mf*

Vln. *p* *mp* *p* *mf*

Vla. *n* *p* *mp* *p* *mf*

Vc. *p* *mp* *p* *mf*

"The Sankalpa should be..."

"Please state your Sankalpa..."

Ob. *pp* *f* *mp*

Vln. *pp* *f* *mp* *pp* *release* *take mute*

Vla. *pp* *f* *mp* *pp* *release* *take mute*

Vc. *pp* *f* *mp* *pp* *release* *take mute*

Gracefully, in time ♩ = 56

"...three times."

Ob. *mp* *p* *pp*

Vln. *con sordino* *mp sul E* *p* *pp*

Vla. *con sordino* *mp* *p* *pp* *mp*

Vc. *con sordino* *mp* *p* *pp* *mp*

IV. VISUALIZATION

Relaxed, meditative ♩ = 80

"...your closed eyelids." "...at the movie theatre."

Ob. *p* *pp* *mp*

Vln. *mp* *p* *mp*

Vla. *pp* *mp* *p* *mp*

Vc. *pp* *mp* *mp*

rit.

Ob. *mf* *f* *pp*

Vln. *mf* *f* *pp*

Vla. *mf* *f* *pp*

Vc. *mf* *f* *pp*

86 Quickly, effervescent ♩ = 60

"...colors, patterns, and light."

Ob. *n*

Vln. *n*

Vla. *p mp mf mp*

Vc. *n*

Ob. *mp* *sweetly, "float"*

Vla. *pp*

Vc. *mp mf*

Ob. *mp*

Vla. *mf p*

Vc. *pizz. arco mp fp mp p*

Ob. *mf* *tr*

Vln. *sul D p mf*

Vla. *mf*

Vc. *mf fp mf*

The first system of the score consists of four staves. The Oboe (Ob.) staff is in treble clef with a key signature of one sharp (F#) and a 3/4 time signature. It features a melodic line with triplets and a trill. The Violin (Vln.) staff is in treble clef and is mostly silent, with a section marked 'sul D' (sul ponticello) and dynamics *p* and *mf*. The Viola (Vla.) staff is in alto clef and contains a continuous pattern of eighth-note triplets. The Violoncello (Vc.) staff is in bass clef and features a melodic line with dynamics *mf*, *fp* (fortissimo piano), and *mf*.

Ob. *mf mp*

Vln. *mp mf mp*

Vla. *mp*

Vc. *mp*

The second system continues the musical piece. The Oboe (Ob.) staff is in treble clef with a key signature of one sharp (F#) and a 3/4 time signature. It features a melodic line with triplets and dynamics *mf* and *mp*. The Violin (Vln.) staff is in treble clef and contains a melodic line with dynamics *mp*, *mf*, and *mp*. The Viola (Vla.) staff is in alto clef and contains a continuous pattern of eighth-note triplets with a dynamic of *mp*. The Violoncello (Vc.) staff is in bass clef and features a melodic line with a dynamic of *mp*.

107 Brightly, with renewed energy!

Musical score for measures 107-110. The score is for four instruments: Oboe (Ob.), Violin (Vln.), Viola (Vla.), and Violoncello (Vc.). The key signature is one sharp (F#) and the time signature is 2/2. The tempo/mood is indicated as 'Brightly, with renewed energy!'. The dynamic marking is *f* (forte). The Oboe and Violin parts feature triplet patterns. The Viola and Violoncello parts have long, sustained notes.

Musical score for measures 111-114. The score is for four instruments: Oboe (Ob.), Violin (Vln.), Viola (Vla.), and Violoncello (Vc.). The key signature is one sharp (F#) and the time signature is 2/2. The dynamic markings are *p* (piano) for the Oboe and Violin, *mf* (mezzo-forte) for the Viola, and *mf* (mezzo-forte) and *mp* (mezzo-piano) for the Violoncello. The Oboe and Violin parts feature triplet patterns. The Viola part is marked 'soaring' and features a triplet. The Violoncello part has sustained notes.

Ob. *mf* *mp*

Vln. *mf* *mp*

Vla. *tr* *mp* (*f*)

Vc. *mp* (*f*) *mf*

Detailed description: This system contains measures 14, 15, and 16. The Oboe (Ob.) and Violin (Vln.) parts feature eighth-note triplets with accents and dynamic markings of *mf* and *mp*. The Viola (Vla.) part includes a trill (*tr*) in measure 15 and a dynamic shift from *mp* to *f*. The Violoncello (Vc.) part has a dynamic shift from *mp* to *f* and a *mf* marking in measure 16. The time signature changes from 2/4 to 3/4 between measures 15 and 16.

Ob. *mf* *f*

Vln. *mf* *f*

Vla. *mf* *f*

Vc. *mp* *f*

Detailed description: This system contains measures 17, 18, and 19. The Oboe (Ob.) and Violin (Vln.) parts continue with eighth-note triplets, with dynamics increasing to *f*. The Viola (Vla.) part features triplets and a dynamic shift from *mf* to *f*. The Violoncello (Vc.) part has a dynamic shift from *mp* to *f*. The time signature changes from 3/4 to 2/2 between measures 18 and 19.

Musical score for measures 123-125, featuring four staves: Ob. (Oboe), Vln. (Violin), Vla. (Viola), and Vc. (Violoncello). The music is in 2/2 time and includes dynamic markings such as *mf* (mezzo-forte) and *mp* (mezzo-piano), along with triplet markings.

126

Musical score for measures 126-129, featuring four staves: Ob. (Oboe), Vln. (Violin), Vla. (Viola), and Vc. (Violoncello). The music is in 2/2 time and includes dynamic markings such as *fp* (fortissimo) and *mf* (mezzo-forte), along with triplet markings.

Ob.
fp *fp* *f*

Vln.
fp *f* *fp*

Vla.
f *fp* *fp*

Vc.
fp *fp* *fp*

The first system of music is arranged in four staves. The Oboe (Ob.) part is in treble clef, starting with a half note, followed by a quarter note, and then a triplet of eighth notes. The Violin (Vln.) part is in treble clef, starting with a half note, followed by a quarter note, and then a triplet of eighth notes. The Viola (Vla.) part is in alto clef, starting with a quarter note, followed by a quarter note, and then a triplet of eighth notes. The Violoncello (Vc.) part is in bass clef, starting with a half note, followed by a quarter note, and then a quarter note. The dynamic markings are *fp* for the first two measures and *f* for the third measure. The time signature changes from 2/2 to 3/2 and back to 2/2.

Ob.
f

Vln.
f

Vla.
f

Vc.
f *f* *f*

The second system of music is arranged in four staves. The Oboe (Ob.) part is in treble clef, starting with a quarter note, followed by a quarter note, and then a triplet of eighth notes. The Violin (Vln.) part is in treble clef, starting with a half note, followed by a quarter note, and then a quarter note. The Viola (Vla.) part is in alto clef, starting with a half note, followed by a quarter note, and then a quarter note. The Violoncello (Vc.) part is in bass clef, starting with a half note, followed by a quarter note, and then a quarter note. The dynamic markings are *f* for the first two measures and *f* for the third measure. The time signature changes from 2/2 to 3/2 and back to 2/2.

Allargando...

Musical score for measures 135-140. The score is divided into two systems. The first system (measures 135-138) is in 3/2 time, and the second system (measures 139-140) is in 4/2 time. The instruments are Oboe (Ob.), Violin (Vln.), Viola (Vla.), and Violoncello (Vc.).

- Ob.:** Starts with *mp subito* in 3/2 time, then changes to *mf* in 4/2 time. Features triplets and accents.
- Vln.:** Starts with *mp subito* in 3/2 time, then changes to *mf* in 4/2 time. Features triplets and accents.
- Vla.:** Starts with *mp subito* in 3/2 time, then changes to *fp* in 4/2 time. Features a long note with an accent.
- Vc.:** Starts with *mp subito* in 3/2 time, then changes to *fp* in 4/2 time. Features a long note with an accent.

140 A tempo, radiantly ♩ = 60

Musical score for measures 141-146. The score is divided into two systems. The first system (measures 141-144) is in 2/2 time, and the second system (measures 145-146) is in 3/2 time. The instruments are Oboe (Ob.), Violin (Vln.), Viola (Vla.), and Violoncello (Vc.).

- Ob.:** Starts with *ff* in 2/2 time, then changes to *ff* in 3/2 time. Features accents and a long note.
- Vln.:** Starts with *ff* in 2/2 time, then changes to *ff* in 3/2 time. Features triplets and accents.
- Vla.:** Starts with *ff* in 2/2 time, then changes to *ff* in 3/2 time. Features a long note with an accent.
- Vc.:** Starts with *ff* in 2/2 time, then changes to *ff* in 3/2 time. Features a long note with an accent.

Musical score for measures 145-147. The score is for four instruments: Oboe (Ob.), Violin (Vln.), Viola (Vla.), and Violoncello (Vc.). The time signature changes from 3/4 to 2/2 and back to 2/4. The Oboe part features a melodic line with a forte (*f*) dynamic. The Violin and Viola parts play triplet patterns, with the Violin moving from mezzo-piano (*mp*) to forte (*f*). The Viola part has a forte (*f*) dynamic. The Violoncello part has a forte (*f*) dynamic.

148

Musical score for measures 148-150. The score is for four instruments: Oboe (Ob.), Violin (Vln.), Viola (Vla.), and Violoncello (Vc.). The time signature changes from 2/4 to 2/2 and back to 2/4. The Oboe part features a melodic line with a mezzo-forte (*mf*) dynamic, ending with a piano (*p*) dynamic. The Violin and Viola parts play triplet patterns with a mezzo-forte (*mf*) dynamic. The Violoncello part has a mezzo-forte (*mf*) dynamic.

rit.

Musical score for four staves: Ob. (Oboe), Vln. (Violin), Vla. (Viola), and Vc. (Violoncello). The score is in 3/4 time. The Oboe part features a continuous eighth-note pattern with triplets. The Violin and Viola parts have long, sustained notes with triplets. The Violoncello part has a rhythmic eighth-note pattern with triplets. The dynamic marking *mp* is present in the Violin and Viola parts. The section concludes with a *rit.* (ritardando) marking.

Rubato, accel.

A tempo slower, ♩ = 76

Musical score for four staves: Ob. (Oboe), Vln. (Violin), Vla. (Viola), and Vc. (Violoncello). The score is in 3/4 time. The Oboe part starts with a *pp* (pianissimo) dynamic, followed by a *p* (piano) dynamic with a triplet and a sixteenth-note run, then a *f* (forte) dynamic with a long note, and finally a *pp* dynamic. The Violin and Viola parts have *pp* dynamics with triplets and a *f* dynamic with a long note. The Violoncello part has *pp* dynamics with triplets and a *f* dynamic with a long note. The section concludes with a *pp* dynamic. The markings *Rubato, accel.* and *A tempo slower, ♩ = 76* are present above the staves.

V. REPEAT SANKALPA

Like a memory ♩ = 60

Ob. *pp* < *mp* > *p* ³ *mf* *pp* ³ ³ *f* *mp*

Vln. *pp* < *mp* > *p* *mf* *p* *pp* *f* *mp*

Vla. *mp* > *p* *mf* *pp* ³ *f* *mp*

Vc. *pp* < *mp* > *mf* *pp* ³ *f* *mp*

Rubato, out of thin air ♩ = 56

"...three times mentally now."

Ob. *mp* *p* *pp* ³ *n*

Vln. *take mute* *mp con sordino* *p sul E* *pp* *mp*

Vla. *take mute* *mp con sordino* *p* *pp* *mp*

Vc. *take mute* *mp con sordino* *p* *pp* *mp*

VI. RETURN

With renewed spirit ♩ = 96

"...of your nostrils."

"Your body is relaxed."

Ob. *pp* *pp* 3

Vln. *senza sordino* *pp* *p*

Vla. *senza sordino* *pp*³ *p*

Vc. *pp* *senza sordino* *p*³

rit.

Ob. *mp* *pp*

Vln. *mp* *p* *mf* *pp*

Vla. *mp* *p* *mf* *pp*

Vc. *mp* *p* *mf* *pp*

184 Faster, radiantly ♩ = 120

"Visualize the surrounding room."

Ob. *f* *mp*

Vln. *f* *mp*

Vla. *f* *mp*

Vc. *f* *mp*

Measures 184-186. The score shows four staves: Oboe (Ob.), Violin (Vln.), Viola (Vla.), and Violoncello (Vc.). The music is in 3/4 time. The Oboe part has a long note in measure 184, followed by rests in 185 and 186. The Violin, Viola, and Violoncello parts feature triplets of eighth notes in measures 184 and 185, and a triplet of eighth notes in measure 186. Dynamic markings are *f* (forte) and *mp* (mezzo-piano).

rit.

Vln. *p*

Vla. *p* *pp*

Vc. *p* *n*

Measures 187-190. The score shows three staves: Violin (Vln.), Viola (Vla.), and Violoncello (Vc.). The music is in 4/4 time. The Violin part has triplets of eighth notes in measures 187 and 188, followed by a half note in measure 189 and a whole note in measure 190. The Viola part has triplets of eighth notes in measures 187 and 188, followed by a half note in measure 189 and a whole note in measure 190. The Violoncello part has a half note in measure 187, a half note in measure 188, and a whole note in measure 189, followed by a whole note in measure 190. Dynamic markings are *p* (piano) and *pp* (pianissimo). A *rit.* (ritardando) marking is present above the first measure. A *move to sul tasto* instruction is present above the Viola part in measure 189. A *n* (normal) marking is present below the Violoncello part in measure 190.

Freely, atmospheric

"...ready to move."

"...there is no hurry."

Ob. *n* *pp* *3* *6* *pp sub.*

Vln. *n* *mp*

Vla. *sul tasto* *mp* *fp* *mp* *pp* *move to ord.*

Vc. *pp* *mp*

195 Like a sigh ♩ = 60

"Gently open your eyes."

rit. . . .

Ob. *pp* *mf* *pp* *pp* *mf* *pp* *mp* *pp*

Vln. *pp* *mf* *pp* *pp* *mf* *pp* *mp* *pp*

Vla. *mf* *pp* *pp* *mf* *pp* *pp* *mp* *pp* *mp*

Vc. *mf* *pp* *pp* *mf* *pp* *pp* *mp* *pp* *mp*

205 Rubato, peacefully ♩ = 56

"The practice of Yoga Nidra is now complete."

rall. al fine.

Ob. *mp* *pp* *mp* *p* *p* *pp* (n)

Vln. *mp* *pp* *pp* (n)

Vla. *pp* (n)

Vc. *pp* (n)

The musical score consists of four staves: Oboe (Ob.), Violin (Vln.), Viola (Vla.), and Violoncello (Vc.). The Oboe part features a melodic line with dynamic markings of *mp*, *pp*, *mp*, *p*, *p*, and *pp*, along with articulation marks like accents and slurs, and triplet markings. The Violin, Viola, and Violoncello parts provide harmonic support with sustained notes and dynamic markings of *mp*, *pp*, and *pp*. The score is marked *rall. al fine.* and includes a tempo of ♩ = 56.