

DAVID DZUBAY

Three Meditations

2024

PRO NOVA MUSIC

Three Meditations

1. AUM [3:35]
2. balance [4:05]
3. breath [2:25]

Performance notes:

Movements may be performed on their own.

The reduction for *breath* is just for rehearsal purposes.

Text and pronunciation:

1. AUM. (a-u-m). Also spelled Om - this is "the sound of the universe," and is typically sung or chanted slowly, gradually changing the vowel from a (a as in father) to u and then closing to m. In the phrases, the singers should likewise change the sound gradually at indications like "a→". Singing aum should resonate from the diaphragm up to the head, gradually.

2. Om Namaḥ Śivāya (om namah shivaya in the setting)

om: for melismas and longer tones, try singing a-u-m; for the 8th note occurrences, simply sing om.

na & mah: a as in father. In Sanskrit, the h is also pronounced by an exhalation; this occurs only at the end in the setting.

shi: as in sheep; va & ya: a as in father, but the va in a longer syllable, often on a melisma or with an accent in this setting.

3. Soham, Hamsa (sohum, humsa in the setting)

so: o as in oh; ham: a=u as in hum; sa: a as in father.

Sometimes spelled Sohum. "Ham" is pronounced "hum" for both; I'm using the hum spelling in the score for ease of performance.

Program note:

These three meditative choral movements are settings of ancient Hindu mantras practiced all over the world. Aum or Om is often referred to as the sound of the universe and consists of four sounds - a (as in father), u (as in moon), m, and silence. In Sanskrit, the a followed by u combine to make a long o sound. Many traditions have words using these sounds, like Amen or Shalom. Namah Shivaya is known as the Panchakshara Mantra, or five-syllable mantra, which is often preceded by Om. The five syllables represent the elements: Na (earth), mah (water), Shi (fire), va (air), ya (space). Namah means to bow; Shivaya means Shiva, or inner, higher or cosmic self. The five elements are the building blocks of everything in creation, including the human body, and Shiva is the master of these five elements. The repetition of these syllables is thought to create a vibration that resonates with the energy of the universe, bringing about a sense of peace and harmony. Soham (pronounced sohum) translates to "I am He/She/That" and reflects the sound of one's breath: "so" on the inhalation and "hum" with the exhalation. The hamsa (humsa) mantra translates as "Who am I?"

Three Meditations

(2024)

Text: Hindu mantras

David Dzubay (b.1964)

1. AUM

$\text{♩} = 50$

The score is written for five parts: Soprano, Alto, Tenor, Bass, and Reduction. It consists of four measures. The tempo is marked as quarter note = 50. The key signature has one sharp (F#). The time signature changes from 4/4 to 5/4 to 4/2. Dynamics include *pp* (pianissimo) and *p* (piano), with accents and hairpins. The lyrics are 'a - - - u'.

Soprano

1 *pp* *p* *pp* *p* *pp*

2 *pp* *p* *pp* *p* *pp*

Alto

1 *pp* *p* *pp* *pp* *p* *pp*

2 *pp* *p* *pp* *pp* *p* *pp*

Tenor

1 *p* *pp*

Bass

Reduction

pp

5 gradual change of vowel sounds...

The musical score consists of six systems of staves. Each system has two vocal parts (1 and 2) and a piano accompaniment. The vocal parts are written in treble clef with a key signature of one sharp (F#). The piano part is in bass clef. The score is marked with dynamics: *pp* (pianissimo) and *ppp* (pianississimo). A hairpin crescendo is used to indicate the transition from *pp* to *ppp*. The lyrics 'a - - - u' are written below the vocal lines, with arrows indicating the vowel glide. The piano accompaniment features a simple harmonic accompaniment with a steady eighth-note pattern in the right hand and a bass line in the left hand. The piece concludes with a double bar line and a repeat sign.

8

1 *ppp* *p*
 - m a - u - m

2 *ppp* *p*
 - m a - u - m

1 *p*
 - m a - u - m

2 *p*
 - m a - u - m

1 *p*
 - u - m a - u - m

2 *p*
 - u - m a - u - m

1 1 *p*
 a - u - m

2 2

11 now precise vowel changes...

The musical score consists of seven systems of staves. Each system has two parts, labeled '1' and '2'. The first six systems are vocal parts in treble clef, with lyrics 'a - u - m' written below the notes. The seventh system is a piano accompaniment in treble and bass clefs. The score includes dynamic markings such as *mp* and *p*, and includes the instruction 'u together now' above the piano part. A large 'PREPUSAL' watermark is visible across the center of the page.

16

1 *mp* *mf*
- u - m a - - - - u - m a - - - - u - -
div. a 3

2 *mp* *mf*
- u - m a - - - - u - m a - - - - u - -
2,3

1 *mp* *mf*
- u - m a - - - - u - m a - - - - u - -
div. a 3

2 *mp* *mf*
- u - m a - - - - u - m a - - - - u - -
2,3

1 *mp* *mf*
- u - m a - - - - u - m a - - - - u - -

2 *mp* *mf* *mp*
- u - m a - - - - u - m a - - - - a - u -

1 *mp* *mp*
- u - m a - - u - m a - u -

2 *mp* *mp*
- u - m a - - u - m a - u -



20

p

1 - m

2 - m

pp

1 - m - - (m) - a → - u → - m

2 - m - - (m) - a → - u → - m

pp

1 - m - - (m) - a → - u → - m

2 - m - - (m) - a → - u → - m

pp

1 - m - - (m) - a → - u → - m

2 - m - - (m) - a → - u → - m

mf *p* *mf* *p*

1 - a - u - - - - - - - (a) → - u → - m

2 - a - u - - - - - - - (a) → - u → - m

mf *p* *mf* *p*

1 - a - u - - - - - - - (a) → - u → - m

2 - a - u - - - - - - - (a) → - u → - m

pp

gliss.

p

Musical score for measures 25-28. It features four vocal staves (Soprano, Alto, Tenor, Bass) and a piano accompaniment. The lyrics are: m - - u - - m - - u - a - - m - - m - - u - - m - u - a - - m - - u - a - - m - u - a - - m - u - a - -

Musical score for measures 29-32. It features four vocal staves (Soprano, Alto, Tenor, Bass) and a piano accompaniment. The lyrics are: - u - - a - - a - - u - - m - - a - - - u - - a - - a - - u - - m - - a - - m - u - - a - - a - - u - - m - - a - - m - u - - a - - a - - u - - m - - a - -

33

mp *pp* 1,2 *mp* *pp*

u - m - a m - u - a - u - a

div. a 3

mp *pp* *mp* *pp*

u - mm - a m - u - a - u - a

mp *pp* 1 *mp* *pp* *pp* <

u - m - a m - u - a - u - a m -

div. a 3

mp *pp* 2,3 *mp* *pp* *pp* <

u - m - a m - u - a - u - a m -

pp *mp* *pp*

38

p 1,2 *mf non dim.* *p* *pp*

m - u - a a - (a) - u - m

div. a 3

p 3 *mf non dim.* *p* *pp*

m - u - a a - (a) - u - m

1 *mf non dim.* *p* *pp*

u - a a - (a) - u - m

div. a 3

2,3 *mf non dim.* *p* *pp*

u - a a - (a) - u - m

p *mf non dim.* *p* *pp*

2. balance

♩ = 56

4

Soprano

Alto

1
Tenor

2

1
Bass

2

p om na - mah

p om na - mah

p om na - mah

p om na - mah

5

7

1
Tenor

2

1
Bass

2

p om na - mah

p om na - mah

p om na - mah

p om na - mah

p om na - mah

p om na - mah

p om na - mah

p om na - mah

p om na - mah

9 10 *p*

1 shi - va - ya

2 shi - va - ya shi - va - ya

1 om na - mah om na - mah

2 na - mah om na - mah om na - mah

1 na - mah om na - mah om na - mah

2 na - mah om na - mah om na - mah

1 om na - mah om na - mah

2 om na - mah om na - mah

13 ♩ = 58 *mp*

1 *mp* shi - va - ya shi - va - ya

2 shi - va - ya shi - va - ya

1 *mp* om na - mah om na - mah om

2 om na - mah om na - mah om

1 *mp* om na - mah om na - mah

2 *mp* om na - mah om na - mah

1 om na - mah om na - mah

2 om na - mah om na - mah

16

1 na - mah shi - va - ya na - mah shi - va - ya

2 na - mah shi - va - ya om na - mah shi - va - ya om na - mah

1 om na - mah om na - mah na - mah

2 om na - mah om na - mah na - mah

1 om na mah om na mah om na mah

2 om na mah om na mah om na mah

1 om na - mah om na mah om na mah shi - va - ya

2 om na - mah om na mah om na mah shi - va - ya

19

1 na - mah shi - va - ya na - mah shi - va - ya

2 na - mah shi - va - ya om na - mah shi - va - ya om na - mah

1 om na - mah om na - mah shi - va - ya om shi - va - ya

2 om na - mah om na - mah shi - va - ya om na - mah shi - va - ya

1 om na mah om na mah om na mah

2 om na mah om na mah shi - va - ya

1 om na - mah om na - mah om na - mah shi - va - ya

2 om om na - mah om na - mah om na - mah shi - va - ya

1 na - mah shi - va ya shi va - ya na - mah shi - va - ya

2 na - mah shi - va - ya om na - mah shi - va - ya na - ma shi - va - ya

1 - va - ya om na - mah om na - mah shi - va - ya

2 - ya om na - mah om na - mah shi - va - ya

1 om na - ma shi - va - ya om na - ma shi - va - ya

2 om na - ma shi - va - ya om na - mah shi - va - ya

1 om na - mah om na - mah shi - va - ya om na - mah shi - va - ya

2 om om na - mah om na - mah om na - mah shi - va - ya

1

2

1 *f* om na - mah shi - va - ya om na - mah shi - va - ya

2 *mf* om na - mah shi - va - ya om na - mah shi - va - ya

1 *f* om na - mah om na - mah shi - va - ya om na - mah

2 *f* om na - mah om na - mah shi - va - ya om na - mah

1 *f* om na - mah om na - mah om na - mah shi - va - ya

2 *f* om na - mah om na - mah om na - ma shi - va - ya

27

f

1 om na - mah shi - va - ya om na - mah shi - va - ya

2 om na - mah shi - va - ya om na - mah shi - va - ya shi - va - ya

1 - mah shi - va *f* - ya om na - mah shi - va - ya

2 - ya om na - mah shi - va - ya shi - va - ya

1 om na - mah shi - va - ya om na - mah shi - va - ya shi - va - ya

2 om na - mah om na - mah shi - va - ya om na - mah shi - va - ya

1 om na - mah om na - mah om na - mah shi - va - ya shi - va - ya

2 om na - mah om na - mah om na - mah shi - va shi - va - ya

30

1 na - mah shi - va - ya shi - va - ya om na - mah shi - va - ya

2 na - mah shi - va - ya om na - mah shi - va - ya na - mah shi - va - ya

1 om na - mah na - mah shi - va - ya na - mah shi - va - ya

2 na - mah shi - va - ya na - mah shi - va shi - va - ya

1 om na - mah shi - va - ya om na - mah shi - va - ya om na - mah

2 om na - mah om na - mah shi - va - ya om na - mah om na - mah

1 om na - mah om na - mah om na - mah shi - va - ya shi - va - ya

2 om na - mah om na - mah om na - mah shi - va shi - va - ya

ff na - mah shi - va - ya om na - mah

om na - mah shi - va - ya om na - mah shi - va - ya

ff om na - mah shi - va - ya na -

om na - mah shi - va - ya om na - mah shi - va - ya

ff om na - mah shi - va - ya om na - mah shi - va - ya

om na - mah om na - mah shi - va - ya om na - mah om na - mah om na - mah shi -

ff om om na - mah na - mah om na - mah shi - va - ya om na - mah na - mah

ff om na - mah om na - mah om na - mah shi - va - ya om na - mah om na - mah

36 shi - va - ya shi - va - ya om na - mah shi va - na - mah na - mah om

shi - va - ya shi - va - ya om na - mah shi va - na - mah na - mah om

-mah shi va - ya shi - va - va - ya om na - mah shi va - om na - mah shi -

na - mah shi - va - ya om na - mah shi va - om na - mah shi - va - ya

om na - mah shi - va - ya om na - mah shi va - na - mah om na - mah

- va - ya om na - mah shi va - na - mah om na - mah

om na - mah shi - va - ya om na - mah shi va - om na - mah shi -

om na - mah shi - va - ya om na - mah shi va - na - mah shi - va - ya om

40 42

1 na - mah shi - va - ya na - mah na - mah om

2 na - mah shi - va - ya na - mah na - mah om

1 -va - ya om na - mah shi - va - ya om na - mah shi -

2 om na - mah shi - va - ya om na - mah shi - va - ya

1 om na - mah shi - va - ya na - mah om na - mah

2 om na - mah om na - mah

1 -va - ya om na - mah om na - mah shi - va - ya om na - mah shi -

2 na - mah shi - va - ya om na - mah na - mah shi - va - ya om

43

1 na - mah shi - va - ya *mf* ritard.....

2 na - mah shi - va - ya shi - va - - ya *mp*

1 -va - ya om na - mah *mf* om na - mah shi - va - ya shi - va *p*

2 om na - mah shi - va - ya om na - mah shi - va - ya *mf*

1 na - mah om na - mah shi - va - ya om na - mah shi - va - ya shi -

2 na - mah om na - mah om na - mah shi - va - ya om na - mah shi - va - ya *mf*

1 -va - ya om na - mah om na - mah shi - va - ya om na - mah shi - va - ya om na -

2 na - mah shi - va - ya om na - mah na - mah shi - va - ya om na - mah shi - va -

47♩ = 54

49 $\text{♩} = 63$
mp

1 om na - mah om na - mah

2 om na - mah om na - mah

1 om na - mah om

2 *p* shi - va om na - mah om

1 - va - ya om na - mah om na - mah

2 *p* shi - va - ya om na - mah om

1 - mah om na - mah (h) shi - va - ya

2 *p* ya om na - mah (h) shi - va - ya shi - va - ya

exhale

exhale

51

52 *p*

1 om na - mah om na - mah

2 om na - mah om na - mah

1 na - mah om na - mah om na - mah

2 na - mah om na - mah om na - mah

1 om na - mah om na - mah unis.

2 na - mah om na - mah unis.

1 unis.

2 unis.

55 ♩ = 60

58 *pp* ♩ = 58

1 om na - mah om na - mah om na - mah

2 om na - mah om na - mah om na - mah

1 om na - mah om na - mah unis.

2 om na - mah unis.

59

61 *ppp* ♩ = 56

1 om na - mah om na - mah om na - mah (h) exhale

2 om na - mah

3. breath

$\text{♩} = 76$
unis. *pp* p pp mp *p* **poco accel.....ten.** mf mp $\text{♩} = 52$ **rit.....ten.**

Soprano
so - - hum so - hum so - - hum - sa so - hum hum

Alto
so - - hum so - hum so - - hum - sa so - hum -

Tenor
so - hum so - hum so - - hum - sa so - hum -

Bass
so - hum so - hum so - - hum - sa so - hum hum

Reduction

9 $\text{♩} = 58$ **10** $\text{♩} = 76$ *pp* pp p pp *ppp* **poco accel.....** mp p $\text{♩} = 80$ **poco ritard.....**

Soprano
sa so - hum hum - sa so - - - - hum

Alto
- sa so - hum hum - sa so - - - - hum

Tenor
- sa so - hum hum - sa so - - - - hum

Bass
sa so - hum hum - sa so - - - - hum

Reduction

16 *dim. poco a poco* $\text{♩} = 66$ *ppp* 22 $\text{♩} = 76$ *ppp* *mp*

so - - hum mm so - - hum

dim. poco a poco *ppp* *ppp* *mp*

so so - - hum mm so - - hum

dim. poco a poco *ppp* *ppp* *mp*

sa so - - hum mm so - - hum

dim. poco a poco *ppp* *ppp* *mp*

so so - - hum mm so - - hum

dim. poco a poco *ppp* *ppp* *mp*

24 *poco accel.* $\text{♩} = 84$ $\text{♩} = 80$ *mf* *rit.*.....

p *mf* *mp* *f* hum sa so - - hum sa hum sa hum so - -

p *mf* *mp* *f* *mf* hum sa so hum sa hum sa hum sa so - -

p *mf* *mp* *f* hum sa so - - hum sa so - - hum so - -

p *mf* *mp* *f* *mf* hum sa so - - hum sa so - - hum so - -

p *mf* *mp* *f* *mf* hum sa so - - hum sa so - - hum so - -

31 $\text{♩} = 63$ **33** $\text{♩} = 76$ *ppp* *pp* *ppp* *poco accel.* $\text{♩} = 80$ *pp* *mf* *p* *poco accel.*

hum mm so - hum so - hum - sa so - - hum

hum mm so - hum so - hum - sa so - - hum

hum mm so - hum so - hum - sa so - - hum

hum mm so - hum so - hum - sa so - - hum

38 $\text{♩} = 84$ *rit.* $\text{♩} = 72$ *f non dim.* *p* *pp* (slighth accent) *pppp*

hum - sa hum - sa so - - - - hum

sa *f non dim.* *p* *pp* (slighth accent) *pppp*

hum - sa hum - sa so - - - - hum

hum - sa hum - sa so - - - - hum

hum - sa so - - - - hum