

## TO A LOST WORLD

I have a friend in the therapy field who occasionally talks about the concept of self-soothing, the ability to heal and comfort yourself during difficult times. This is an important life skill, one that we all naturally possess, and one that we instinctively exercise in various ways during times of need.

A lot of my slow movements and more meditative pieces are examples of just that. I start out writing the music as a way to comfort myself, to make myself feel better. And it works. Every time. Music is powerful, healing and uplifting. Not only listening to it, but the process of writing and discovering it. TO A LOST WORLD is a musical prayer, a proactive response to hard times. When things are dark without, it's good to find light within.

The main musical motif is a reverent chord melody created jointly by four overlapping instruments. The first time it is heard is right at the very beginning, with four french horns. Each horn carries one voice, and the four voices work together to create the melody, moving through some gently ascending chords. I call this my prayer motif. It comes back several times – softly and peacefully on four clarinets, resolutely and as a call to action on four trumpets over an insistent timpani beat, and finally near the end, as a quiet coda, played on the solo harp. The initial prayer is followed by a flowing hymn-like melody, first portrayed on the trombones, with long graceful lines. The hymn also reappears later on as a bright and joyful tutti following the trumpet calls.

I had some fun with this piece, inserting several different musical devices borrowed from sacred music. There are sections that resemble the chants of monks, something that sounds a bit like plainsong, several amen cadences, and various types of chorales and ceremonial drums. Over the course of history, the human race has come up with a lot of really great ways to express our spirituality using music. I enjoyed borrowing a few of those and translating them into my own personal musical language.

Lost is not forever. That which has been lost can become found again. TO A LOST WORLD.

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