

JUDITH SHATIN

Fasting Heart

Solo Flute



Program Note

Fasting Heart (1987), for solo flute, was inspired by the Taoist discipline "hsin chai." As Professor Kaltenmark explains in his *Lao and Taoism*, this is a technique in which one transcends the act of listening with the heart (or mind) to listen with the breath (or soul). I sought to bridge these two. *Fasting Heart* opens with contemplative music that is twice interrupted by outbursts that suggest struggle before coming to rest in calm. Extended techniques combine timbres of the voice and flute. The opening, for example, involves quiet singing and humming into the instrument, as well as silent trilling that creates a fluttering effect. The flute resonates the sound in a warm and haunting way. Smaller pitch groups are aligned with this contemplative aspect, while more highly chromatic and registrally-torn music interrupts it. *Fasting Heart* was premiered by Judith Pearce and recorded by Patricia Spencer on her *Narcissus and Kairos* album on the Neuma label. –JS

Errata

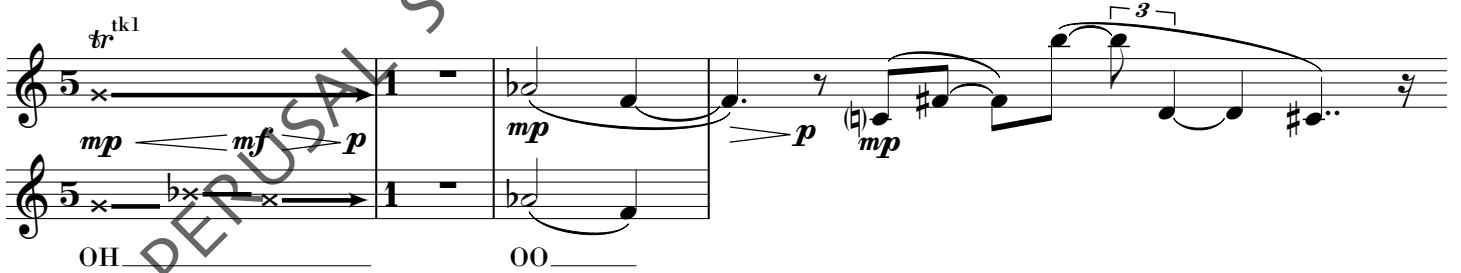
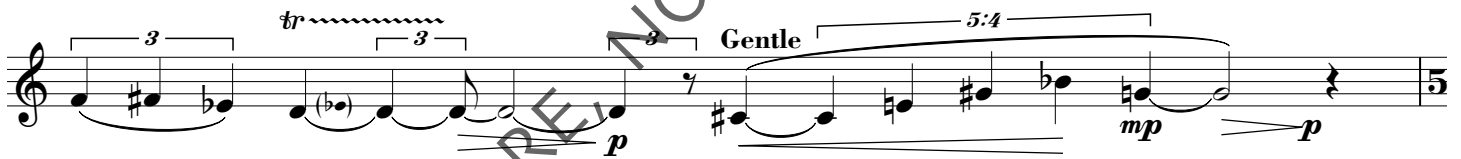
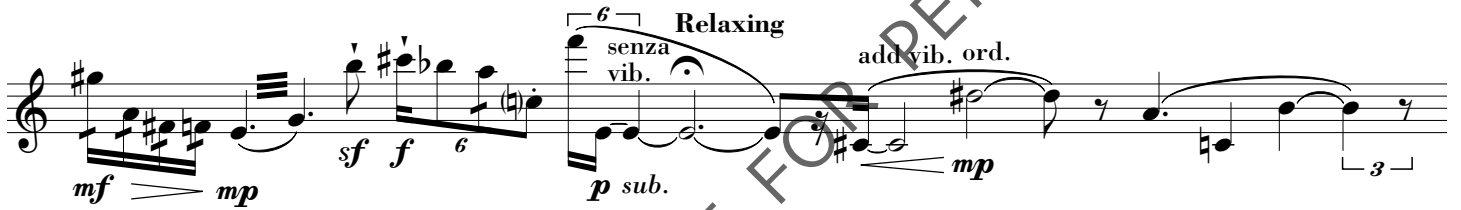
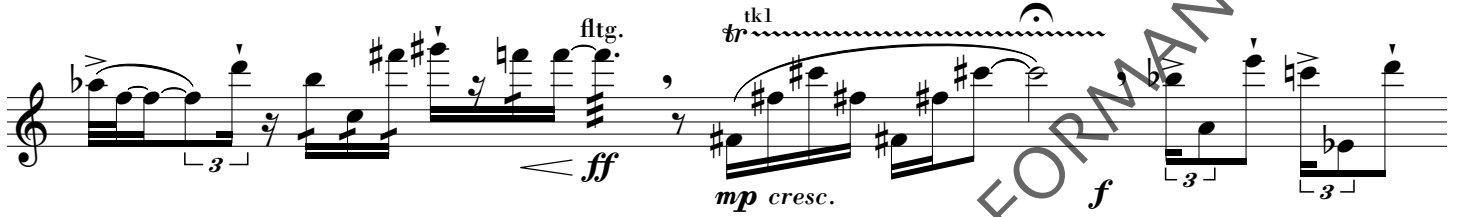
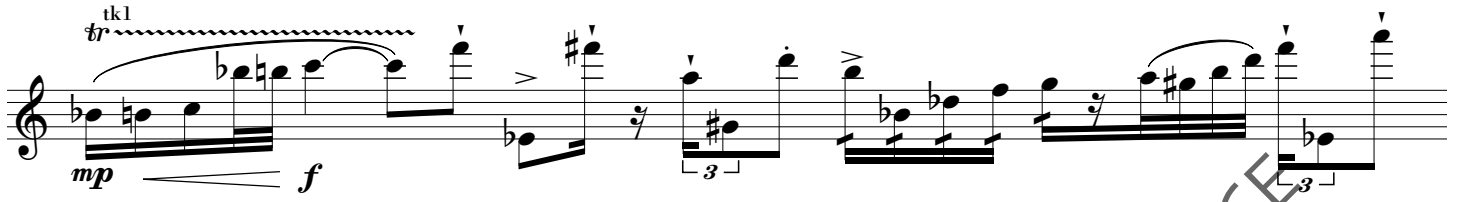
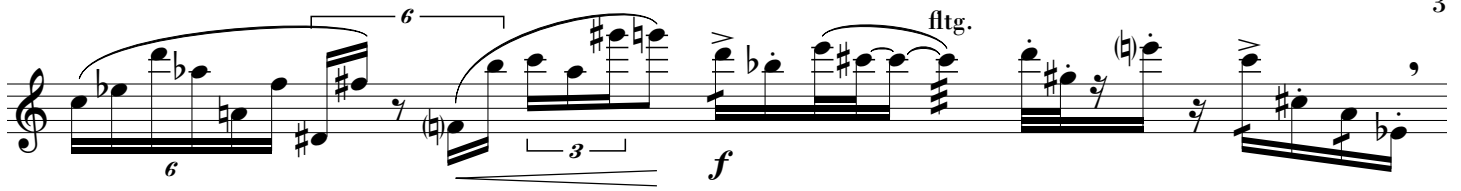
1. p. 3 – 4th system, sextuplet , the c natural should be a 16th note
2. p. 4 – bottom system first note trill – use first tr key
3. p. 5 – 2nd system – delete extra 16th at start of beat 2
4. p. 5 – 6th system, 3 beats from end last note should be F

World Premiere Judith Pearce Alexander Hall Princeton University Princeton, NJ 11/6/1987

Duration: 10:45

Judith Shatin
1987

- 1) Finger the indicated note silently.
- 2) Trill using the first finger trill key (RH).
- 3) ✕ Completely cover the embouchure with the mouth and turn the flute in at an approximately 90° angle. Sing the vowel at the indicated pitch.
- 4) ○ Normal embouchure. Sing the vowel into the flute at the indicated pitch.



[illegible]

- 1) Trill between the two trill keys.
- 2) Trill using the second finger trill key (RH).

First musical staff with notes, rests, and dynamic markings: *f*, *sf*, *mf*, *sf*, *f*, *mf*, *sf*, *mp*, *mf*, *sf*.

Second musical staff with notes, rests, and dynamic markings: *f*, *mp*, *f*, *f*, *mp*, *mf*, *p*, *(p)*, *mp*. The word "Tranquil" is written above the staff.

Third musical staff with notes, rests, and dynamic markings: *f*, *mp*, *f*, *mp*.

Fourth musical staff with notes, rests, and dynamic markings: *f*, *sf*, *mf*, *p*, *mp*, *p*, *mp*, *p*, *sf*.

Fifth musical staff with notes, rests, and dynamic markings: *mp*, *mf*, *mp*, *p*, *mf*, *3*, *mf*, *3*.

Sixth musical staff with notes, rests, and dynamic markings: *mp*, *mf*, *mp*, *p*, *mf*, *3*, *mf*, *3*.

Seventh musical staff with notes, rests, and dynamic markings: *tr*, *tkl*, *tr*, *tkl*, *tr*, *tkl*, *f sub.*.

Eighth musical staff with notes, rests, and dynamic markings: *p*, *tr*, *tkl*, *tr*, *tkl*, *f sub.*, *p*.

Ninth musical staff with notes, rests, and dynamic markings: *Serene*, *tr*, *tkl*, *tr*, *tkl*, *f*, *p*, *mf*, *mp*, *p*, *ppp*. The tempo marking $\text{♩} = 60$ is present.

Tenth musical staff with notes, rests, and dynamic markings: *OH*, *OH*, *f*, *p*, *mf*, *mp*, *p*, *ppp*.