

JUDITH
SHATIN

Fasting Heart

Solo Flute



Program Notes :Fasting Heart

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 of purification in which one transcends the act of listening with the heart (or mind) to listen with the breath (or soul). The act of composing seems to bridge these two. *Fasting Heart* embodies a journey in which contemplative motion is twice interrupted by violent outbursts. The timbral colors juxtaposes qualities of breath and voice with explosive outbursts. Extended techniques combine timbres of the voice and flute. The opening, for example, involves singing and humming into the instrument, combined with silent trilling that creates a delicate, fluttering effect. Smaller pitch groups are aligned with an inward, contemplative focus, while more highly chromatic and registrally-torn motion faces outward. *Fasting Heart* was recorded by Patricia Spencer on *Narcissus and Kairos* on the Neuma label (CD 450-95). For additional information, visit www.judithshatin.com.

–JS

FASTING HEART

for Solo Flute

Judith Shatin
1987

Radiant

1) *tr*^{tkl 2)}

Play *mf* *f* *mf* | *mf* *mp* | *mf* | *mp*

Sing 10 | 1 - 6 | 1 - 4 | 1 - 4 | 1

3) *OH* _____

Gradually pull flute slightly away from mouth and return

4) *OO* _____

tr | *tr*^{tkl}

mp *mf* | *p* *f* *p*

OH _____

mp *mf*

4) *OO* *mp* *p*

OH _____

OH _____

mp *mf* *mp* *pp*

OO _____

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.

♩ = 69

mf > *p* *mf* > *mp* *mf* << > *mp* > *p* *mp* < *mf*

tr *tkl* *tr* *tkl*

tr > *p* *mp* *f* *mp* *mf* *p*

5 3 5

tr *tkl* ♩ = 60

mp > *p* *p* *f* > *p* *mp*

OH OO

Vigorous (♩ = 69) *tr*

p *mf* *f* *mf*

3

cresc. *f* *mp cresc.* *f*

3 5

p sub. *f sub.* senza vib. ord.

3 3 3

tr *tr* *tkl* *tr* *tr* *tr* *tr* *tkl*

3 3

tr 6 3 *mp sub.* *sf* *sf mp sf* *f* 6

mf 6 *f* *mp*

6 3 f fltg.

tr tk1 mp f

tr tk1 ff mp cresc. f

mf mp sf f p sub. mp

tr tk1 p mp

tr tk1 mp mf p mp

tr tk1 p mf



Relaxing

senza vib.

add vib. ord.

Gentle

Wistful

mp *p*

pp mp mf *mp* **Dramatic** mf

mp f *sf f* 12

Violent ff *f*

ff f

sf-f *mf* ff

f ff

Blow hard; random finger motion, very rapid f ff mf *sf*

Controlled f ff

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

Musical staff 1: *f sf mf sf f mf⁶ sf mp*

Musical staff 2: *f mp f f mp mf* **Tranquil** *p (p) 3 mp*

Musical staff 3: *f mp f 6 mp* *tr tk1*

Musical staff 4: *f sf mf p mp p mp p sf*

Musical staff 5: *mp mf p mp p*

Musical staff 6: *mp mf mp p mf*

Musical staff 7: *tr tk1 tr tk1* *f sub.*

Musical staff 8: *p f sub. p*

Serene *tr tk1 tr tk1* *f p mp mp p ppp*

OH OH