

Communion

for:

temple bell

and

audience - meditation

gary mckenzie

Communion

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text:

the piece is to be realized outdoors at an location such as a park, beach, a mountainous region - any location where nature is abundant, and where occur little or no man-made sounds or inventions.

the piece is to be realized during ideal weather - which should be mild, and not too cold nor too warm.

the piece should be realized when there is wind - which should be mild, and not too cold nor too strong - a mild breeze is suggested.

the piece is to be realized within a specific performance area, consisting of a circle, the diameter of which can be anywhere from 100 to 300 or more feet.

the temple bell is to be placed directly at the center of the performance area, and should be placed on a platform or mound from at least 2 to 4 or more feet above the ground.

the platform or mound is to allow enough room for the musician and the temple bell.

the musician does not require music nor a music-stand.

the audience is to be placed equidistantly from the center of the circle.

the use of chairs or cushions is optional - if chairs or cushions are not used, then marked seating places are to be positioned on the ground.

the first circled row for the audience should be placed at least 20 feet from the center of the circle.

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text continued:

the musician is to be positioned at the temple bell nine minutes before the realization begins.

the realization is to begin at a specific clock-time - and regardless of what sound or occurrence, the realization is to begin exactly at the time specified for commencement.

at commencement, the musician is to begin the realization of the temple bell -

which is to consist of the formula:

attack the temple bell - low indefinite pitch -

the low indefinite pitch is to vibrate to extinction within a duration of 12 seconds

realize a 18 second pause

the formula is to consist of a total duration of 30 seconds -

the formula is to be realized for a duration of 3, 6, 9 or 12 hours.

the duration of 3, 6, 9 or 12 hours should be determined prior to the realization -

but could be determined during the realization.

the realization of the formula -

(the intensity of the attack of the temple bell, the duration of the low indefinite pitch vibrating to extinction within 12 seconds,

and the realization of the 18 second pause) -

is to be consistent throughout the realization of the formula.

if the vibrations of the low indefinite pitch are going to continue beyond the 12 second duration, the musician is to bring the vibrations of the low indefinite pitch to a halt at the 12th second,

and is to realize the 18 second pause,

and then is to continue with the next statement of the formula.

if the vibrations of the low indefinite pitch cease before the 12 second duration, the musician is to count to the 12th second, and is to realize the 18 second pause,

and then is to continue with the next statement.

Communion

text continued:

more than one musician can alternately realize the formula.

a time sequence could be established prior to realization -
in which each musician would realize the formula for a specific duration.

each musician involved should sit in the first circled row.

each musician should enter and exit from the platform or mound as quietly
as possible.

some members of the audience may have been seated prior to the realization -
others may - at will - enter the performance area, and be seated, throughout
the realization -

each individual member of the audience can - at will - exit from the
realization -

some individual members of the audience can - at will - exit from the
realization, and - after a period of absence - can return to the
realization and can remain for any length of time.

each individual member of the audience can - at will - enter and exit
from the performance area, throughout the realization.

having been seated, each individual member of the audience is to read
the "audience instruction" sheet, which is to be placed on each chair
or marked sitting place that is positioned for the audience.

the "audience instruction" is, as follows:

audience instruction

having been seated you are to read the "audience instruction" sheet.

having read the "audience instruction", you should sit in the position

Communion

text continued:

audience instruction continued:

that is the most comfortable and relaxing for you meditatively.

you should relax your entire body -
which should become so wholly relaxed so as to have relief from all
tension -
and so as to feel weightless -

and you should relax your mind -
which should become so wholly relaxed so as to be clear of all outer
thought.

as you relax your mind and body, you should evolve to a condition of
perfect peace and stillness within you,
and in relation to your surroundings.

you should evolve to such a condition of perfect peace and stillness within
you, so as to hear the essence of that peace and stillness -
and so as to hear the inner sound vibrations within you -
and so as to feel the pulse of the vibrations of your inner being
vibrating in the inner peace and stillness within you -
and so as to vibrate in oneness with your surroundings.

as the vibrations of the indefinite pitch from the temple bell are
realized at each statement of the formula -
you - continuing to meditate on the inner sound vibrations within you,
and the pulse of the vibrations of your inner being -
should meditate on the vibrations of the indefinite pitch from the
temple bell, and attune the inner sound vibrations within you, and the
pulse of the vibrations of your inner being, with the vibrations of the
indefinite pitch from the temple bell.

continuing to attune the inner sound vibrations within you, and the pulse
of the vibrations of your inner being with the vibrations of the indefinite
pitch from the temple bell,
you should simultaneously attune the inner sound vibrations within you,
and the pulse of the vibrations of your inner being, with any "natural"
sounds that occur - ie. sounds from water, ocean, birds, insects, animals
etc.

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text continued:

audience instruction continued:

- you can also simultaneously attune the inner sound vibrations within you, and the pulse of the vibrations of your inner being with any "man-made" sounds that occur - ie. sounds from automobiles, vehicles, airplanes, jets, machinery etc. -

continuing to attune the inner sound vibrations within you, and the pulse of the vibrations of your inner being - vibrating in the inner peace and stillness within you - with the vibrations of the indefinite pitch from the temple bell,

- and with any "natural" sounds that occur -
you should simultaneously attune the inner sound vibrations within you, and the pulse of the vibrations of your inner being, with the vibrations of the wind.

as you attune the inner sound vibrations within you, and the pulse of the vibrations of your inner being - vibrating in the inner peace and stillness within you - with the vibrations of the indefinite pitch of the temple bell -

and with any "natural" sounds that occur -

and with the vibrations of the wind -

you are to evolve and vibrate in oneness with your surroundings -

attuning the inner sound vibrations within you, and the pulse of the vibrations of your inner being - vibrating in the inner peace and stillness within you - with the vibrations of your surroundings -

-ie. attuning with the vibrations of the sky, ocean, any other body of water, mountains, hills, land, trees, etc. -

continually evolving and vibrating in communion with your surroundings -
continually evolving and vibrating in communion with the universe.

you may leave the performance area as desired - during the realization -
or you may leave the realization as desired, and after a period of absence can return to continue your meditation for any length of time -

you may remain in the performance area to continue your meditation for any length of time, after the musician has left the performance area.

there is to be no applause at any time.

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text continued:

the musician is to bring the formula to a halt at the termination of the 3rd, 6th, 9th, or 12th hour of realization.

having brought the formula to a halt,
the musician is to remain at the temple bell for three minutes -
after which time the musician is to leave the performance area.

the realization ends as the musician leaves the performance area.

there is to be no applause as the musician leaves the performance area.

each individual member of the audience can continue their respective meditations for any length of time, after the musician has left the performance area.

each individual member of the audience can then, leave the performance area at will.

gary mckenzie

november 8, 1978

madera county, ca.

Communion

appendix A:

any large bell, or any large temple bell, can be used for realization -
the pitch that is realized should be tuned to C - F -
or can be indefinite -

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