

SOLO FOR GUITAR -- v.5, July 2004, (rev. 3/2005)
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For Classical or Acoustic Guitar, possibly with a Microphone for Slight Amplification

Any tuning of the strings is appropriate.

You will use a combination of your breath, pulse, blinks, and attention to guide the outlined musical actions. The instructions within each section are to be performed simultaneously and for the entire duration of the movement so that actions related to the breath, heart beat and blinks are overlapping. It is important that you refrain from trying to consciously control any of these biological operations and instead simply observe them as they naturally move along on their own. Your attention is included among these operations since it is common to occasionally lose your focus and make a mistake; such occurrences are alright in this piece and help illustrate your unique mental experience while performing. It is best to try playing the piece as accurately as possible and not being bothered by these occasional yet unique lapses in focus. In addition, if for instance you are playing to the rhythm of your pulse and then lose track of it, it is best to stop performing the pulse's part until you can locate it again. In other words, do not fake anything.

You should determine the durations of the sections either by using your own internal sense of time to decide when to end, or by using a stopwatch to keep track of predetermined durations. If using your internal time, one possible approach might include stopping as soon as something in your mind tells you to; as a variation you might choose to ignore initial calls from the mind and instead wait until the N-th "mental alarm" to finish. More simply, you could choose to stop when ready to stop. As a result of such determinations, sections may or may not end up having significantly different durations than one another. If you decide to use the stopwatch method instead, apply the same duration to each movement. Whatever you do, choose one method and adhere to it during the entire performance.

Finally, it is recommended that there be a significant pause placed between each section.

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I.

Hold the guitar upright like a cello, with the end of the neck resting on your Left Shoulder.

With your Right Hand over the sound hole,
with INHALES, upstroke with your 1st finger
with EXHALES, downstroke with your thumb

With the middle finger of your Left Hand,
tap each BLINK on the body of the guitar near the sound hole.

Count your BLINKS [1 to 20, then reset] - Regulate your strum-speed according to this count:
1 = slowest ... 10 = fastest ... 20 = slowest ... repeat

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II.

Hold the guitar upright like a cello, with the end of the neck now resting on your Right Shoulder.

With your Left Hand, check your PULSE on your Neck.

Play your PULSE on the low strings by slapping them with the side of your Right Hand Thumb.

Move that slapping Thumb up and down the Fret Board with your BREATH:

to the Sound Hole [Lungs Empty]

to the end of the Fret Board [Lungs Full]

and back again [Lungs Empty]

Repeat...

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III.

Hold the guitar upright like a cello, the end of the neck resting on your Right Shoulder.

Lay your Right Hand Fingers on the 3 lowest strings.

With the BREATH, audibly wipe your Right Hand along the 3 lowest strings

from the Sound Hole [Lungs Empty]

to the end of the Fret Board [Lungs Full]

and back again [Lungs Empty]

Repeat...

With each BLINK, lightly pluck the highest string with the 1st finger of your Left Hand.

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IV.

Hold the guitar upright like a cello, the end of the neck resting on your Right Shoulder.

With your Left Hand, check your PULSE on your Neck.

With the 1st and Middle Fingers of your Right Hand:

For every Heart Beat, pluck the guitar 2 or 3 times per Pulse, whichever you are most capable of maintaining for an extended period of time.

Start by just plucking the Highest String, but then with each BLINK add the next adjacent, lower string. Continue with each BLINK adding strings to the strummed batch. After 5 BLINKS you should be playing all 6 strings; with the next BLINK, reset and go back to just plucking the one High String, and continue to repeat the process...

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V.

Hold the guitar upright like a cello, the end of the neck resting on your Right Shoulder.

Alternate the following with each BLINK:

With your Right Hand, pluck the Lowest String with every other BLINK.

With your Left Hand, pluck the Highest String with every other BLINK.

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