

Expanding Breaths

By Brian Shankar Adler

For one or more player(s)

Place two fingers on your pulse.

Feel/listen to the pulse.

Synchronize your breathing: six pulses with one breath in, six pulses with one breath out

Strike a long tone with the beginning of each breath in and out

Listen and focus your awareness on the collective sound.

When the gong is sounded, switch to seven pulses.

When the gong is sounded, switch to eight pulses.

When the gong is sounded, switch to nine pulses.

When the gong is sounded, switch to ten pulses.

When the gong is sounded, switch to eleven pulses.

When the gong is sounded, switch to twelve pulses.

Stop when the final gong is sounded.