



## bliss

lr 2011

### aims

exploration of glissando - where a note is raised or lowered in pitch to another note with as gradual a transition as possible  
create an airy and fluid backdrop

### requirements

3 pitched instruments or more  
players capable of playing an upward or downward glissando  
1 designated conductor / facilitator

### guidance

#### version 1

start by quietly playing the note you arrived at in the piece 'centering'  
do not listen to what is going on around you  
play this note for any length followed by a gap of similar length  
use a sweet tone  
gradually increase the volume to moderate  
after 10 repetitions or when instructed by the conductor / facilitator play the note followed by a glissando up to any note not more than one octave above the first  
the glissando may be of any duration  
do not dwell on the resting point  
repeat the whole process keeping the same starting and finishing point but varying the lengths of the notes and duration of the glissando  
when instructed by the conductor / facilitator switch the glissando to a note below the starting note arrived at in 'centering'  
when instructed by the conductor / facilitator switch the glissando to a note above the starting note arrived at in 'centering'  
the conductor / facilitator may flip the direction of the glissando as often as they like  
stop after 15 minutes or when instructed by the conductor / facilitator

#### version 2

as per version 1 but flip from upward to downward glissando at will  
do listen to what is going on around you and vary the finishing point of the glissando but never change the starting point  
stop after 15 minutes or when instructed by the conductor / facilitator

