

108: A Mala for Pauline

by Tom Bickley, Berkeley, California, 25 November 2016

108 actions in 9 sections for performance by one or more people

when choosing loudness, consider a dynamic trajectory in your loudness, e.g. <>; if performing with others, ensure that your own volume does not mask the sound of other performers;

performers using voice in sections II – VIII should use a syllable such as “mah” or “kah,” i.e., ending with an easily sustained open vowel

performers using bells/chimes in sections II-VIII may or may not choose to dampen the bell/chime once the duration of one length of breath has passed.

if performed by more than one person, begin together, thereafter each person moves along at their own unhurried pace

each section may be performed by a different combination of performers

I dedicate this work to Pauline Oliveros (1932-2016), with deepest gratitude, love, and listening.



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I for presence/being present (sung)

1 inhale

2 exhale

3 listen deeply

4 sing OM on a comfortably low pitch, held for a length of breath; choose your loudness

5 listen to the room or immediate space you are in

6 sing MAHNI on a pitch in the middle of your vocal range, held for a length of breath;
distribute the syllables as you choose; choose your loudness

7 listen to the building or larger area in which the room/space you are in is located

8 sing PAHDMAY on a comfortably high pitch, held for a length of breath; distribute the
syllables as you choose; choose your loudness

9 listen to the region

10 hum HUM on a pitch in the middle of your vocal range, held for a length of breath;
choose your loudness

11 listen to the continent

12 smile at a nearby sentient being

II for Avalokiteshvara (sounding using voice or a sound-producing object/instrument)

1 inhale

2 exhale

3 listen deeply

4 sound a comfortably low sound, held for a length of breath; choose your loudness

5 listen to the building or larger area in which the room/ space you are in is located

6 sound in the middle of your range, held for a length of breath; choose your loudness

7 listen to the region

8 sound a comfortably high sound, held for a length of breath; choose your loudness

9 listen to the continent

10 sound in the middle of your range, held for a length of breath; choose your loudness

11 listen to the hemisphere you are in

12 smile compassionately at all sentient beings

III for generosity (sounding using voice or a sound-producing object/instrument)

1 inhale

2 exhale

3 listen deeply

4 sound a comfortably low pitch different from the one you sounded in section *II*, held for a length of breath; choose your loudness

5 listen to the region

6 sound in the middle of your range, different from the sound you sounded in section *II*, held for a length of breath; choose your loudness

7 listen to the continent

8 sound a comfortably high pitch, different from the sound you sounded in section *II*, held for a length of breath; choose your loudness

9 listen to the hemisphere you are in

10 sound a pitch in the middle of your range, different from the sound you sounded in section *II*, held for a length of breath; choose your loudness

11 listen to the hemisphere north or south of the one you are in

12 smile at a generous sentient being

IV for ethics (sounding using voice or a sound-producing object/instrument)

1 inhale

2 exhale

3 listen deeply

4 sound a comfortably low pitch different from the one you sounded in section *III*, held for a length of breath; choose your loudness

5 listen to the continent

6 sound in the middle of your range, different from the sound you sounded in section *III*, held for a length of breath; choose your loudness

7 listen to hemisphere you are in

8 sound a comfortably high pitch, different from the sound you sounded in section *III*, held for a length of breath; choose your loudness

9 listen to the hemisphere north or south of the one you are in

10 sound a pitch in the middle of your range, different from the sound you sounded in section *III*, held for a length of breath; choose your loudness

11 listen to the hemisphere east or west of the one you are in

12 smile at an ethical sentient being

V for patience (sounding using voice or a sound-producing object/instrument)

1 inhale

2 exhale

3 listen deeply

4 sound a comfortably low pitch different from the one you sounded in section *IV*, held for a length of breath; choose your loudness

5 listen to the hemisphere

6 sound in the middle of your range, different from the sound you sounded in section *IV*, held for a length of breath; choose your loudness

7 listen to hemisphere north or south of the one you are in

8 sound a comfortably high pitch, different from the sound you sounded in section *IV*, held for a length of breath; choose your loudness

9 listen to the hemisphere east or west of the one you are in

10 sound a pitch in the middle of your range, different from the sound you sounded in section *IV*, held for a length of breath; choose your loudness

11 listen to the oceans/all bodies of water

12 smile at a patient sentient being

VI for diligence (sounding using voice or a sound-producing object/instrument)

1 inhale

2 exhale

3 listen deeply

4 sound a comfortably low pitch different from the one you sounded in section V, held for a length of breath; choose your loudness

5 listen to the hemisphere north or south of the one you are in

6 sound in the middle of your range, different from the sound you sounded in section V, held for a length of breath; choose your loudness

7 listen to hemisphere east or west of the one you are in

8 sound a comfortably high pitch, different from the sound you sounded in section V, held for a length of breath; choose your loudness

9 listen to the oceans/all bodies of water

10 sound a pitch in the middle of your range, different from the sound you sounded in section V, held for a length of breath; choose your loudness

11 listen to the planet

12 smile at a diligent sentient being

VII for renunciation (sounding using voice or a sound-producing object/instrument)

1 inhale

2 exhale

3 listen deeply

4 sound a comfortably low pitch different from the one you sounded in section VI, held for a length of breath; choose your loudness

5 listen to the hemisphere east or west of the one you are in

6 sound in the middle of your range, different from the sound you sounded in section VI, held for a length of breath; choose your loudness

7 listen to the oceans/all bodies of water

8 sound a comfortably high pitch, different from the sound you sounded in section VI, held for a length of breath; choose your loudness

9 listen to the planet

10 sound a pitch in the middle of your range, different from the sound you sounded in section VI, held for a length of breath; choose your loudness

11 listen to the solar system

12 smile at a sentient being who has renounced greed/possessiveness

VIII for wisdom (sounding using voice or a sound-producing object/instrument)

1 inhale

2 exhale

3 listen deeply

4 sound a comfortably low pitch different from the one you sounded in section *VII*, held for a length of breath; choose your loudness

5 listen to the oceans/all bodies of water

6 sound in the middle of your range, different from the sound you sounded in section *VII*, held for a length of breath; choose your loudness

7 listen to the planet

8 sound a comfortably high pitch, different from the sound you sounded in section *VII*, held for a length of breath; choose your loudness

9 listen to the solar system

10 sound a pitch in the middle of your range, different from the sound you sounded in section *VII*, held for a length of breath; choose your loudness

11 listen to the galaxy

12 smile at a wise sentient being

IX for Liberation for ALL (sung)

1 inhale

2 exhale

3 listen deeply

4 sing GAHTAY on a comfortably low pitch, held for a length of breath; distribute the syllables as you choose; choose your loudness

5 listen to this planet

6 sing GAHTAY PARAGAHTAY on a pitch in the middle of your vocal range, held for a length of breath; distribute the syllables as you choose; choose your loudness

7 listen to this solar system

8 sing PARASAHM GAHTAY on a comfortably high pitch, held for a length of breath; distribute the syllables as you choose; choose your loudness

9 listen to the galaxy

10 sing BODHI SVAHA on a pitch in the middle of your vocal range, held for a length of breath; distribute the syllables as you choose; choose your loudness

11 listen to the universe

12 smile at a sentient being who has departed this life.