

## Chakra song

A collection of pieces for small to large ensemble; any instrumentation.

Durations: variable.

Sage J Harlow (Sage Pbbbt)  
© 2016

[SagePbbbt.com](http://SagePbbbt.com)

## 1. Root

Play from the bottom of your spine.

Play by yourself.

When you feel struck by another sound, react—fight it, by making a better sound, or run away from it. (Try not to think, just react. This section perhaps requires practice at reacting in these two extreme ways.)

## 2. Sacral

Play from your sex organs.

Explore the musical relationships in the group.

Explore pleasure, violence and emotion by yourself and with others (musically).

## 3. Solar Plexus

Play from your navel.

Explore the power you have in the musical relationships of the group.

Explore any fear or anxiety you have in the piece so far.

## 4. Heart

Play from your heart.

Play with love.

## 5. Throat

Play from your throat.

Explore making your voice heard in the group.

## 6. Third-eye.

Play from your 'third-eye'.

Let go of your 'self'.

Play intuitively.

Let go.

## 7. Crown

Play from the crown of your head.

Play silently.

Listen.

## Additionally Instructions for Skeptics

If you feel skeptical about this kind of thing (generally, or just at this moment) or if you just don't like it, or if you just feel like playing this section today...

Follow the score, but play a *parody* of each 'chakra'. Try to make your parody obvious.

Everyone should consider the 'parody' playing as 'valid' or 'authentic' a response to the score as those not playing the parody version. Parodists should consider the non-parody playing as 'valid' or 'authentic' a response to a score as those not playing a parody. (And one shouldn't consider playing the score 'authentically' as having any investment in any spiritual, religious or cultural system, of course!)

Performances of all parody, no parody, or some combination all have equal validity.