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Title

A Guide to Feeling Anything

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A Guide to Feeling Anything

a cycle of rounds and interludes

Instrumentation

4 Voices (Bass clef parts available,
no specific vocal type required)

2 Violins

Viola

Cello

Program Note

A Guide to Feeling Anything was written as a response to the Covid-19 pandemic. Throughout this time, it can be easy to shut ourselves away. With us we take our emotions, and sometimes they begin to fester and they weigh on us. This piece is an exploration on how to feel something, anything, and address those feelings during a time such as this. How can we confront our mind, our city, our country, ourselves, and do something about it? How can we make something of it? This work paints the picture of one possibility. The process is individual, but in this community of artists, thinkers, everybody really, there is always hope, encouragement to keep going. A need to keep going. This time demands it.

The cyclic nature of the music seeks to represent the constant back and forth dialogue that we all have been engaging with internally, or through the television. Conceptually, the use of rounds as a formal construct speak to the repetitive nature of self-quarantine. The string quartet acts as a wordless narrator, a companion, a shadow and a reflection.

The text is original, and is intentionally vague, though riddled with visceral description. How these texts connect to one another, or in the larger scheme of the work, is up to you.

Texts:

I. This is a guide to feeling anything
when it's your God who's the one that's on his knees.

III. Anger, malice, adoration,
mangled peace and contemplation,
joyful mourning, exultation,
rinse repeat till you can't take it.

Twisted, fragile, so worth saving,
frozen tension so amazing,
humbled begging, writhing, dreaming,
close your eyes it's almost easy.

V. Sleep and don't be eager.
This is not the time for craving in absence, no.
Can't I just this once? Oh, God!
Take this wanton urging and sow
something more than what was before.
Replenish what was spent,
and try to feel how you felt then.
Replenish what was spent,
and try to feel that way again.
Confrontation is by design.
Listen closely or you'll get tired, so tired.
I'm tired.

VII. Once while flying, I saw rain weep.
It wept softly trying to sleep.
Wet with worry I held it there.
Be still.
You're safe now.
Be still.
Go, and fall well.

VIII. When the curtain falls, what do you see?
Steady yourself.
Breathe, please breathe.
Breathe, just breathe.
Is this what you wanted?
No?
Sway in rebellion!
Alone.
I am full.
Evergreen, I'll explode the dark.
This is a guide.

Dur. = 16'30"

for all of us

A Guide to Feeling Anything

a cycle of rounds and interludes

Nathan Hudson

I.
♩=50 **Ethereal, as if opening a door that
was previously closed**

Voice 1: *p* This is a guide to feel-ing a - ny - thing when it's your God who's the one that's on His knees. It's a guide to feel - ing

Violin 1: *pp* con sord.

Violin 2: *pp* con sord.

Viola: *pp* con sord.

Violoncello: *pp*

Voice 1: *mf* a - ny - thing when it's your God who's the one that's on His knees. It's a guide to feel - ing a - ny - thing when it's your

Voice 2: *mf* feel-ing a - ny - thing when it's your God who's the one that's on His knees. It's a guide to feel - ing a - ny -

Voice 3: *mf* This is a guide to feel - ing

Vln. 1: *p*

Vln. 2: *p*

Vla.: *p*

Vc.: *p*

11

Voice 1 *f*
 God who's the one that's on His knees. It's a guide to feel - ing a - ny - thing when it's your

Voice 2 *f*
 thing when it's your God who's the one that's on His knees. It's a guide to feel - ing a - ny -

Voice 3 *f*
 a - ny - thing when it's your God who's the one that's on His knees. It's a guide to feel - ing

Voice 4 *f*
 This is a guide to

Vln. 1 *mf*

Vln. 2 *mf*

Vla. *mf*

Vc. *mf*

15

Voice 1 *ff*
 God who's the one that's on His knees. This is a guide, a guide, a guide, a guide, ah!

Voice 2 *ff*
 thing when it's your God who's the one that's on His knees. This is a guide, a guide, a guide, ah!

Voice 3 *ff*
 a - ny - thing when it's your God who's the one that's on His knees. This is a guide, a guide, ah!

Voice 4 *ff*
 feel - ing a - ny - thing when it's your God who's the one that's on His knees. This is a guide, ah!

Vln. 1 *f* *ff*

Vln. 2 *f* *ff*

Vla. *f* *ff*

Vc. *f* *ff*

II. Trailing off, a story by told someone
who already knows how it ends

19

$\text{♩} = 84$

Musical score for measures 19-27. The score is for four staves: Vln. 1, Vln. 2, Vla., and Vc. The key signature has one sharp (F#) and the time signature is 4/4. The music begins with a forte (*f*) dynamic and gradually decays to a mezzo-forte (*mf*) dynamic by measure 27. The Vln. 1 part features a melodic line with many slurs and accents, while the other instruments provide harmonic support with sustained notes and moving lines.

28

Musical score for measures 28-35. The dynamics continue to decrease, reaching a piano (*p*) level by measure 35. The melodic lines in all instruments become more sparse and the overall texture is lighter. The Vln. 1 part continues with its characteristic slurred and accented notes.

36

Musical score for measures 36-43. The music is marked with "transition to non vib." in the right margin for each staff, indicating a change in vibrato technique. The dynamics remain at a piano (*p*) level. The melodic lines are becoming more fragmented and the overall mood is one of fading away.

44

poco rit.
non vib.

Musical score for measures 44-51. The music is marked with "poco rit." and "non vib." at the beginning of the section. The dynamics are now pianissimo (*pp*). The melodic lines are very sparse and the overall texture is extremely light, suggesting the end of the piece. The Vln. 1 part has a few final notes with slurs and accents.

III.

mf $\text{♩} = 96$ Measured and machine like;
like an infomercial, only human.

51

Voice 1 *mf* An-ger, ma-lice, a - do - ra - tion, man-gled peace and con-tem-pla-tion, joy - ful mour-ning ex - ul - ta-tion, rinse re-peat till you can't take it.

Voice 2

Voice 3

Voice 4

$\text{♩} = 96$
senza sord.
pizz.

Vln. 1 *pp* senza sord. pizz.

Vln. 2 *pp* senza sord. pizz.

Vla. *pp* senza sord. pizz.

Vc. *pp*

59

Voice 1 An - ger, ma - lice, a - do - ra - tion, man-gled peace and con-tem-pla-tion, joy - ful mour-ning ex - ul - ta-tion, rinse re-peat till

Voice 2 *mf* An - ger, ma - lice, a - do - ra - tion, man-gled peace and con-tem-pla-tion, joy - ful mour-ning

Voice 3

Voice 4

Vln. 1 *p*

Vln. 2 *p*

Vla. *p*

Vc. *p*

66

Voice 1 *f*
you can't take it. An-ger, ma-lice, a-do-ra-tion, man-gled peace and con-tem-pla-tion, joy-ful mour-ning ex-ul-ta-tion,

Voice 2 *f*
ex-ul-ta-tion, rinse re-peat till you can't take it. An-ger, ma-lice, a-do-ra-tion, man-gled peace and con-tem-pla-tion,

Voice 3 *f*
An-ger, ma-lice, a-do-ra-tion, man-gled peace and con-tem-pla-tion, joy-ful mour-ning ex-ul-

Voice 4

Vln. 1 *mf*

Vln. 2 *mf*

Vla. *mf*

Vc. *mf*

73

Voice 1 *ff*
rinse re-peat till you can't take it. Twis-ted, fra-gile, so worth sa-ving, fro-zen ten-sion so a-ma-zing, hum-bled, beg-ging,

Voice 2 *ff*
joy-ful mour-ning ex-ul-ta-tion, rinse re-peat till you can't take it. Twis-ted, fra-gile, so worth sa-ving, fro-zen ten-sion

Voice 3 *ff*
ta-tion, rinse re-peat till you can't take it. Twis-ted, fra-gile, so worth sa-ving, fro-zen ten-sion so a-ma-zing, hum-bled,

Voice 4 *ff*
Twis-ted, fra-gile, so worth sa-ving, fro-zen

Vln. 1 arco pizz. *p* *f*

Vln. 2 arco pizz. *p* *f*

Vla. arco pizz. *p* *f*

Vc. *f*

80

Voice 1
wri-thing, dream-ing, close your eyes, it's al-most ea-sy. Twis-ted, fra-gile, so worth sa-ving, close your eyes, it's

Voice 2
so a-ma-zing, hum-bled, beg-ging, wri-thing, dream-ing, close your eyes, it's al-most ea-sy. Twis-ted, fra-gile,

Voice 3
beg-ging, wri-thing, dream-ing, close your eyes, it's al-most ea-sy. Twis-ted, fra-gile, so worth sa-ving, close your

Voice 4
ten-sion so a-ma-zing, hum-bled, beg-ging, wri-thing, dream-ing, close your eyes, it's al-most ea-sy. Twis-ted,

Vln. 1
arco pizz. *p* *f* arco pizz. *ff* arco pizz. *sfz sfz*

Vln. 2
arco pizz. *p* *f* arco pizz. *ff* arco pizz. *sfz sfz*

Vla.
arco pizz. *p* *f* arco pizz. *ff* arco pizz. *sfz sfz*

Vc.
arco pizz. *p* *f* arco pizz. *ff* arco pizz. *sfz sfz*

86

Voice 1
al-most ea-sy. Al al al-most most most ea ea ea sy-sy.

Voice 2
so worth sa-ving, close your eyes, it's al-most ea-sy. Al al-most ea ea ea-sy sy-sy.

Voice 3
eyes, it's al-most ea-sy. close your eyes, it's al-most ea-sy. Al mo oh ee ee.

Voice 4
fra-gile, so worth sa-ving, close your eyes, it's al-most ea-sy. Al mo oh ee.

Vln. 1
arco pizz. *sfz sfz sfz sfz* *mf* *pp*

Vln. 2
arco pizz. *sfz sfz sfz sfz* *mf* *pp*

Vla.
arco pizz. *sfz sfz sfz sfz* *mf* *pp*

Vc.
arco pizz. *sfz sfz sfz sfz* *mf* *pp*

IV.

Sparkling and dancing; musings
on the act of pacing back and forth.

93 $\text{♩} = 144$

93 $\text{♩} = 144$
Vln. 1
Vln. 2
Vla.
Vc. *mf*

103
Vln. 1 *mf*
Vln. 2
Vla.
Vc.

113
Vln. 1 *p*
Vln. 2
Vla. *p*
Vc. *p*

123
Vln. 1
Vln. 2
Vla. *pp*
Vc. *pp*

130
Vln. 1 *pp*
Vln. 2 *pp*
Vla. *mf*
Vc. *mf*

137

Vln. 1

Vln. 2

Vla.

Vc.

sub. p

p

143

Vln. 1

Vln. 2

Vla.

Vc.

ppp

148

Vln. 1

Vln. 2

Vla.

Vc.

Octave up 1st time only

ff

arco

Octave up 1st time only

ff

arco

Octave up 1st time only both times

arco *ff*

2x only

Octave up 1st time only both times

arco *ff*

2x only

p

V.♩=100 As if a lullaby; haunted and unpredictable with pulsing tension *p*

10

158

Voice 1
Sleep and don't be ea - ger. Sleep and don't be ea - ger.

Voice 2
Sleep and don't be ea - ger. Sleep and don't be ea - ger. Sleep and don't be ea - ger.

Voice 3
Sleep and don't be ea -

Voice 4

167

Voice 1
Sleep and don't be ea - ger. *f* This is not the time for cra - ving in ab - sence. This is

Voice 2
Sleep and don't be ea - ger. *f* This is not the time for cra - ving in ab - sence. This is

Voice 3
ger. Sleep and don't be ea - ger. *f* This is not the time for cra - ving in ab - sence. This

Voice 4
Sleep and don't be ea - ger. *f* This is not the time for cra - ving in ab - sence. This

175

Voice 1
not the time for cra - ving in ab - sence, no.

Voice 2
not the time for cra - ving in ab - sence, no.

Voice 3
is not the time for cra - ving in ab - sence, no. *p* Can't I just this

Voice 4
is not the time for cra - ving in ab - sence, no. *p* Can't I just this once? Oh God! Can't I just this once?

184

Voice 1
p Can't I just this once? Oh God! Ah! *f* Take this

Voice 2
p Can't I just this once? Oh God! Can't I just this once? Oh God! Ah! *f* Take this

Voice 3
once? Oh God! Can't I just this once? Oh God! Can't I just this once? Oh God! Ah! *f* Take this

Voice 4
Oh God! Can't I just this once? Oh God! Can't I just this once? Oh God! Ah! *f* Take this

193

Voice 1
wan - ton ur-ging, and sow some thing more than what was be - fore. *p* Re - - - plen-ish what was

Voice 2
wan - ton ur-ging, and sow some thing more than what was be - fore. *p* Re - - - plen-ish

Voice 3
wan - ton ur-ging, and sow some thing more than what was be - fore

Voice 4
wan - ton ur-ging, and sow some thing more than what was be - fore

203

Voice 1
spent, and_ try to feel how you felt then. Re - - - plen-ish what was spent, and_

Voice 2
what was spent, and_ try to feel how you felt then. Re - - - plen-ish what was spent,

Voice 3
p Re - - - plen-ish what was spent,

Voice 4
p Re - - - plen-ish what was

212

Voice 1
try to feel that way a - gain. *f* Now! Con - fron - ta - tion is by de - sign.

Voice 2
and_ try to feel that way a - gain. *f* Now! Con - fron - ta - tion is by de - sign.

Voice 3
and_ try to feel_ that way_ a - gain. *f* Now! Con - fron - ta - tion is by de - sign.

Voice 4
spent, and_ try to feel that way a - gain. *f* Now! Con - fron - ta - tion is by de - sign.

222

Voice 1
Li - sten clo - sely or you'll get tired, so, tired. I'm tired.

Voice 2
Li - sten clo - sely or you'll get tired, so, tired. I'm tired.

Voice 3
Li - sten clo - sely or you'll get tired, so, tired. I'm tired.

Voice 4
Li - sten clo - sely or you'll get so, tired. I'm tired.

VI. Echo-like, but unable to fully disappear
♩=92 *mf*

230

Vln. 1 *mf*

Vln. 2 *mf*

Vla. *pp* — *sfz* *p* *f* *p*

Vc. *pp* — *sfz* *p* *f* *p*

239

Vln. 1

Vln. 2

Vla. *gliss.* *gliss.* *gliss.* *gliss.*

Vc. *gliss.* *gliss.* *gliss.* *gliss.* *gliss.* *gliss.*

245

Vln. 1 *ppp*

Vln. 2 *ppp*

Vla. *gliss.* *gliss.* *gliss.* *gliss.* *ppp*

Vc. *gliss.* *gliss.* *gliss.* *gliss.* *gliss.* *ppp*

VII.

A song; as if told to a group of children eagerly sitting at the feet of your chair.

250 *mf* *1 person*

Voice 1: Once while fly-ing I saw rain weep. It wept soft-ly try-ing to sleep. Wet with wor-ry I held it there.

Vla.: *p* con sord.

259 *p* *mf* *p*

Voice 1: Be still. You're safe now. Be still. Go, and fall well.

Vla.: *p* sul tasto

270 *mf*

Voice 1: Oh nat. Mmm Oh Oh

Vla.: *mf*

277 *f* *mf*

Voice 1: Oh Mmm

Vla.: *p*

VIII.

Desperate, finally resting with an unsettled peace; looking forward

282 *♩=60*

Voice 1
Voice 2
Voice 3
Voice 4

282 *♩=60* *pp* *con sord.*

Vln. 1: *pp* *con sord.*

Vln. 2: *pp* *con sord.*

Vla.: *pp* *con sord.*

Vc.: *pp*

296

Voice 1 *p* When the cur-tain falls, what do you see? Ste-ady your-self. Breathe, please

Voice 2 *p* When the cur-tain falls, what do you see? Ste-ady your-self.

Voice 3 *p* Ste-ady your-self. Breathe,

Voice 4

Vln. 1 *pp*

Vln. 2 *pp*

Vla. *pp*

Vc. *pp*

305

Voice 1 *mf* breathe. Is this what you wanted? No? Sway in re-bel - lion! Mmm.

Voice 2 *mf* Breathe, please breathe. Is this what you wanted? No? Mmm.

Voice 3 *mf* please breathe. Is this what you wanted? No? Sway in re-bel - lion! Mmm.

Voice 4 *p* Breathe, just breathe. Is this what you wanted? No? Mmm.

Vln. 1 *mf*

Vln. 2

Vla.

Vc.

312

15

Voice 1 *p* A - lone. Mmm. *mf* I am full. *p* Mmm. E -

Voice 2 Sway in re-bel lion! *p* A - lone. Mmm. *mf* I am full. *p* Mmm.

Voice 3 A - lone. Mmm. *mf* I am full. *p* Mmm.

Voice 4 Sway in re-bel lion! *p* A - lone. Mmm. *mf* I am full. *p* Mmm.

Vln. 1 *pp* sul tasto

Vln. 2 *pp* sul tasto

Vla. *pp* sul tasto

Vc. *pp*

323

Voice 1 *p* ver - green, I'll ex - plode the dark. The dark. The dark. The dark.

Voice 2 *p* E - - ver - green, I'll ex - plode the dark. The dark. The dark.

Voice 3 *p* E - - ver - green, I'll ex - plode the dark. The dark.

Voice 4 *p* E - - ver - green, I'll ex - plode the dark.

Vln. 1 *p*

Vln. 2 *p*

Vla. *p*

Vc. *p*

331

mf f mf

mf f mf

mf f mf

mf f mf

This is a guide. It's a guide. Mmm. Ah.

This is a guide. It's a guide. Mmm. Ah.

This is a guide. Mmm. Ah.

This is a guide. Mmm. Ah.

nat. mf nat. mf nat. mf nat. mf

Vln. 1

Vln. 2

Vla.

Vc.