

Pendulum Phases

Meditation for solo double bass

Technical instruction

- Every repetition mark is an open repetition.
Repeat as many times as desired,
but limit the use of 2, 4 and 8 repetitions.
- In F to H, transition gradually between cells, so that
it is impossible to hear where one cell ends and another begins
- Let unplayed strings resonate at all times
- Multiphonics are very welcome to the piece at all times,
and are executed by fast bow movements, low bow pressure
and bow placement close to bridge.
- Instructions in parantheses () are clarifications of notation techniques,
and should be utilised whenever said notation technique is used.

Artistic instruction:

*Listen. Don't look.
The score is only an outline.
Listen to the sound of your bass.
The crackling of it's wood
The friction of the bow
The resonance of the room
Listen -
to the sound of your breath.*

*There are no wrong notes here.
Every overtone is beautiful.*

Thomas Aurlund Lossius

Pendulum Phases

A

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Remove left hand occasionally to tune the bass.
Keep harmonics using just the bow.

Sounding

Fingering

(dotted notes are fretted harmonics)

sim. *sim.*

sim. *sim.*

4 B

So.

Fin.

pp *Accelerando/crescendo poco al poco*

10

So.

Fin.

15

So.

Fin.

...al ff (slightly sharp)

C **D**

20

So. *Gradually introduce multiphonics*

Fin. *p*

E

23

So. *Gradually introduce multiphonics*

Fin.

F

26

So.

Fin.

G

30

So. *D.S. once*

Fin. *D.S. once*

35

So.

Fin.

38

So.

Fin.

42

So.

Fin.

p *Accelerando/crescendo poco al poco*

45

So.

Fin.

ff

48 **I**

So.

Fin.

sim. *sim.* *(gliss.)*

With viking feel

53

So.

Fin.

57

So.

Fin.

60 **J**

So.

spiccato

let all open strings resonate