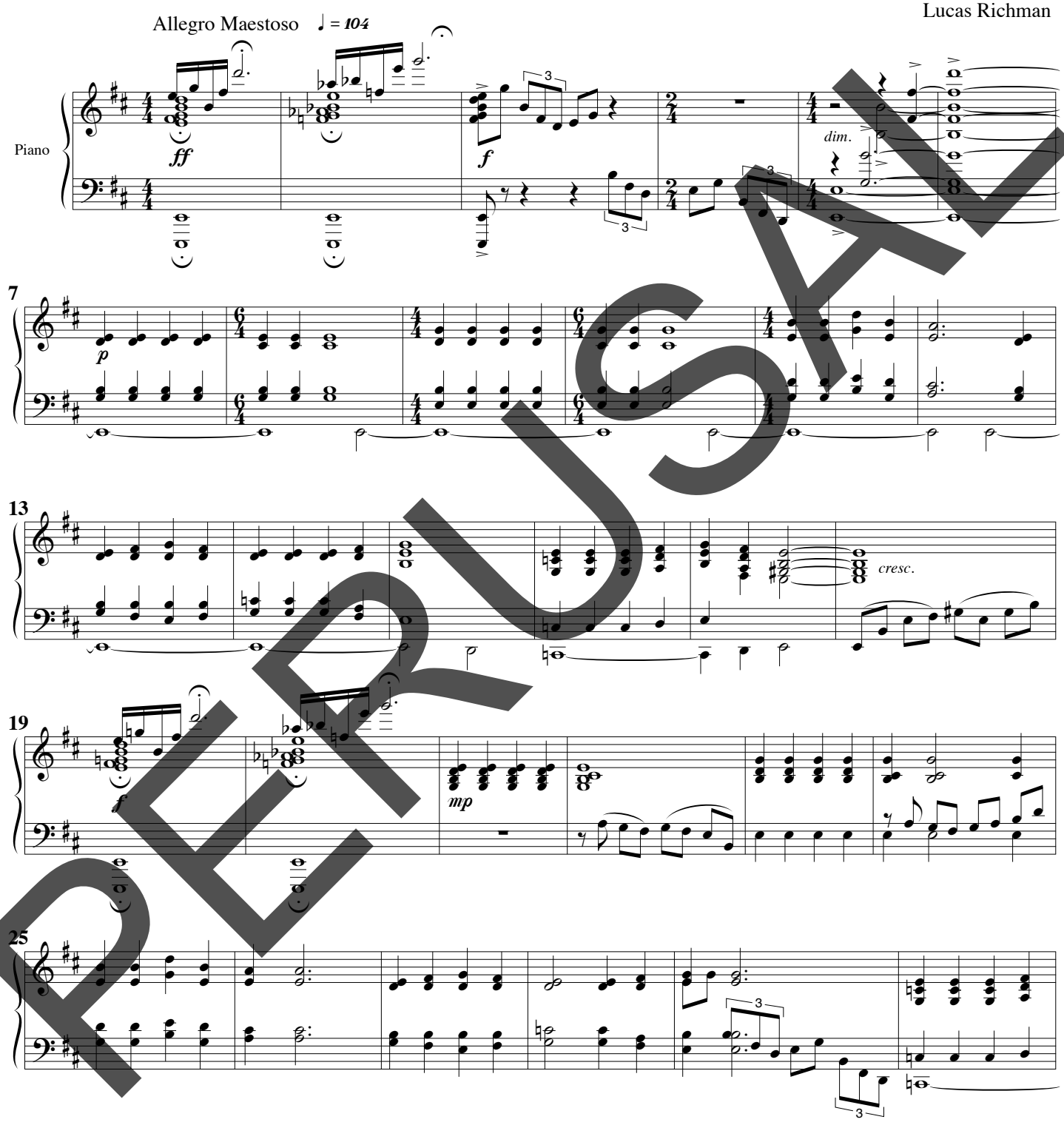
The Seven Circles of Life: A Subud Cantata

I.

Prelude

Lucas Richman



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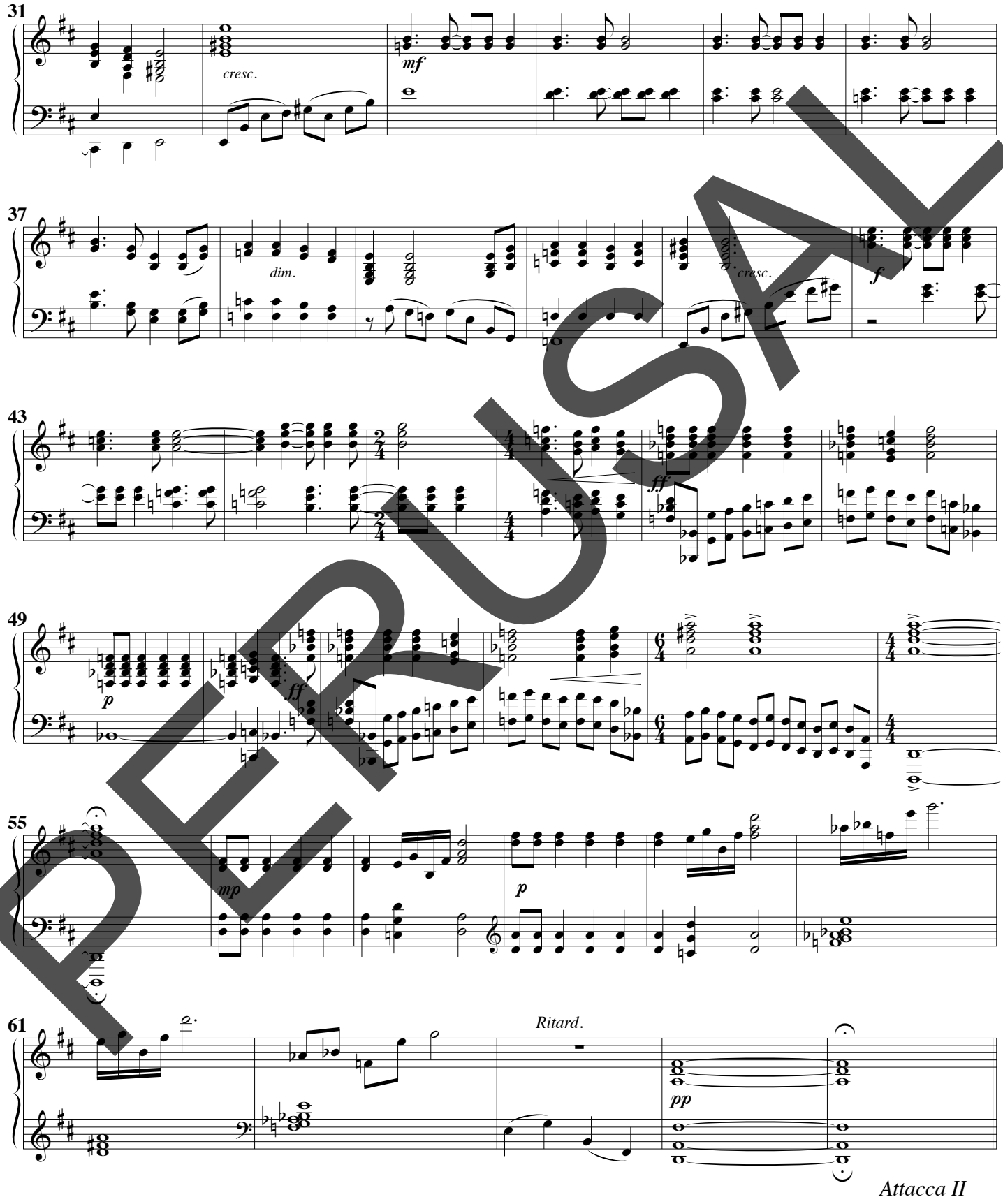
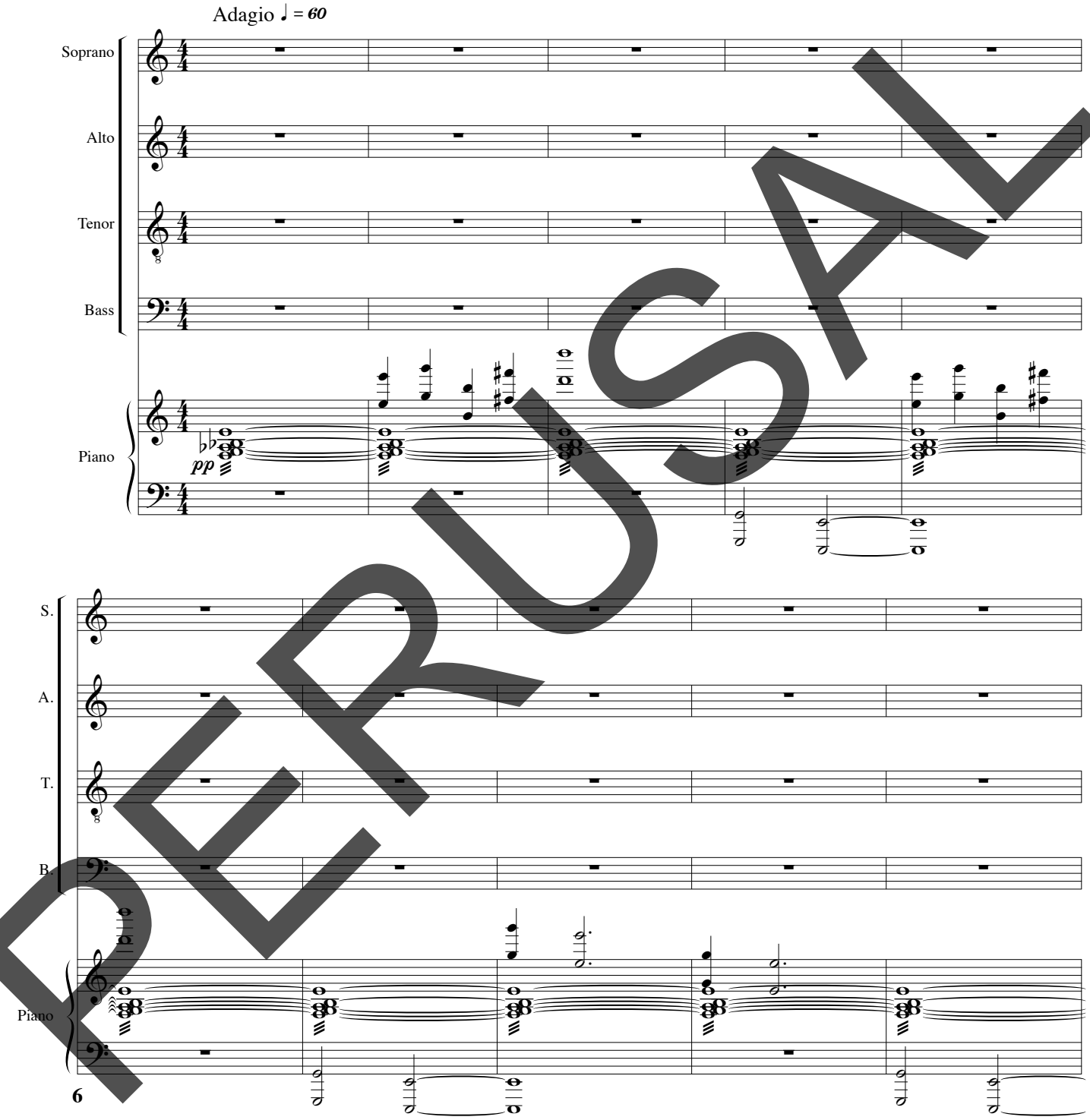

31
cresc.
mf
37
dim.
cresc.
f
43
ff
49
p
ff
55
mp
p
61
Ritard.
pp
Attacca II

PERUSAL

II.

Begin

Lucas Richman



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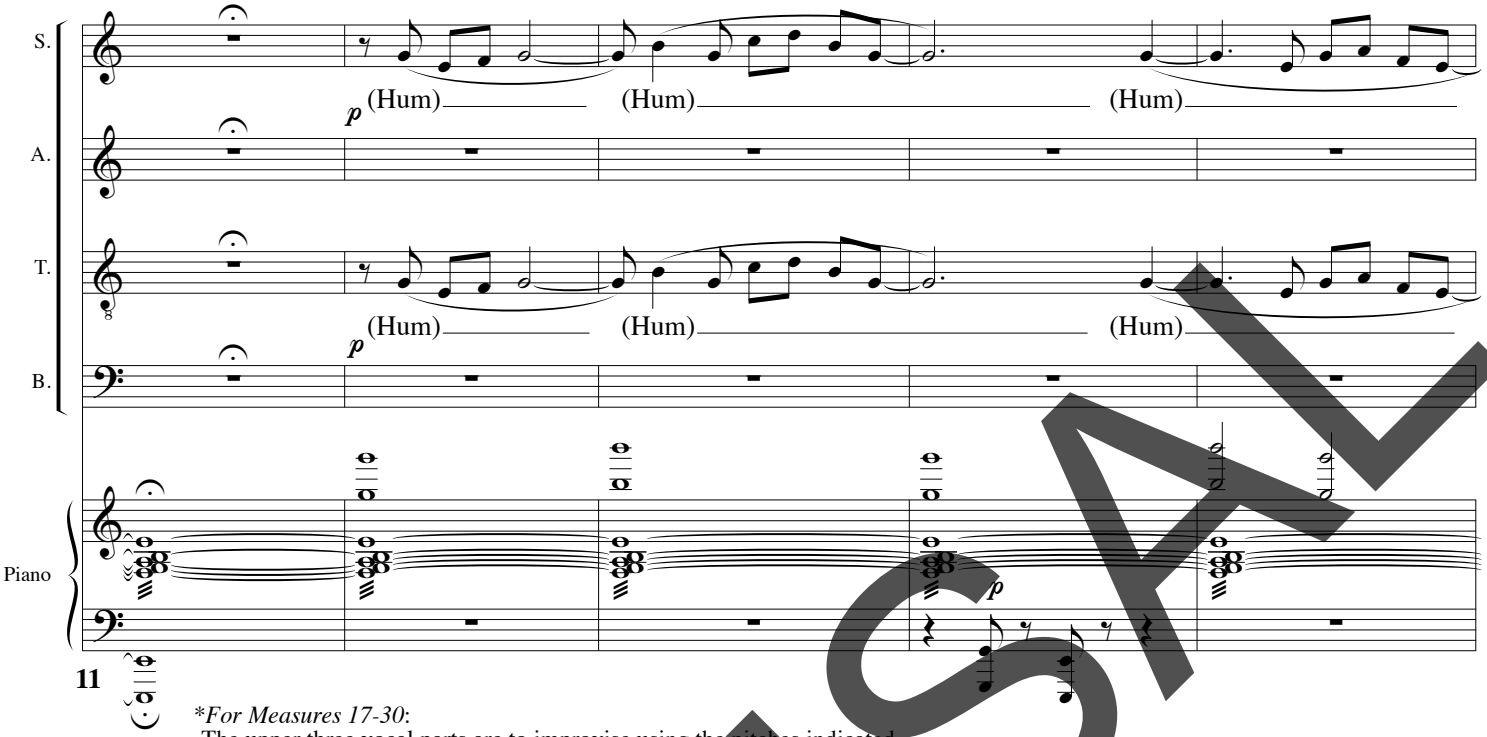
Nar.: Begin...



**For Measures 17-30*:
-The upper three vocal parts are to improvise using the pitches indicated.

-The pitches need not go in the order presented on the page, nor should the singer feel obligated to sing all the pitches, but rather focus on a few clusters at a time.

-Singers may declaim some of the words indicated below and/or translate these words into their own native toungue.

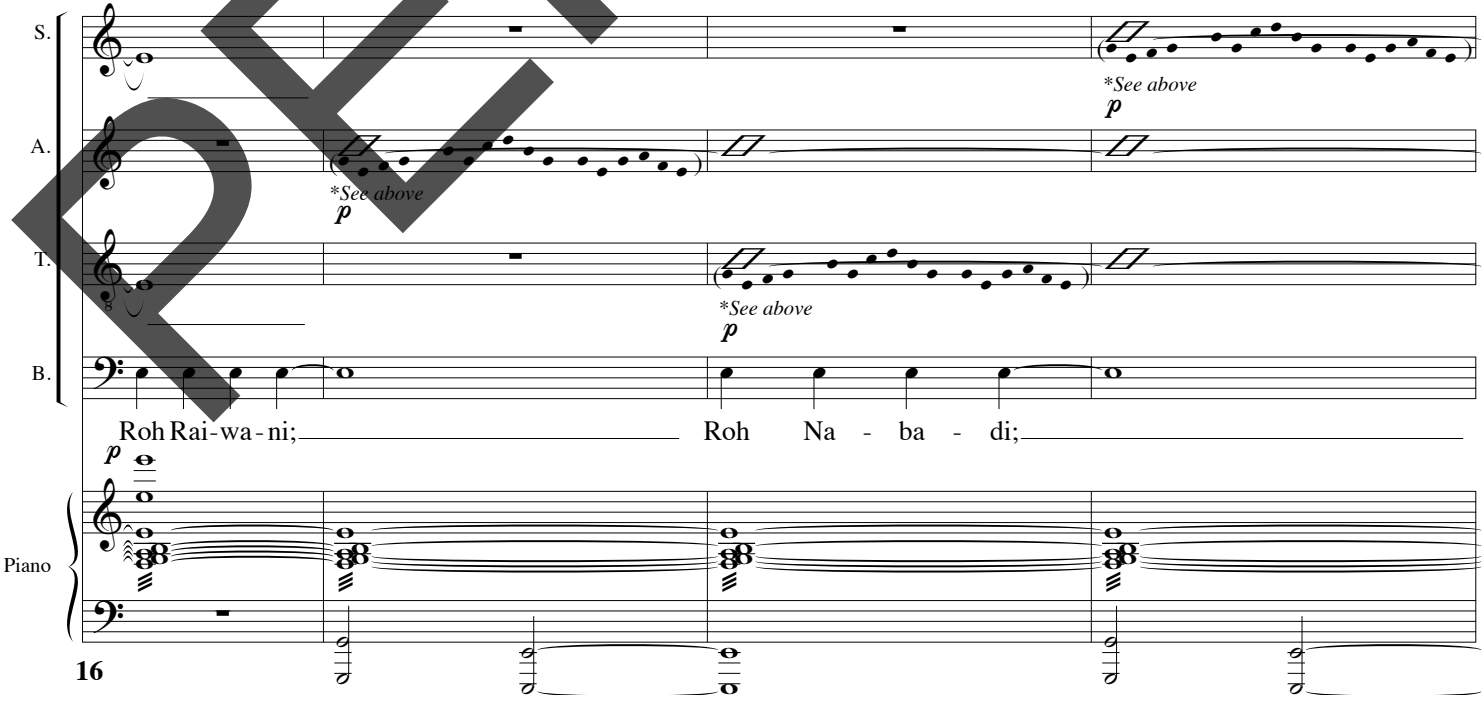
-Words need not be used, however: singers may also incorporate vowel sounds or other percussive vocal noises into the texture.

-The speed at which the words or sounds and pitches are declaimed may vary from very slow to very fast.

-Note: no individual singer should stand out from the rest of the chorus, and singers must be cautious not to make sounds which will elicit laughter from the audience.

Words/Phrases: Thank you, God Allah u Akbar Adonai Sh'ma Yisrael Peace Jesu
Merciful One Praise God Gracias Danke Yes, Allah

Vocal Sounds: Vowels: Ah Eh Ee Oh Oo Rolled R's Humming Nonsense Syllables



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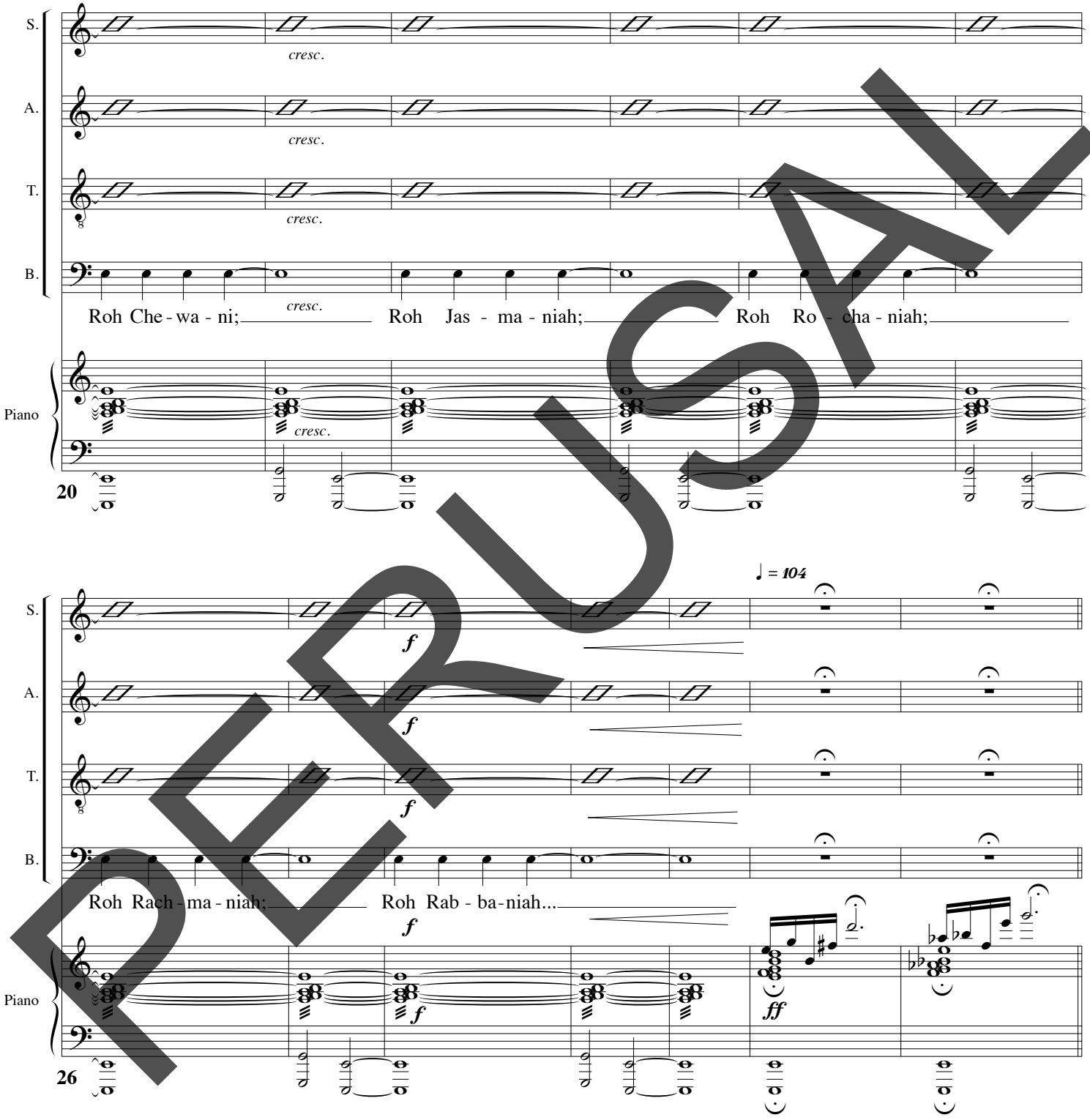


PERUSAL

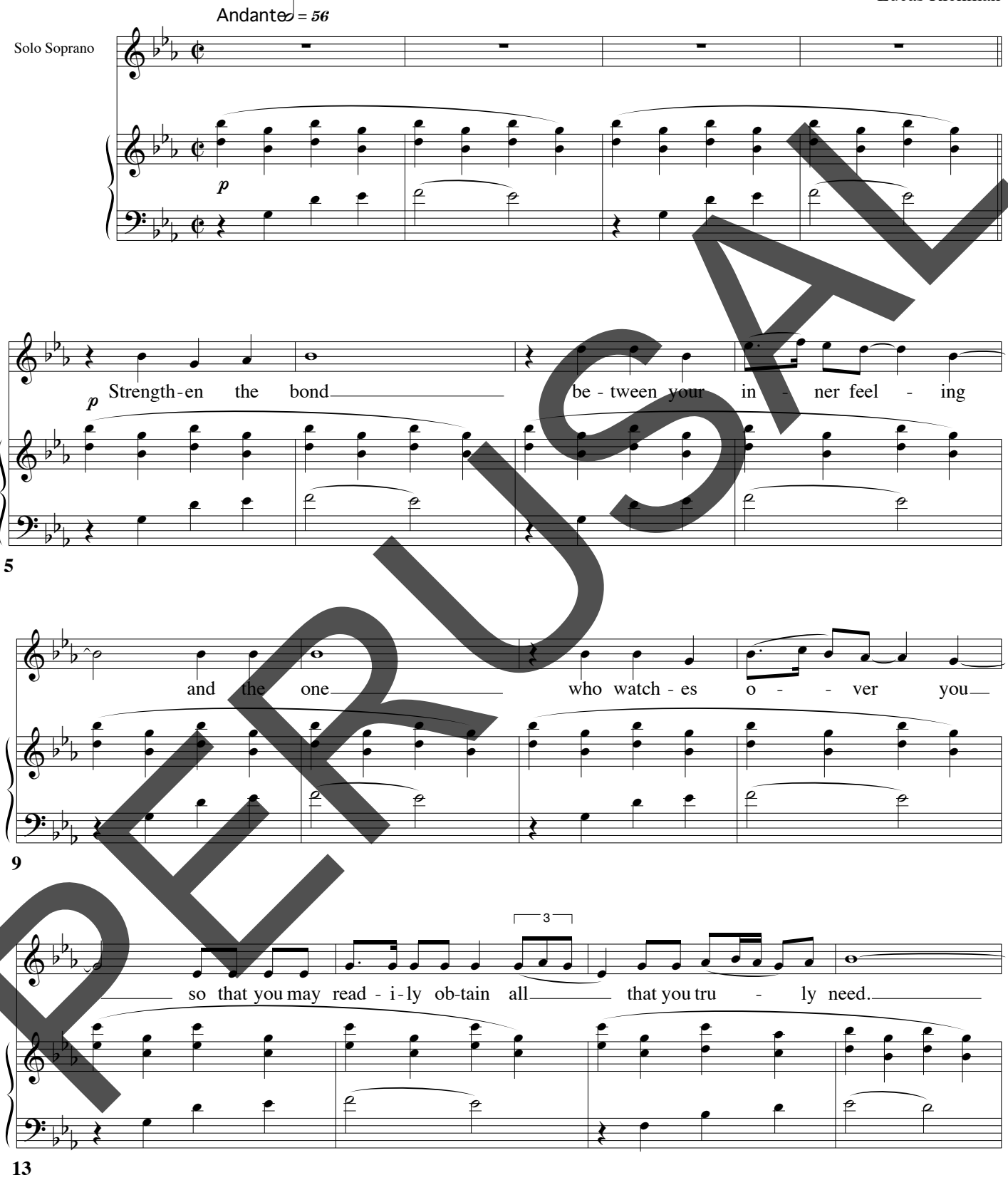
Attacca III

Chapter 5, Megatruh #4
Chapter 13, Dandanggula #45

III.

Strengthen the Bond

Lucas Richman



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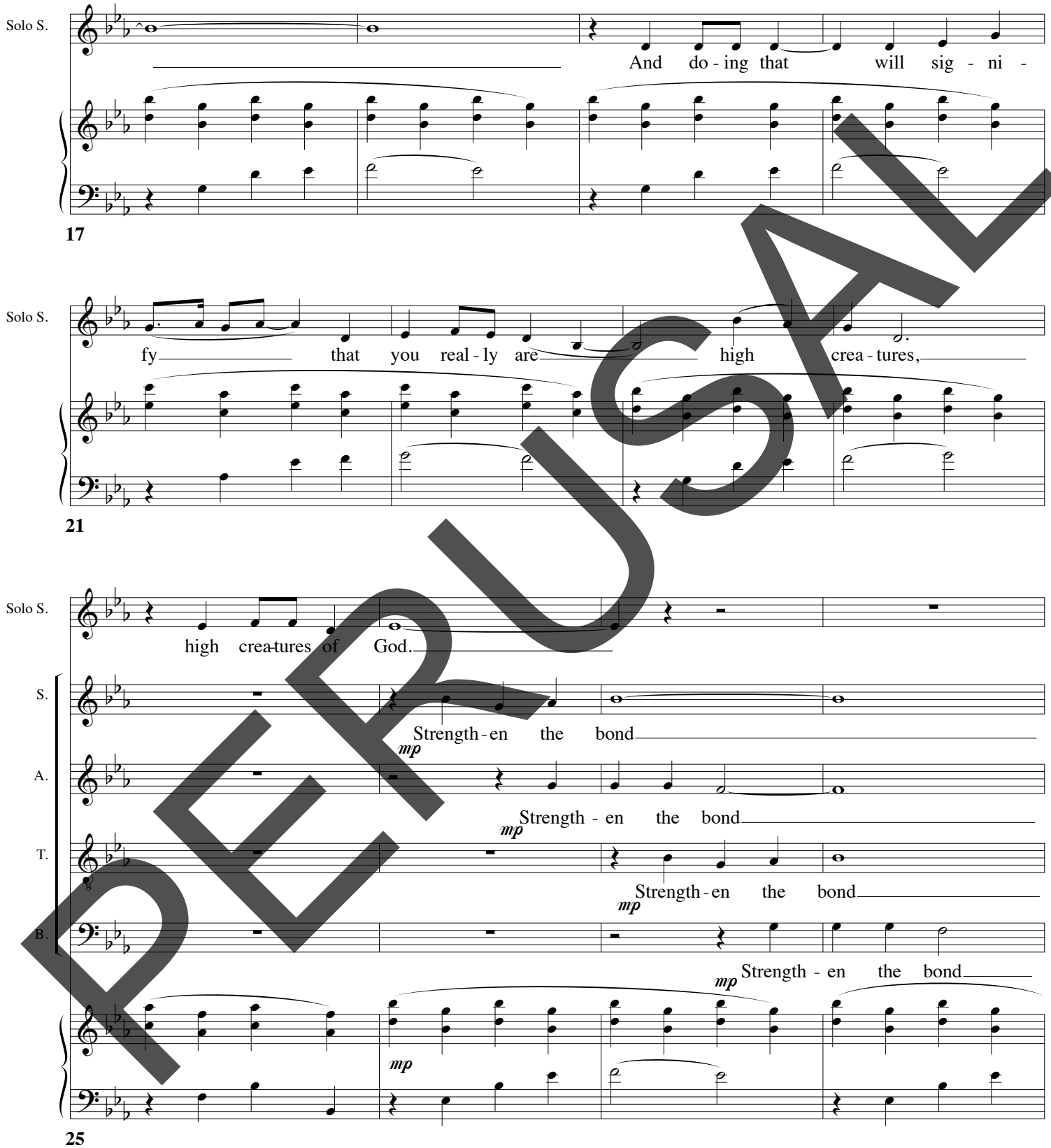
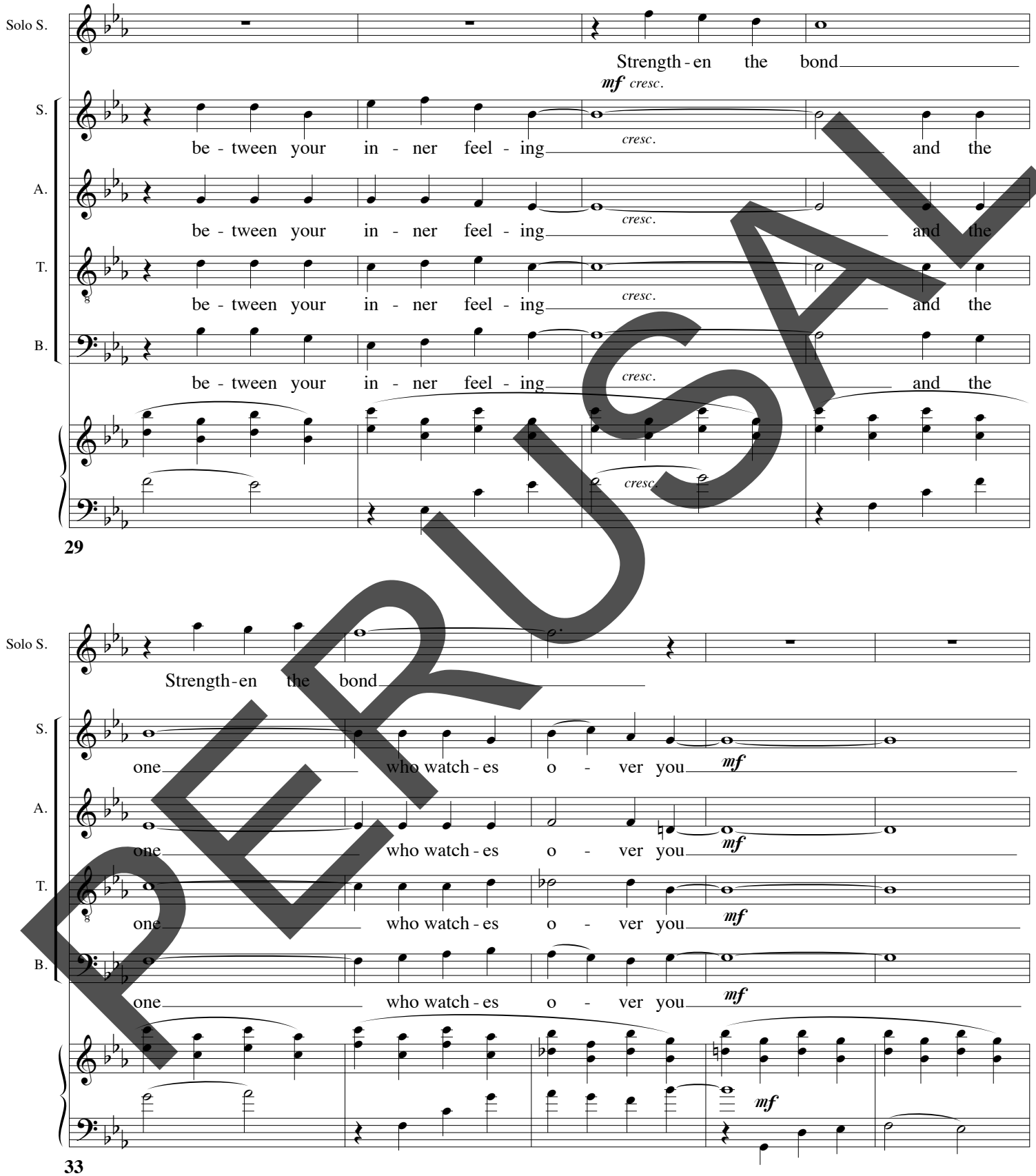
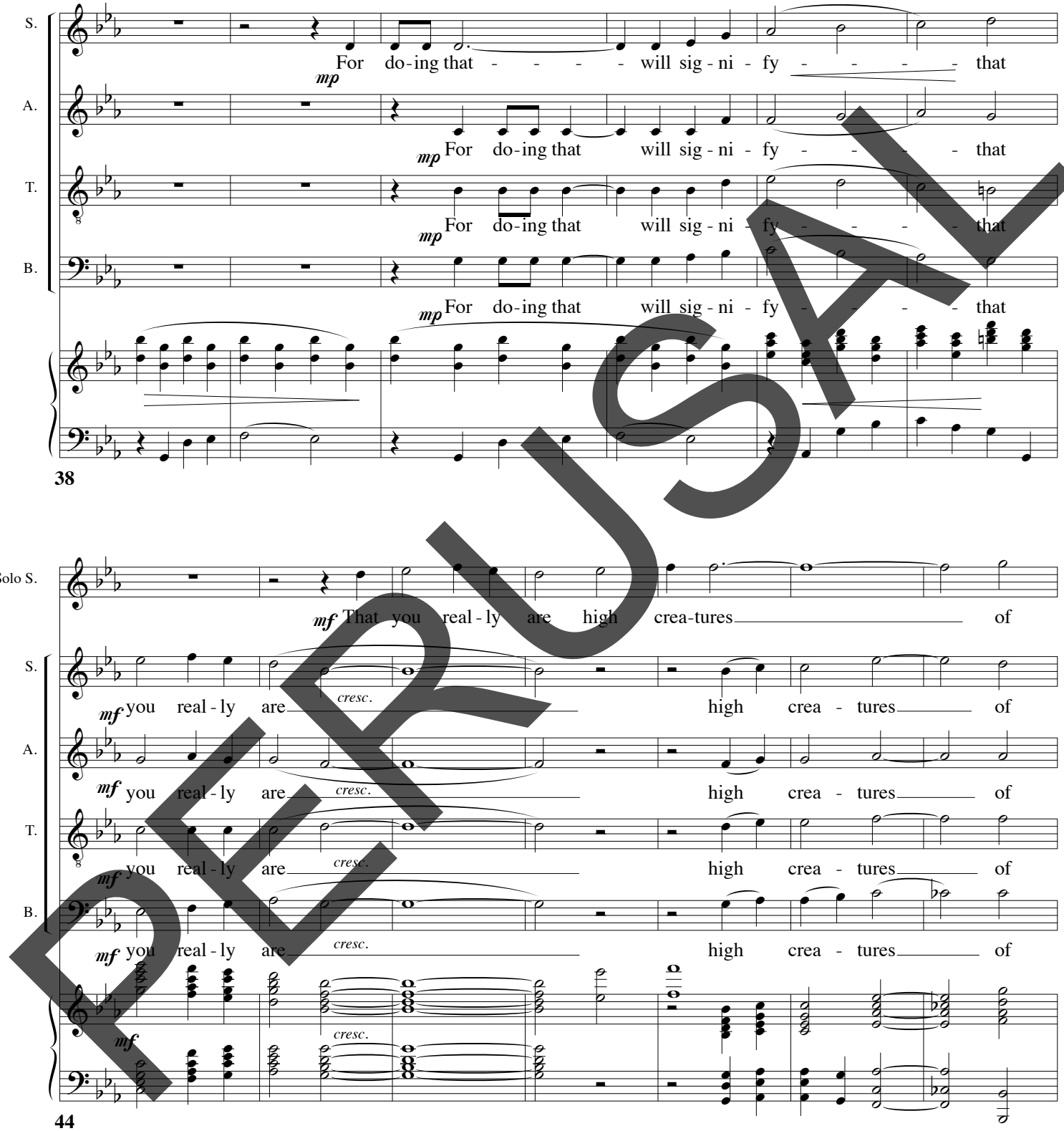

Solo S.
And do - ing that will sig - ni -
17
Solo S.
fy that you real - ly are high crea - tures,
21
Solo S.
high crea-tures of God.
S.
Strength - en the bond
mp
A.
Strength - en the bond
mp
T.
Strength - en the bond
mp
B.
Strength - en the bond
mp
mp
25

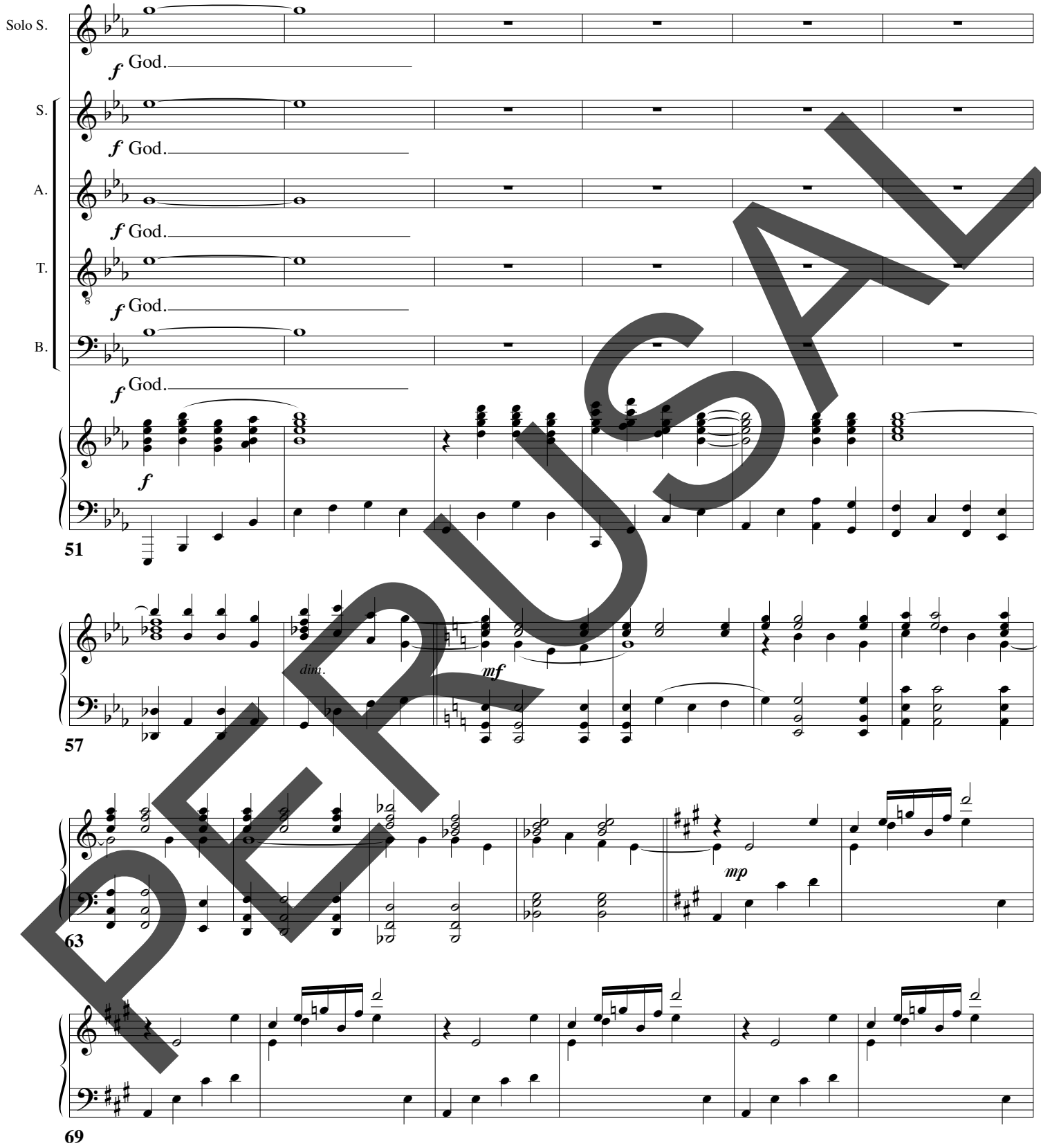
PERUSAL


Solo S.
Strength - en the bond
mf cresc.
S.
be - tween your in - ner feel - ing
cresc.
and the
A.
be - tween your in - ner feel - ing
cresc.
and the
T.
be - tween your in - ner feel - ing
cresc.
and the
B.
be - tween your in - ner feel - ing
cresc.
and the
cresc.
29
Solo S.
Strength - en the bond
S.
one who watch - es o - ver you
mf
A.
one who watch - es o - ver you
mf
T.
one who watch - es o - ver you
mf
B.
one who watch - es o - ver you
mf
mf
33

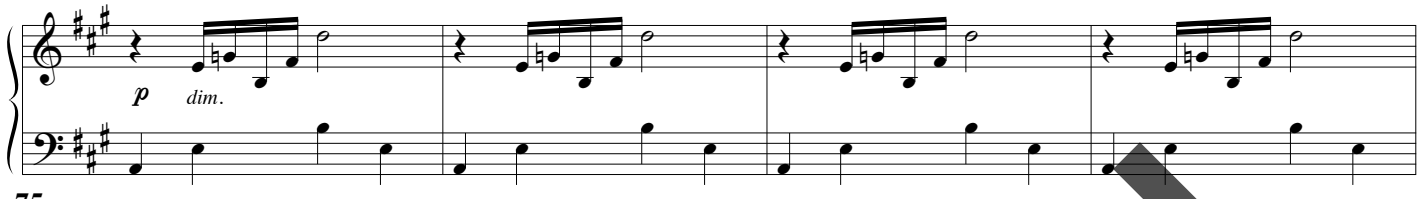
PERUSAL


S.
A.
T.
B.
mp
For do-ing that - - - - will sig-ni-fy - - - - that
38
Solo S.
mf That you real-ly are high crea-tures of
mf you real-ly are cresc. high crea-tures of
44

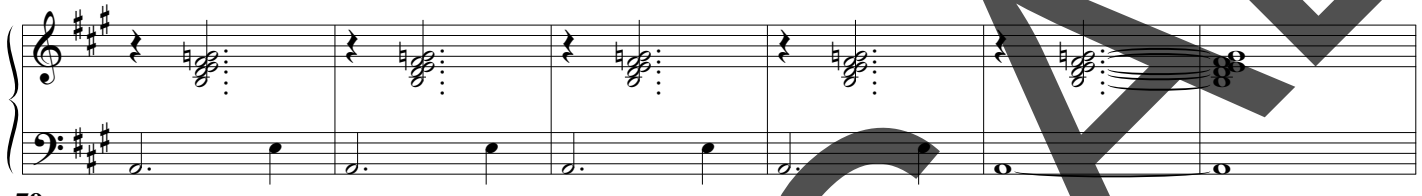
PERUSAL



REPRUSAL

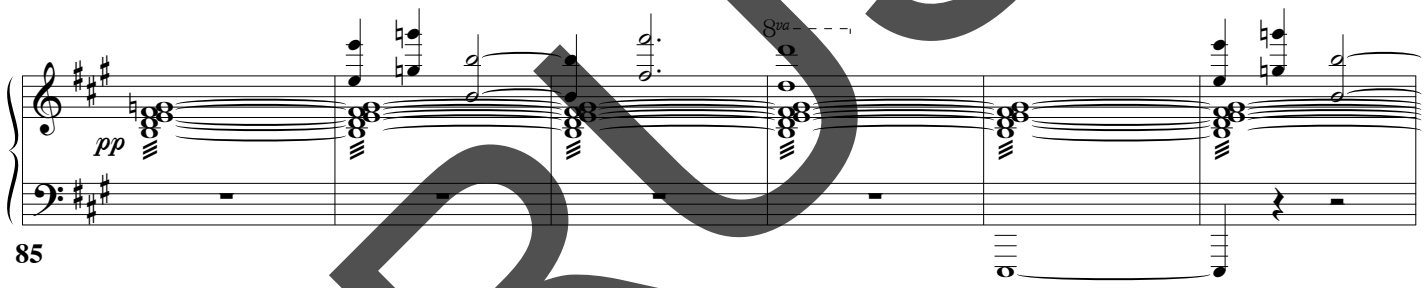


75



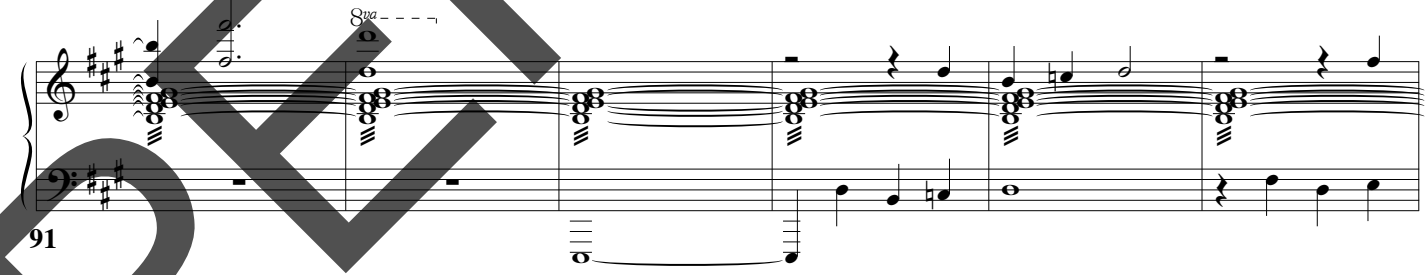
79

Nar.: If a comparison is made with a lamp, the burning flame is its characteristic, while the oil is the force that fills the inner feeling and empowers the heart and mind to work. Clearly, then, the brightness or dimness of the lamplight depends...

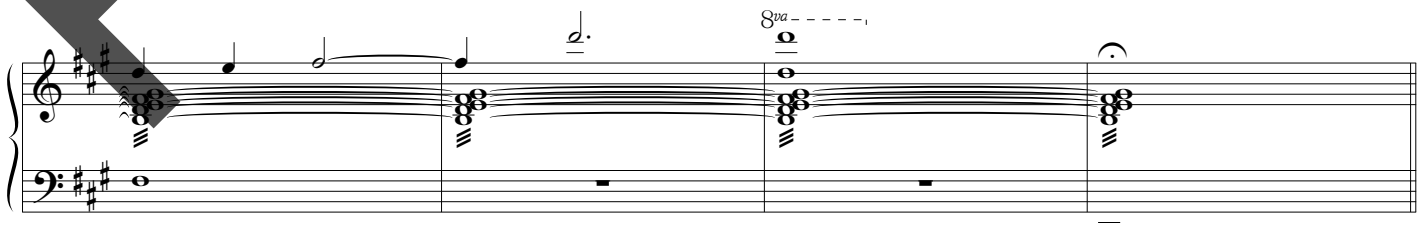


85

Nar.(cont.):...just on the oil. Likewise, where one's heart or mind work well or badly, right or wrongly, depends just on the quality of the force that becomes the content of the inner feeling.



91



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Attacca IV

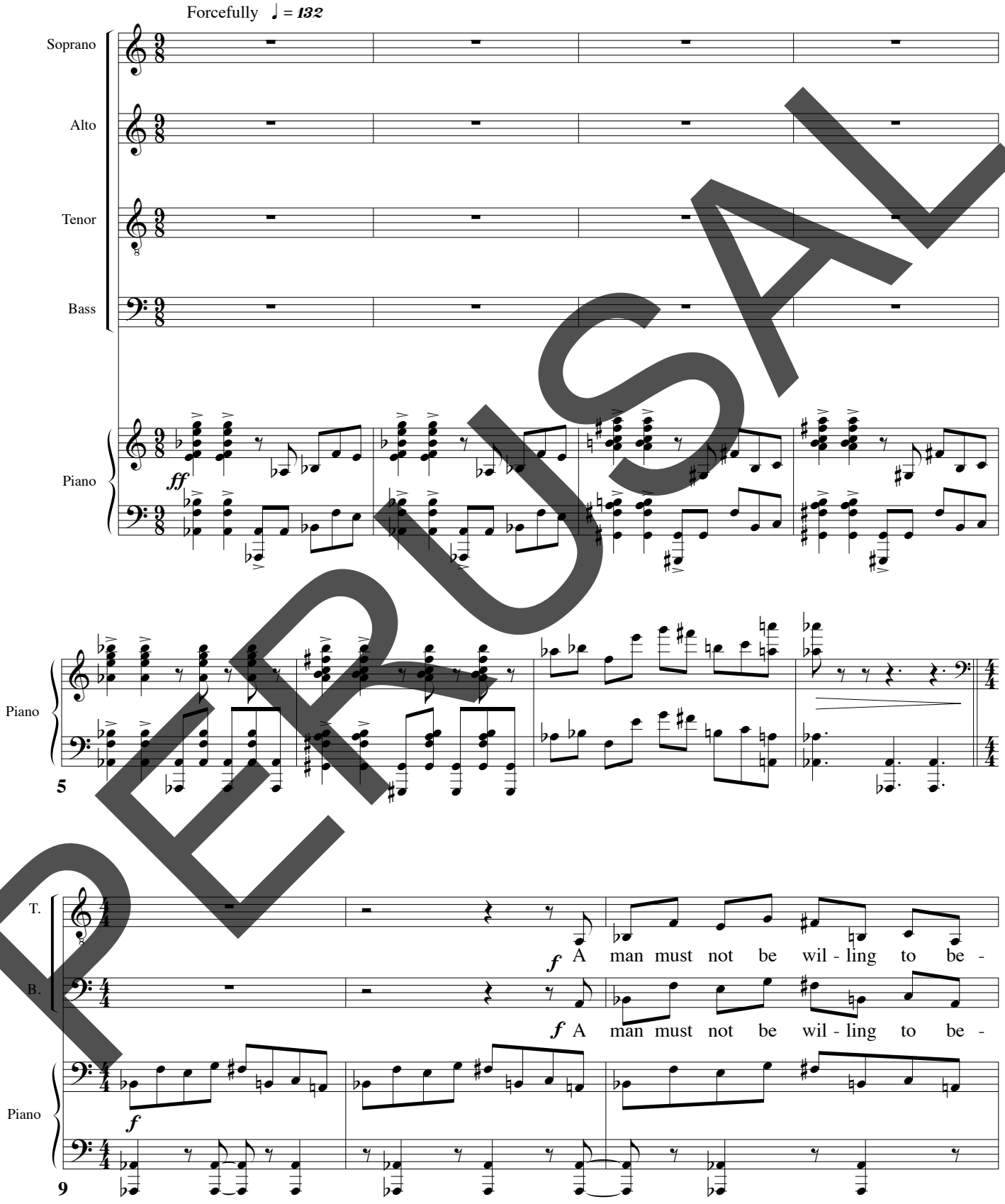
PERUSAL

Chapter 3, Kinanti #31, 52
Chapter 5, Megatruh #41-42

IV.

Roh Raiwani

Lucas Richman



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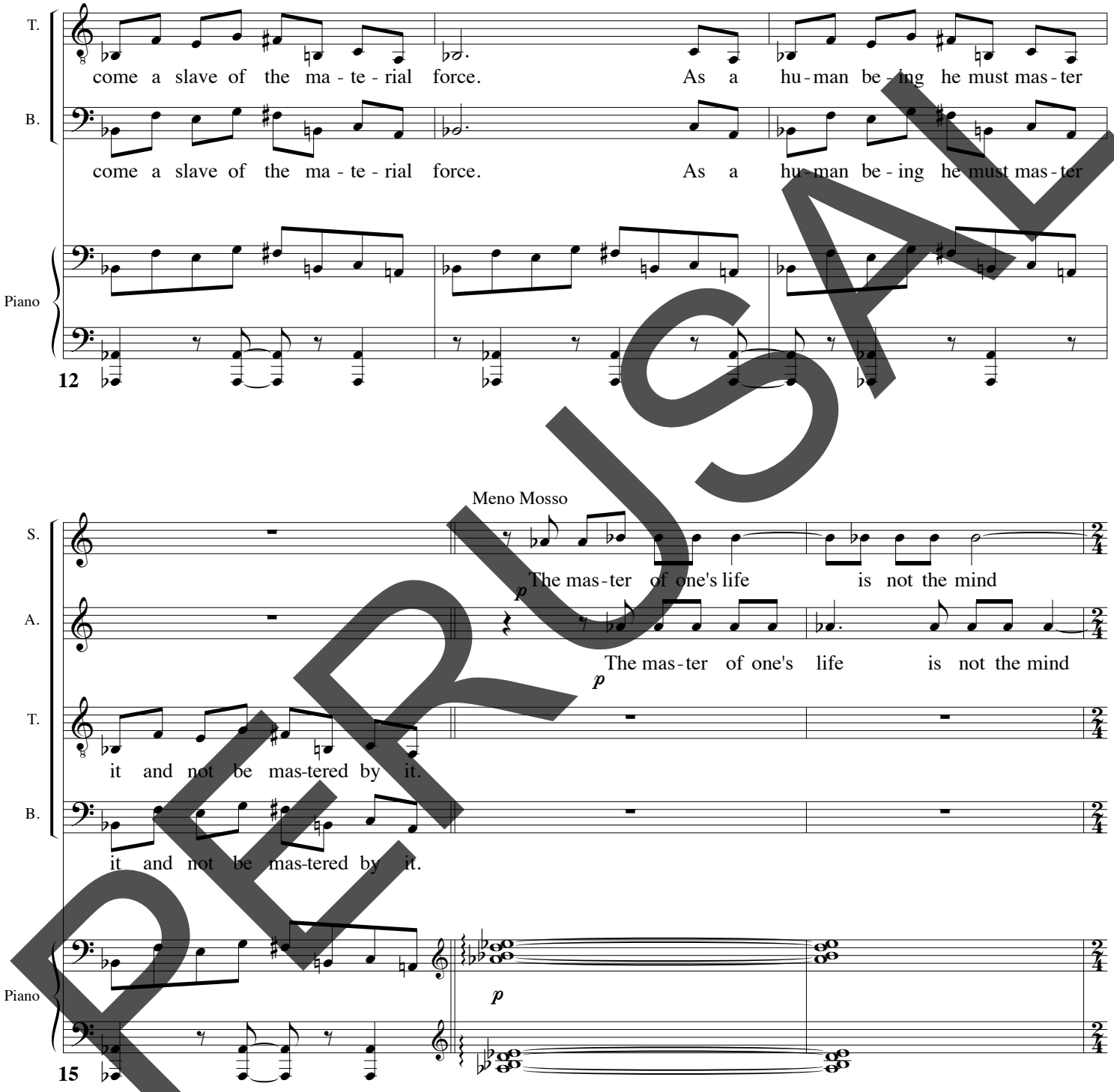
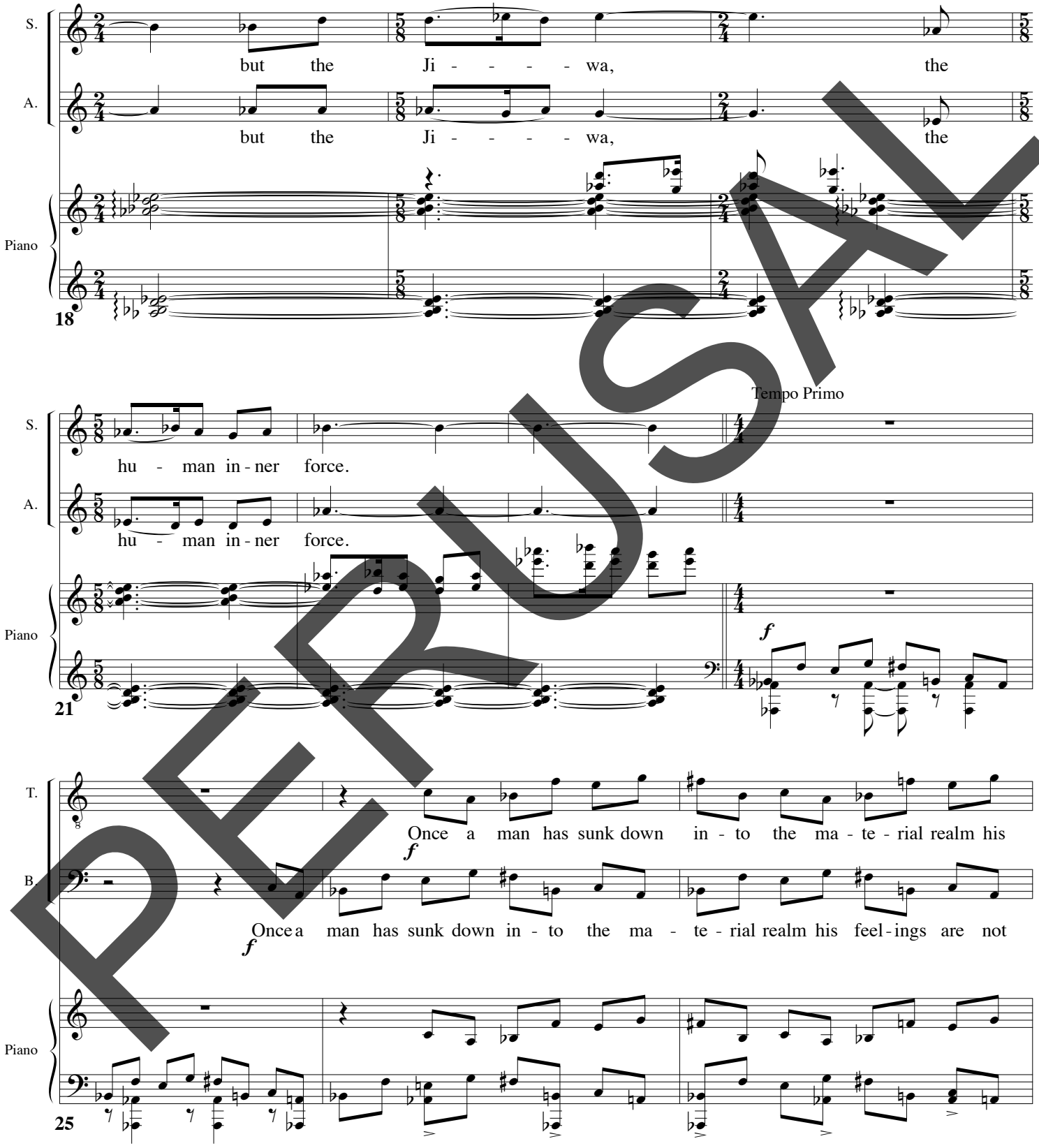
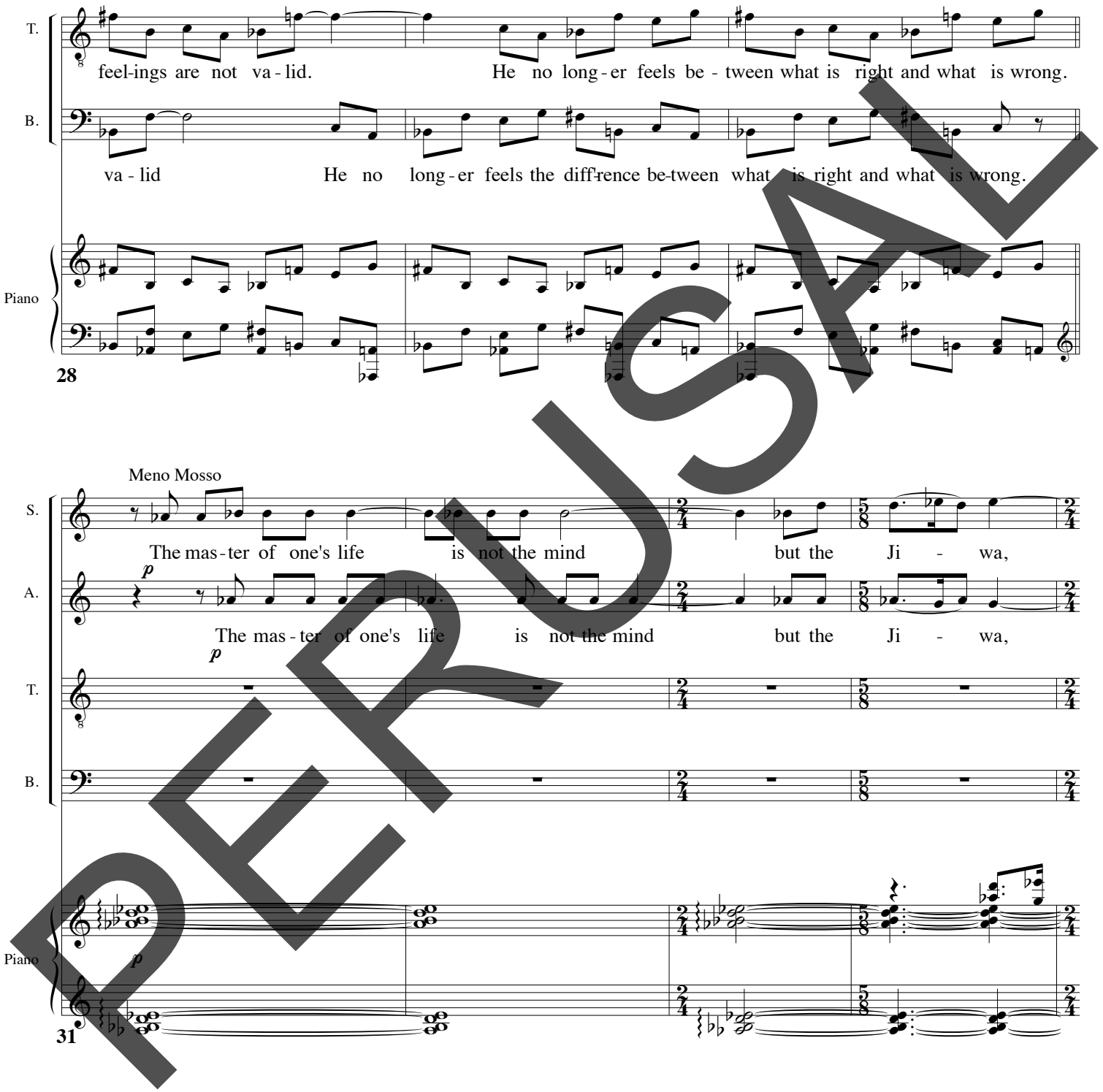

T.
B.
come a slave of the ma - te - rial force. As a hu - man be - ing he must mas - ter
come a slave of the ma - te - rial force. As a hu - man be - ing he must mas - ter
Piano
12
Meno Mosso
S.
A.
T.
B.
p
The mas - ter of one's life is not the mind
The mas - ter of one's life is not the mind
it and not be mas-tered by it.
it and not be mas-tered by it.
Piano
p
15

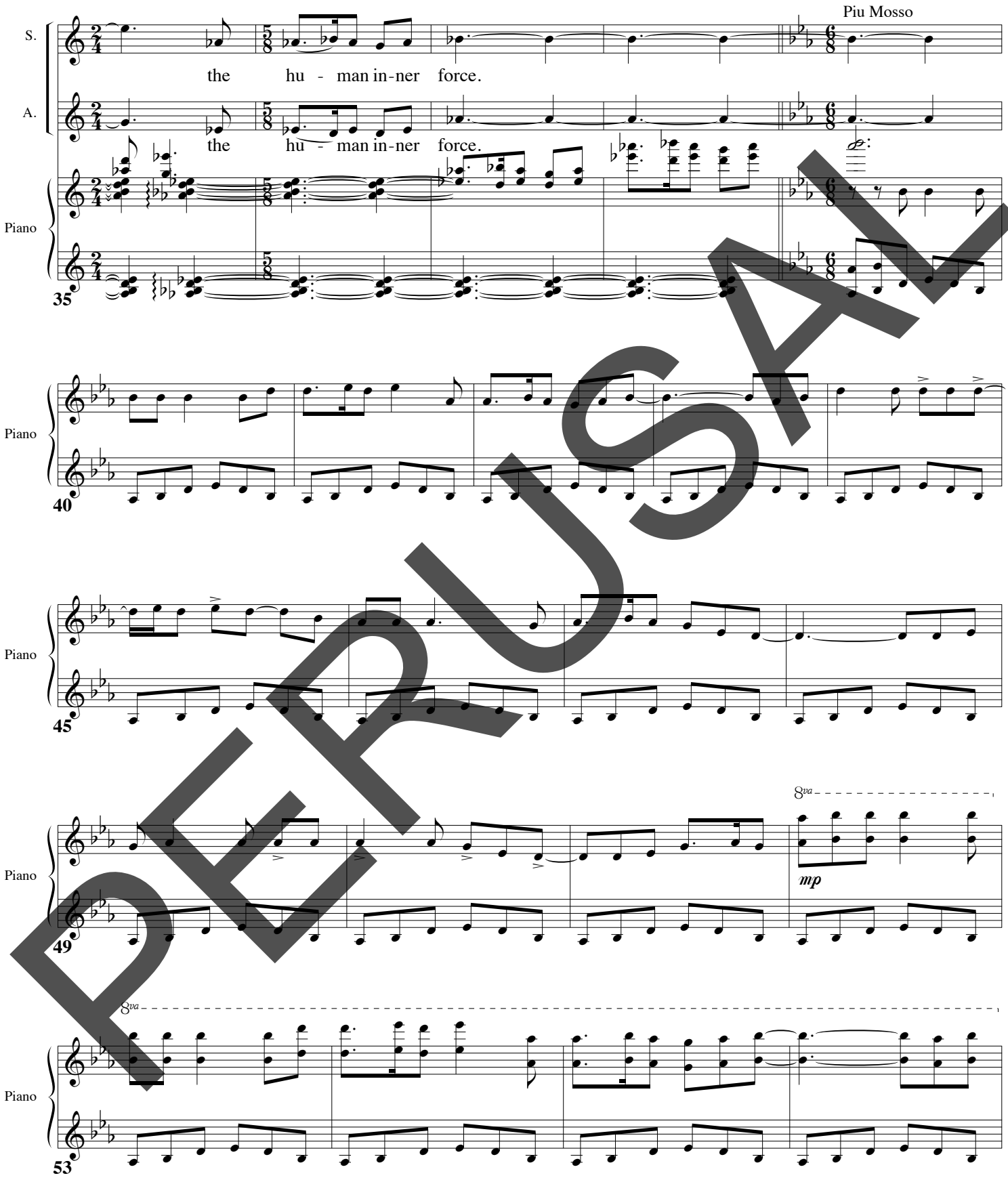
PERUSAL


S.
A.
Piano
18
but the Ji - - - - - wa, the
but the Ji - - - - - wa, the
Tempo Primo
hu - man in - ner force.
hu - man in - ner force.
21
f
T.
B.
Piano
25
Once a man has sunk down in - to the ma - te - rial realm his
Once a man has sunk down in - to the ma - te - rial realm his feel - ings are not

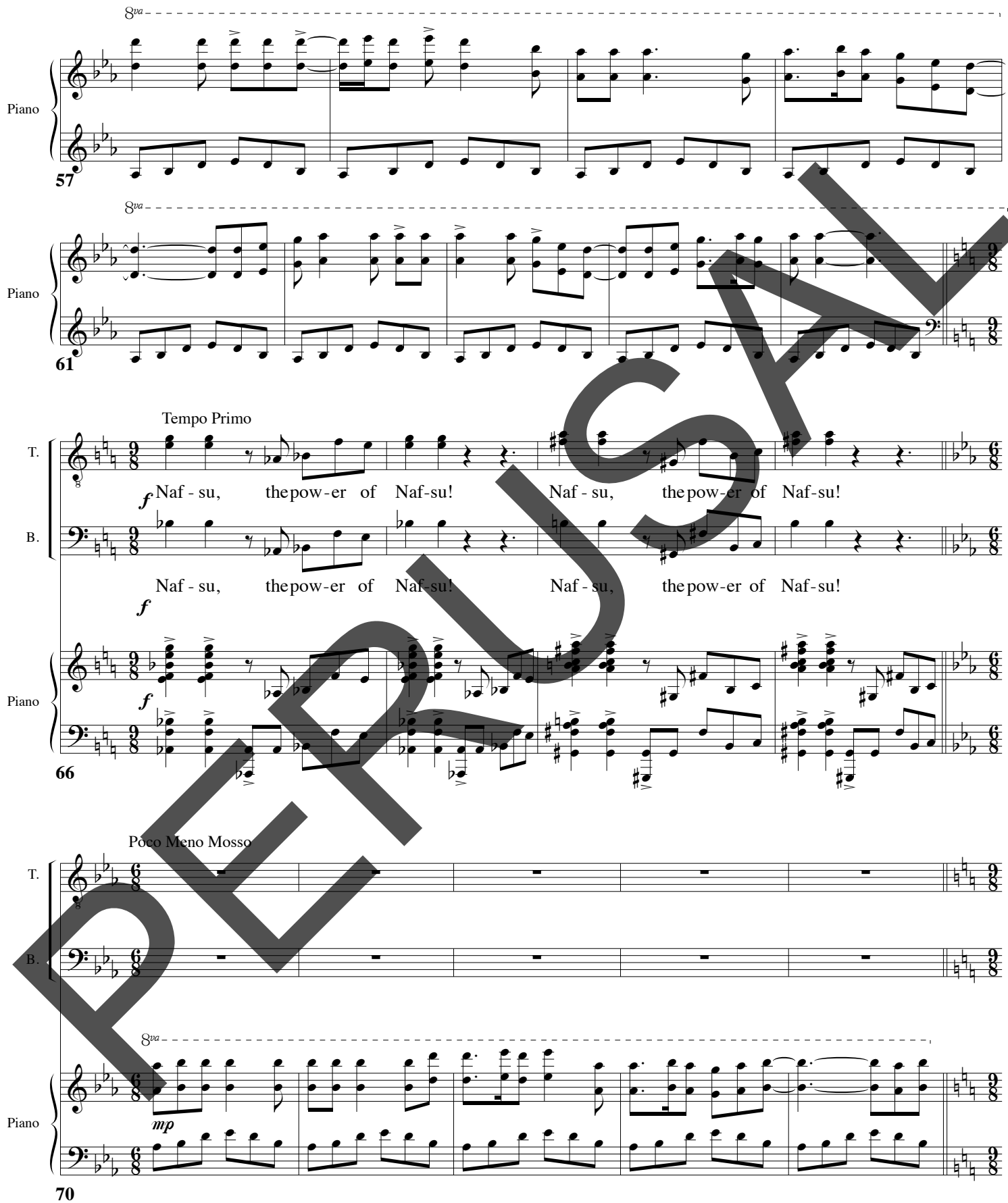
PERJUSAL


T.
feel-ings are not va - lid.
He no long - er feels be - tween what is right and what is wrong.
B.
va - lid
He no long - er feels the diff-rence be-tween what is right and what is wrong.
Piano
28
Meno Mosso
S.
The mas - ter of one's life
is not the mind
but the
Ji - wa,
A.
The mas - ter of one's life
is not the mind
but the
Ji - wa,
T.
B.
Piano
31

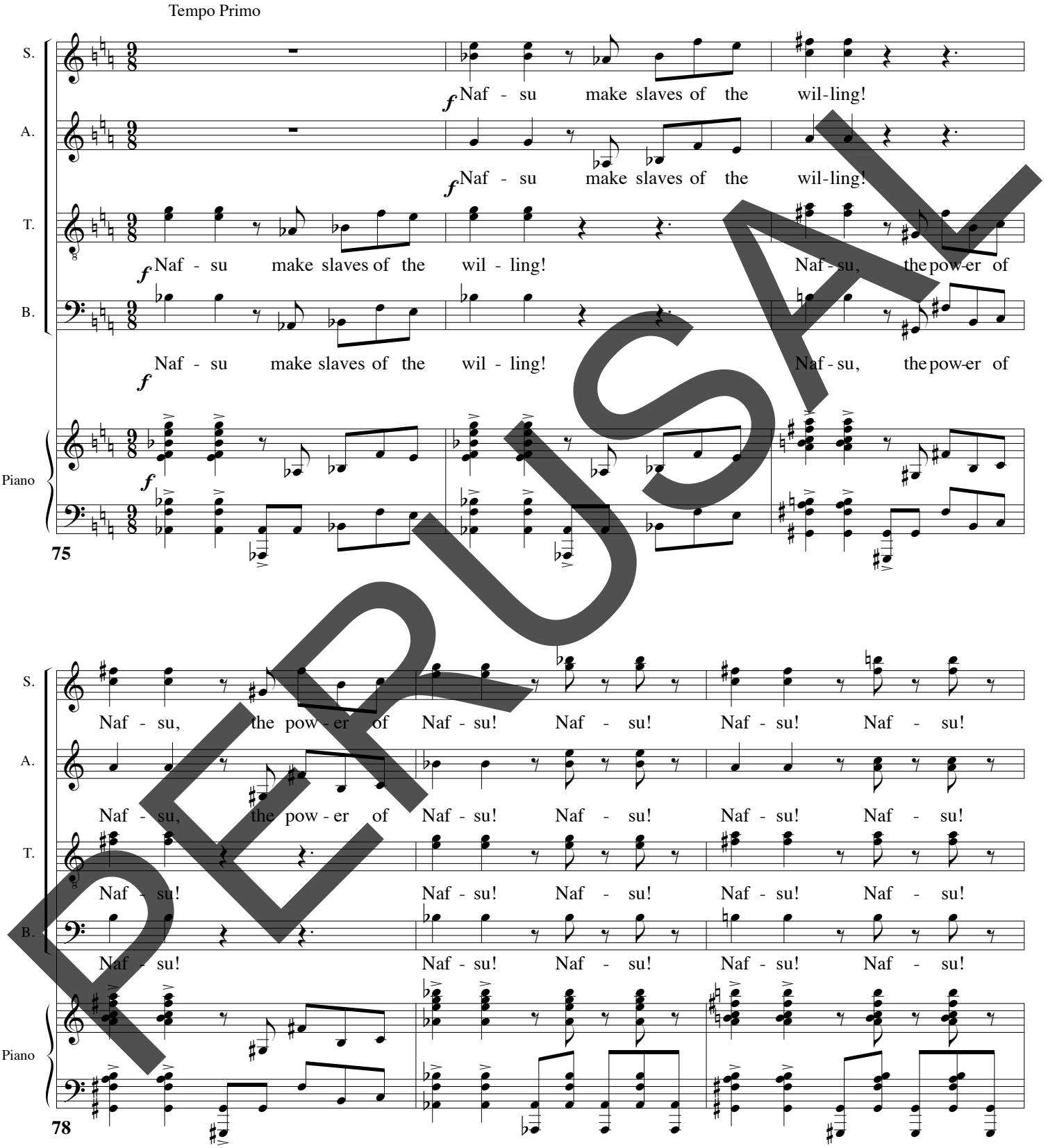
PERUSAL


Piu Mosso
S.
A.
Piano
the hu - man in-ner force.
the hu - man in-ner force.
35
40
45
49
53
8va
mp

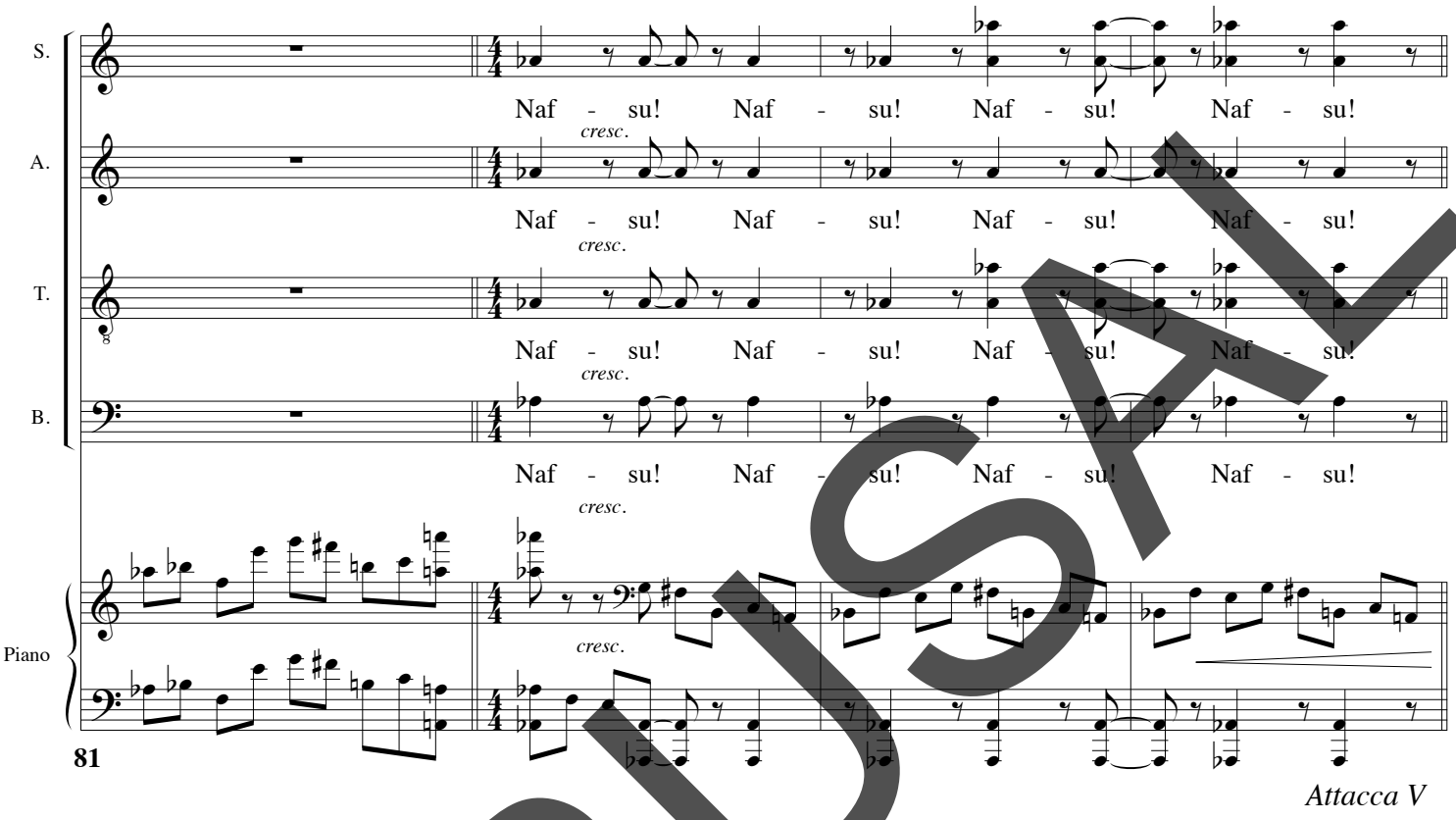
PERUSAL


8va
Piano
57
8va
Piano
61
Tempo Primo
T.
B.
f
Naf - su, the pow-er of Naf-su! Naf - su, the pow-er of Naf-su!
Naf - su, the pow-er of Naf-su! Naf - su, the pow-er of Naf-su!
f
Piano
f
66
Poco Meno Mosso
T.
B.
8va
Piano
mp
70

PERUSAL


Tempo Primo
S.
A.
T.
B.
Piano
f
Naf - su make slaves of the wil-ling!
Naf - su make slaves of the wil - ling!
Naf - su, the pow-er of
75
Naf - su, the pow - er of Naf - su! Naf - su! Naf - su! Naf - su!
78

PERUSAL

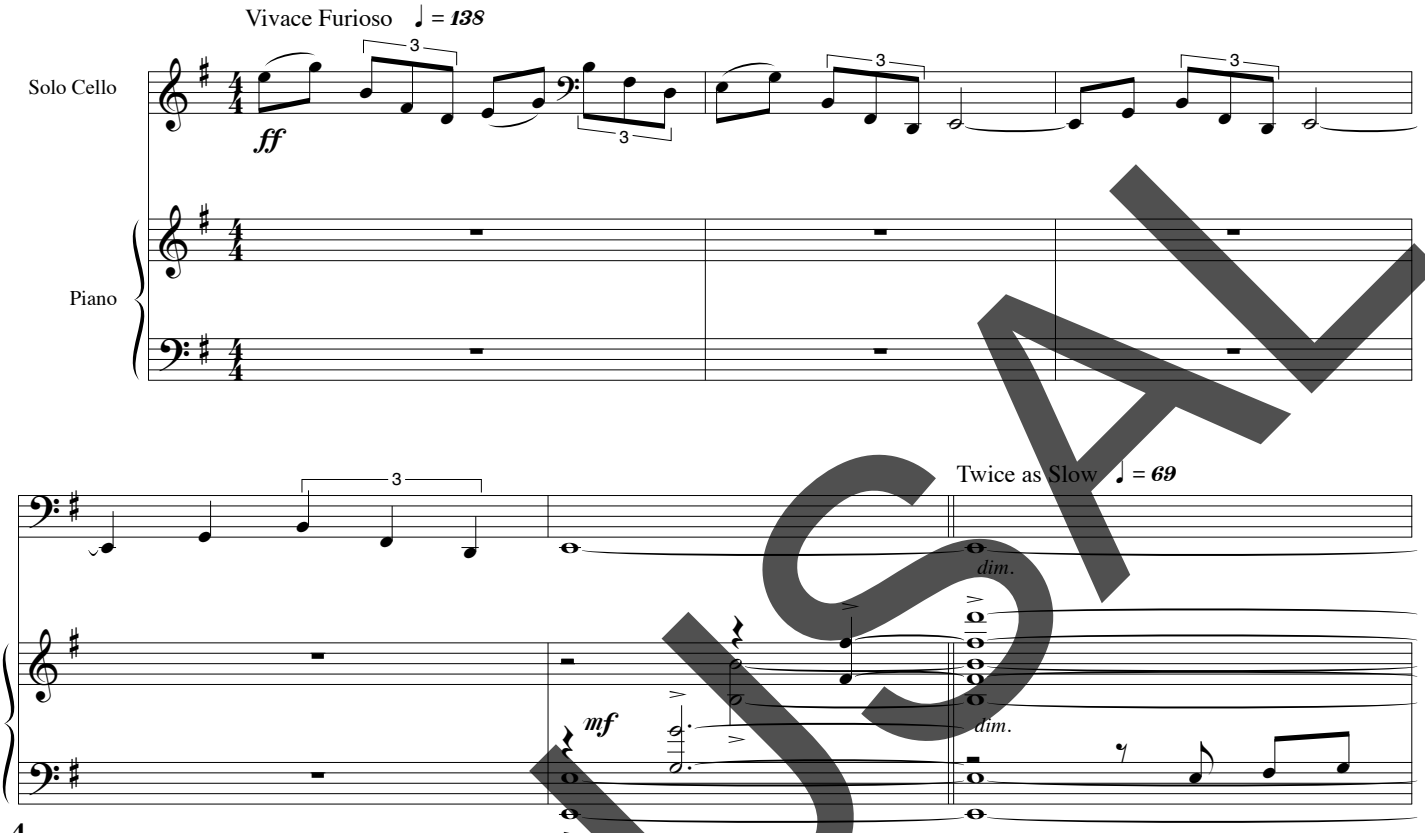


PERUSAL

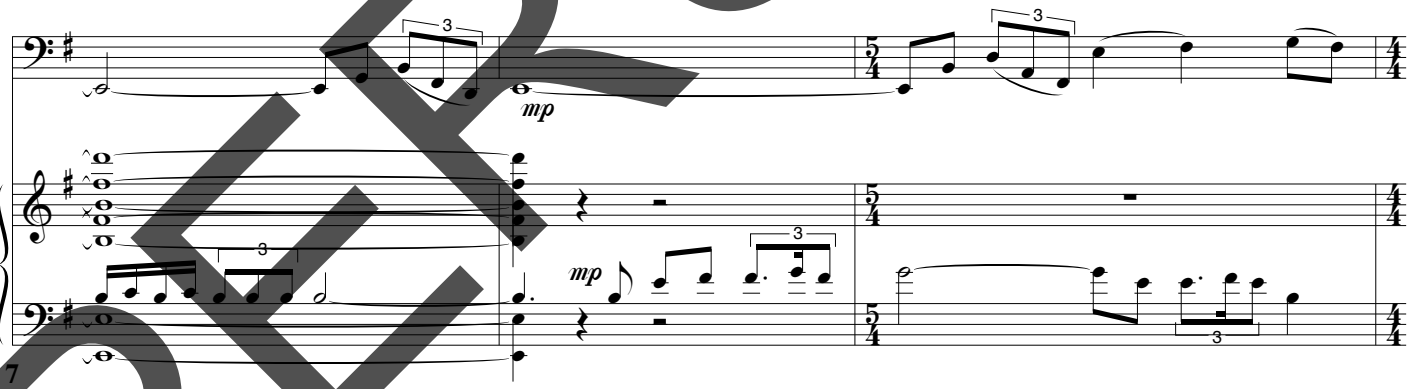
V.

Roh Nabadi

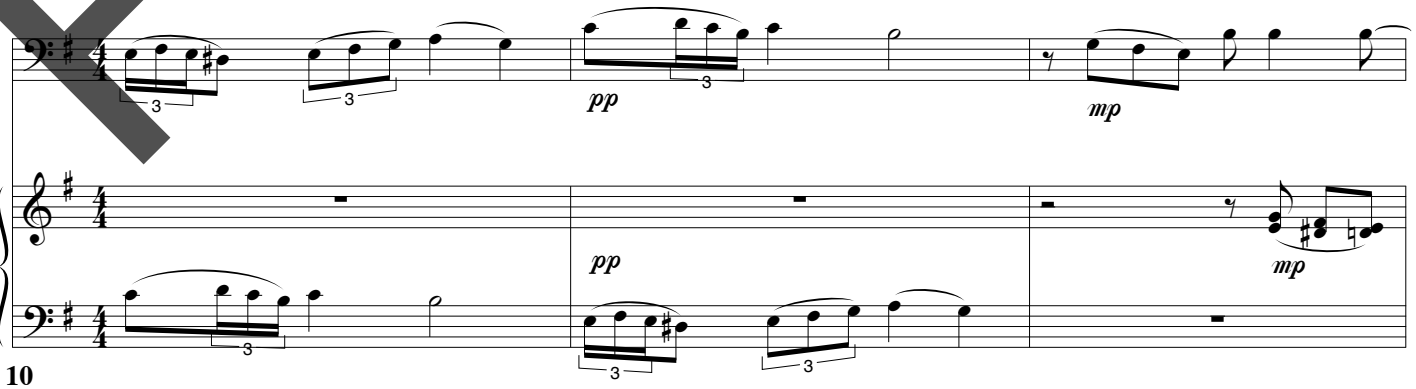
Lucas Richman



Nar.: The power of plant-life or vegetation is a force which also takes part in man's life on earth. When the essences of food from plants enter man's body, to form, nourish and strengthen it, their entry signifies a meeting with the essences...



Nar. (cont.): ...already there. Truly, then, this is a meeting between the external and internal, as between the outer life and the inner. The difference between the material and plant forces is that the material force affects only thinking...



PERUSAL

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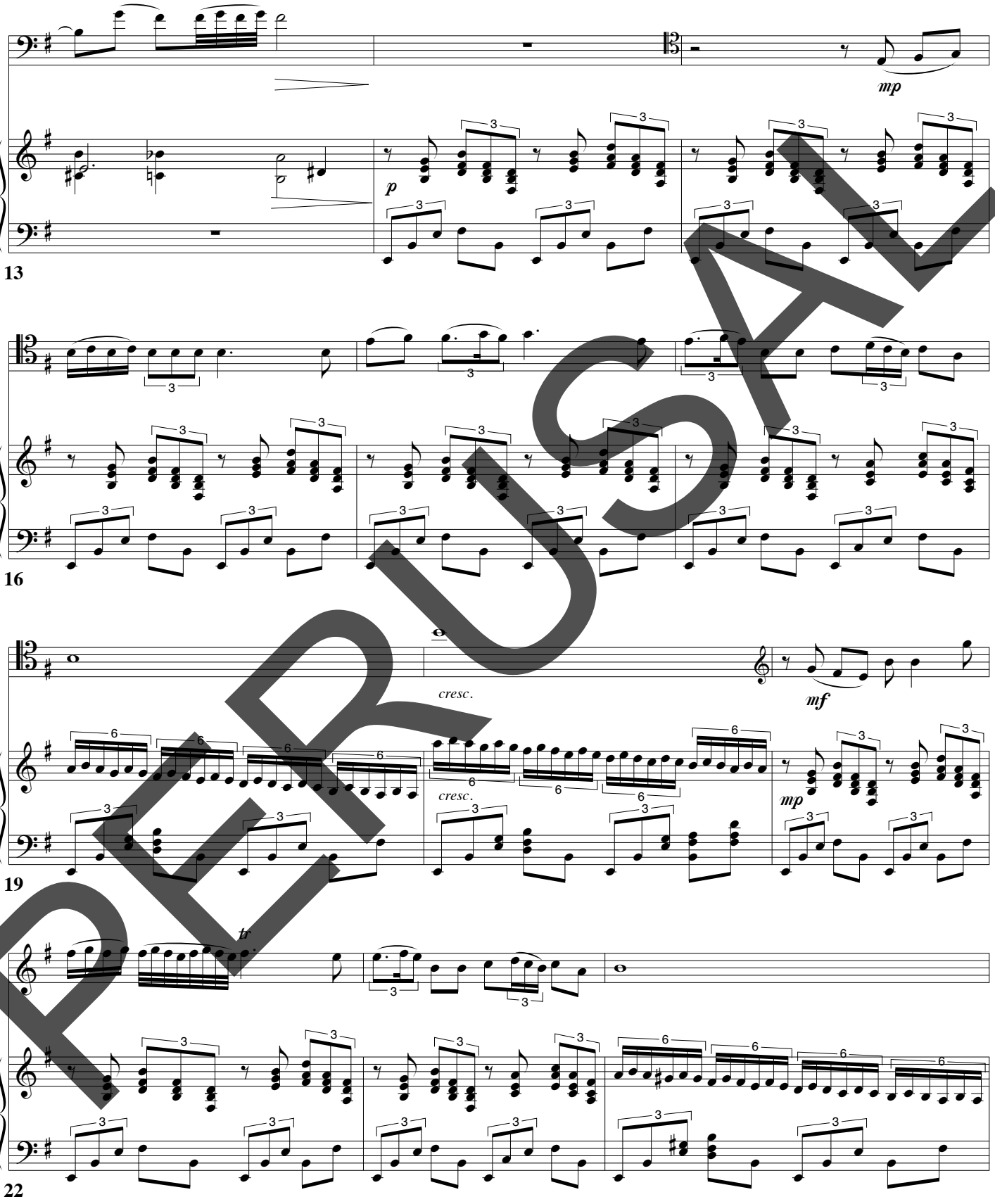
Nar. (cont.):..whereas the force of plant essences affects the feeling throughout man's body.



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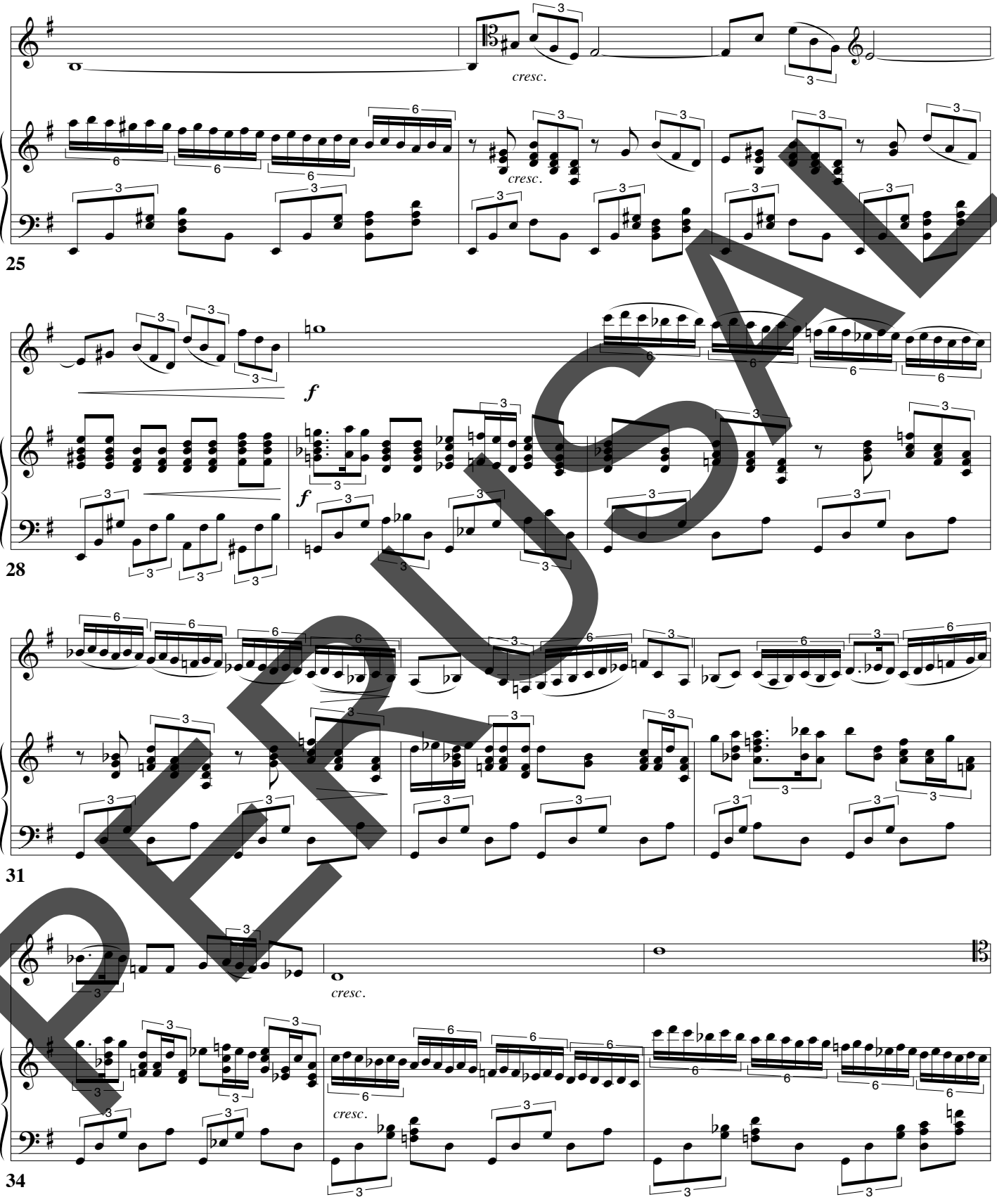
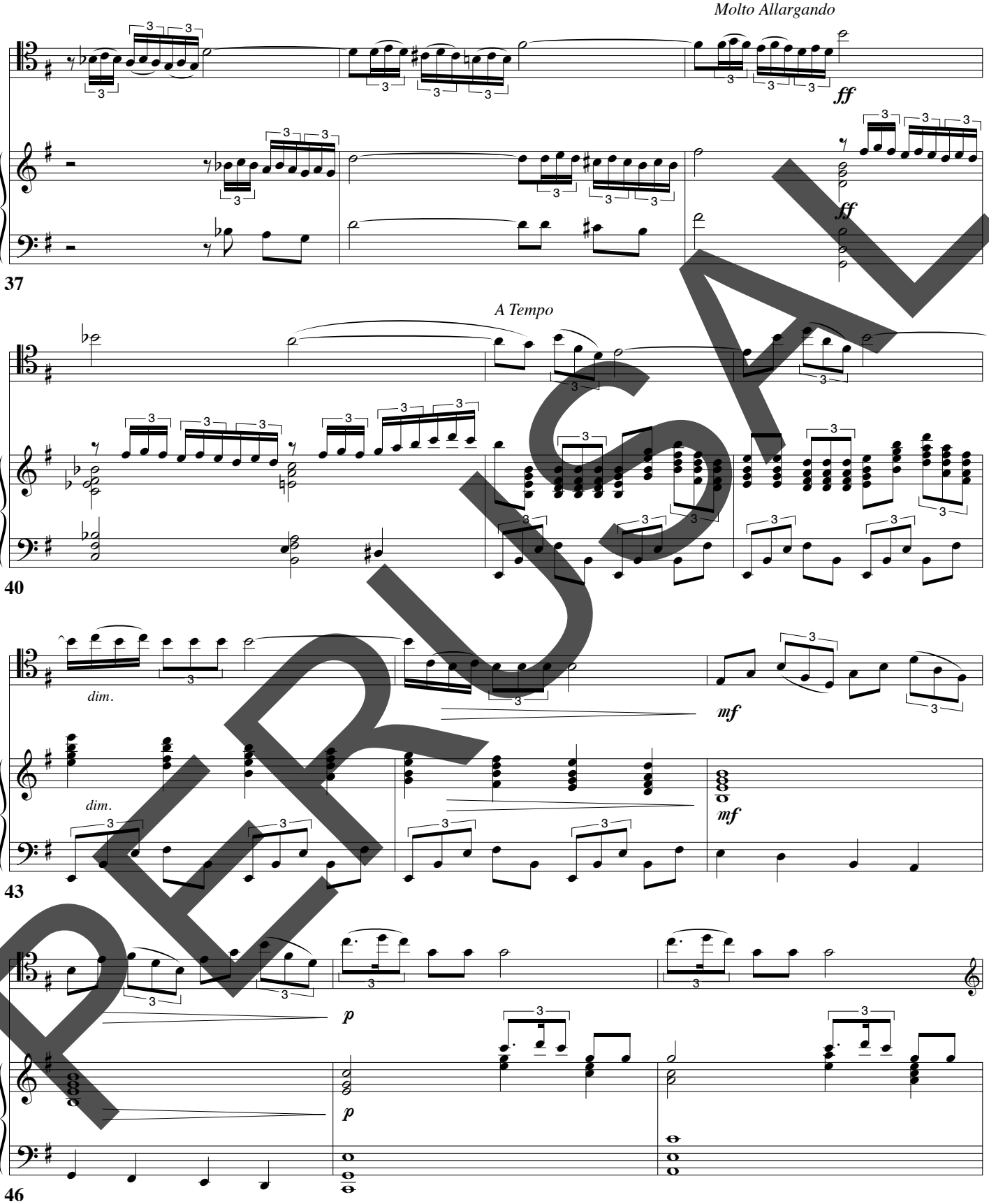
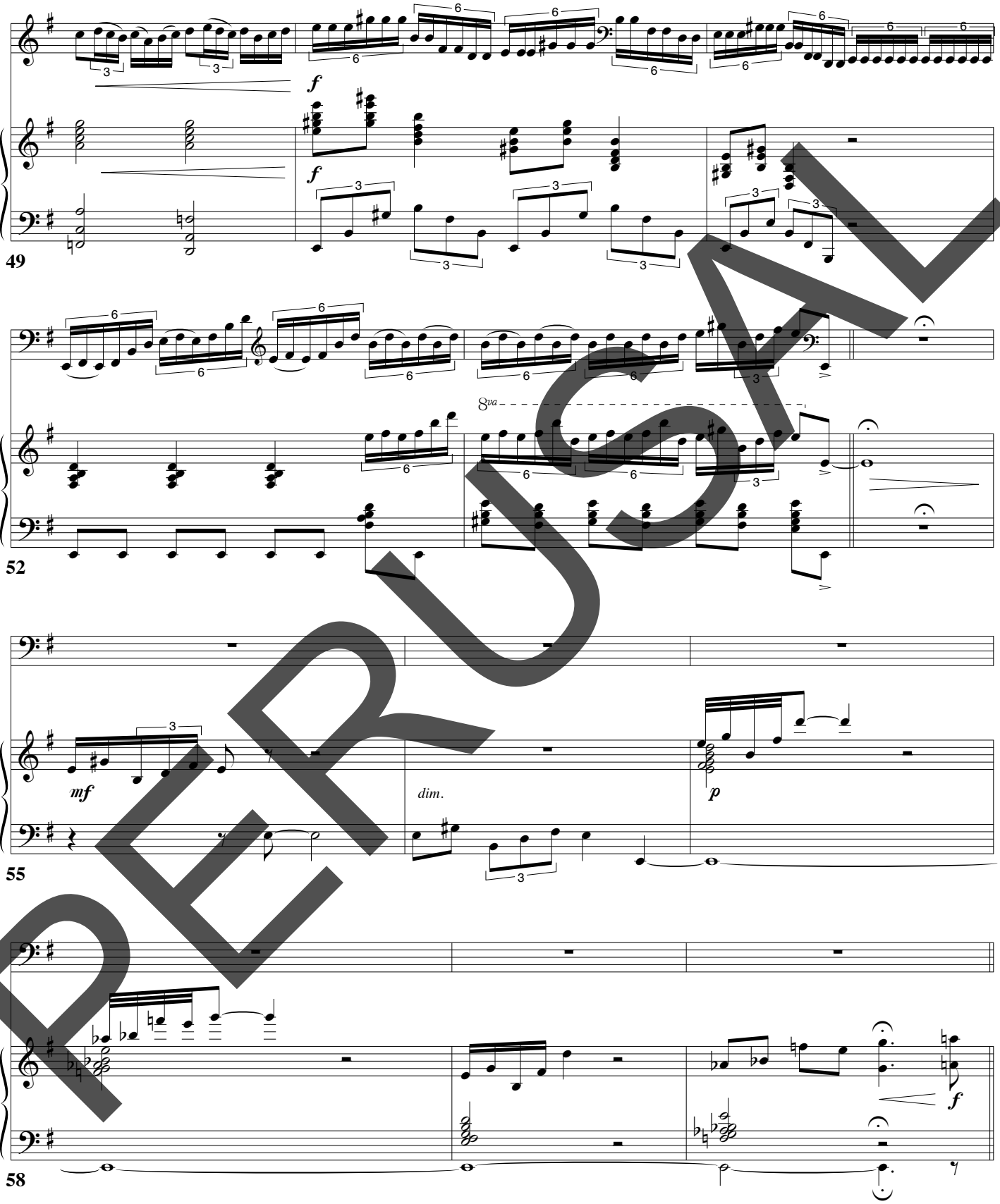


PRIVATE



PERUSAL



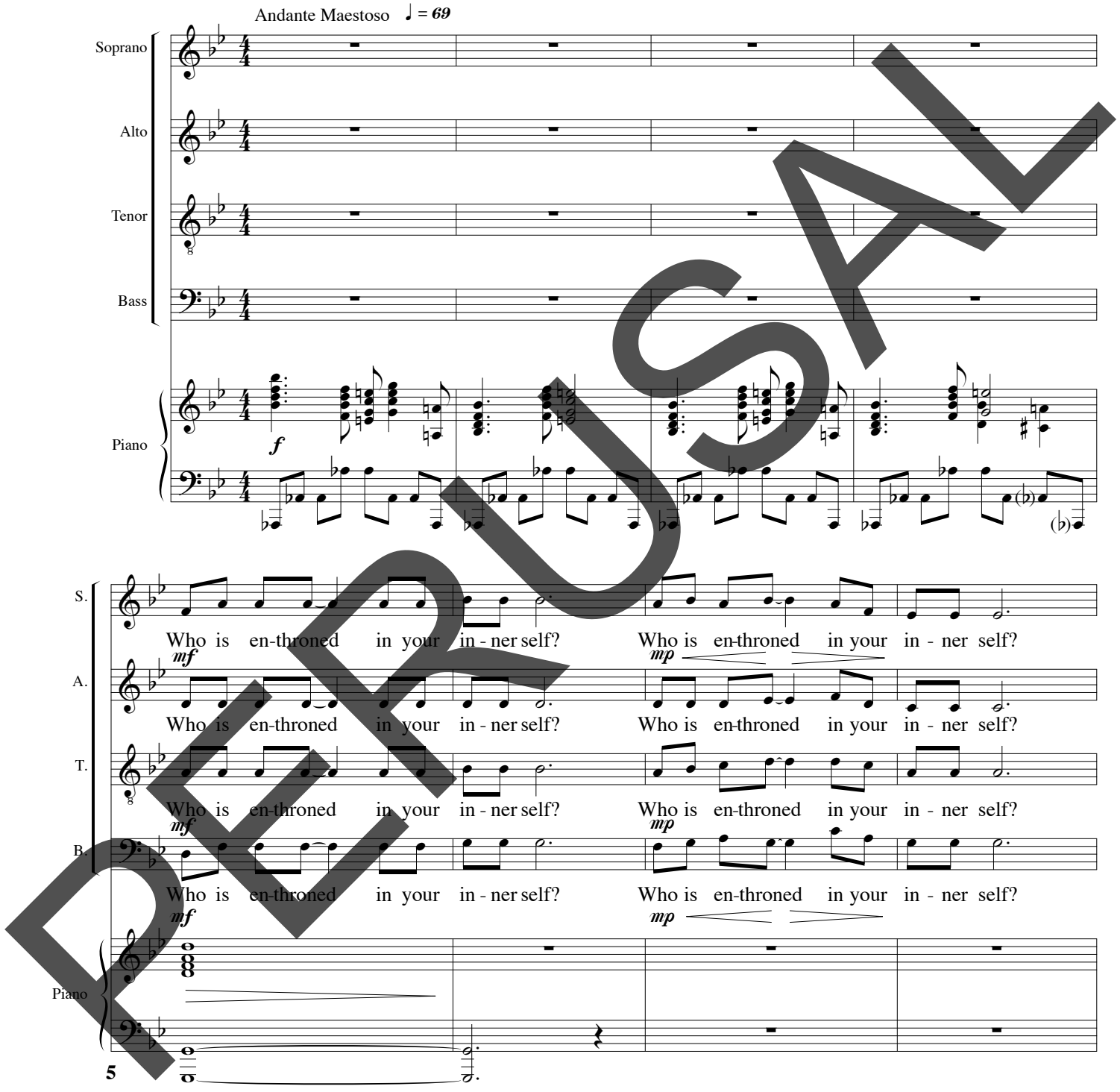
PERUSAL

Chapter 7, Dandanggula #35, 41, 43
Chapter 9, Sinom #21, 35

VI.

Roh Chewani

Lucas Richman



REFUSAL

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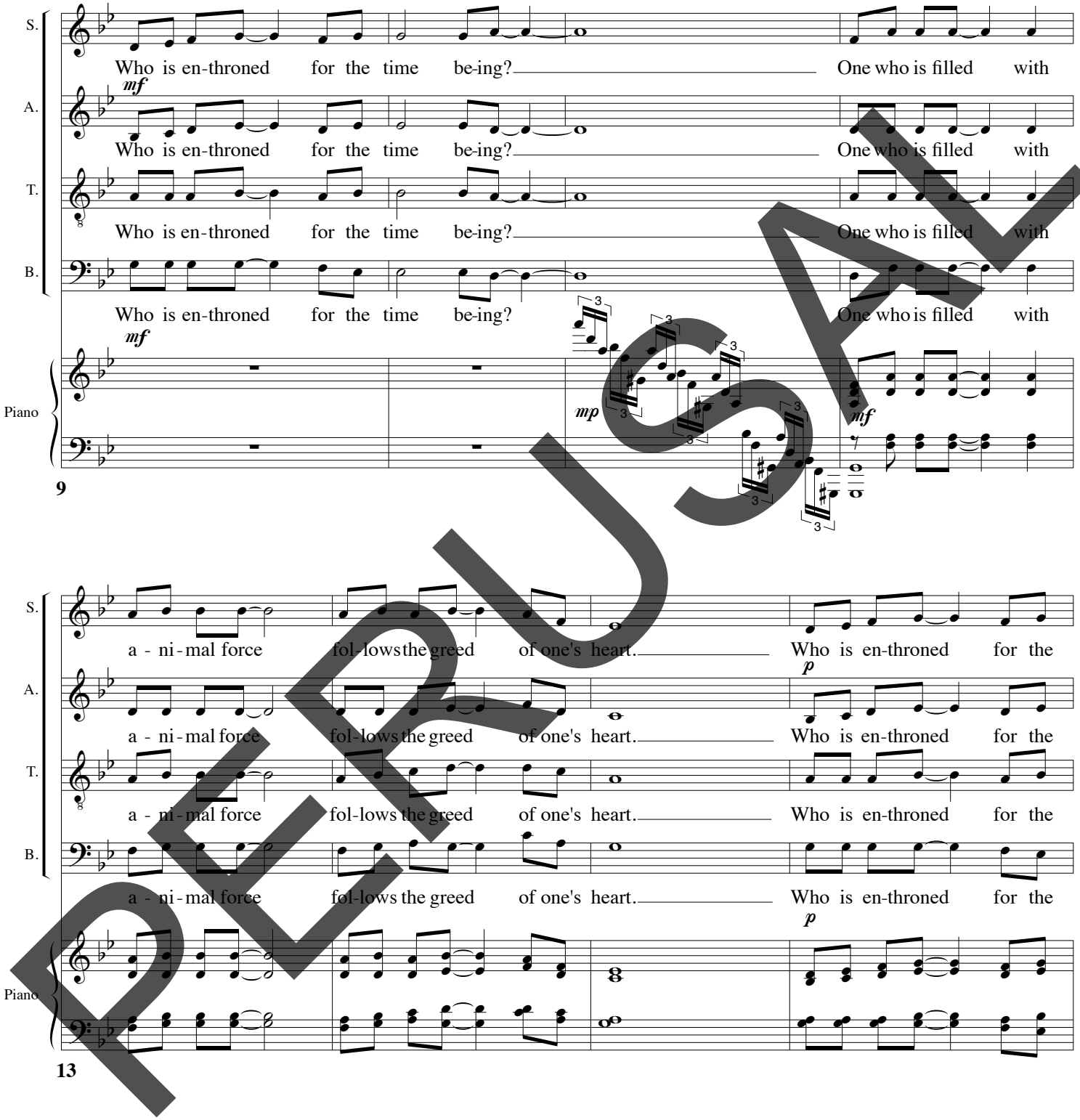
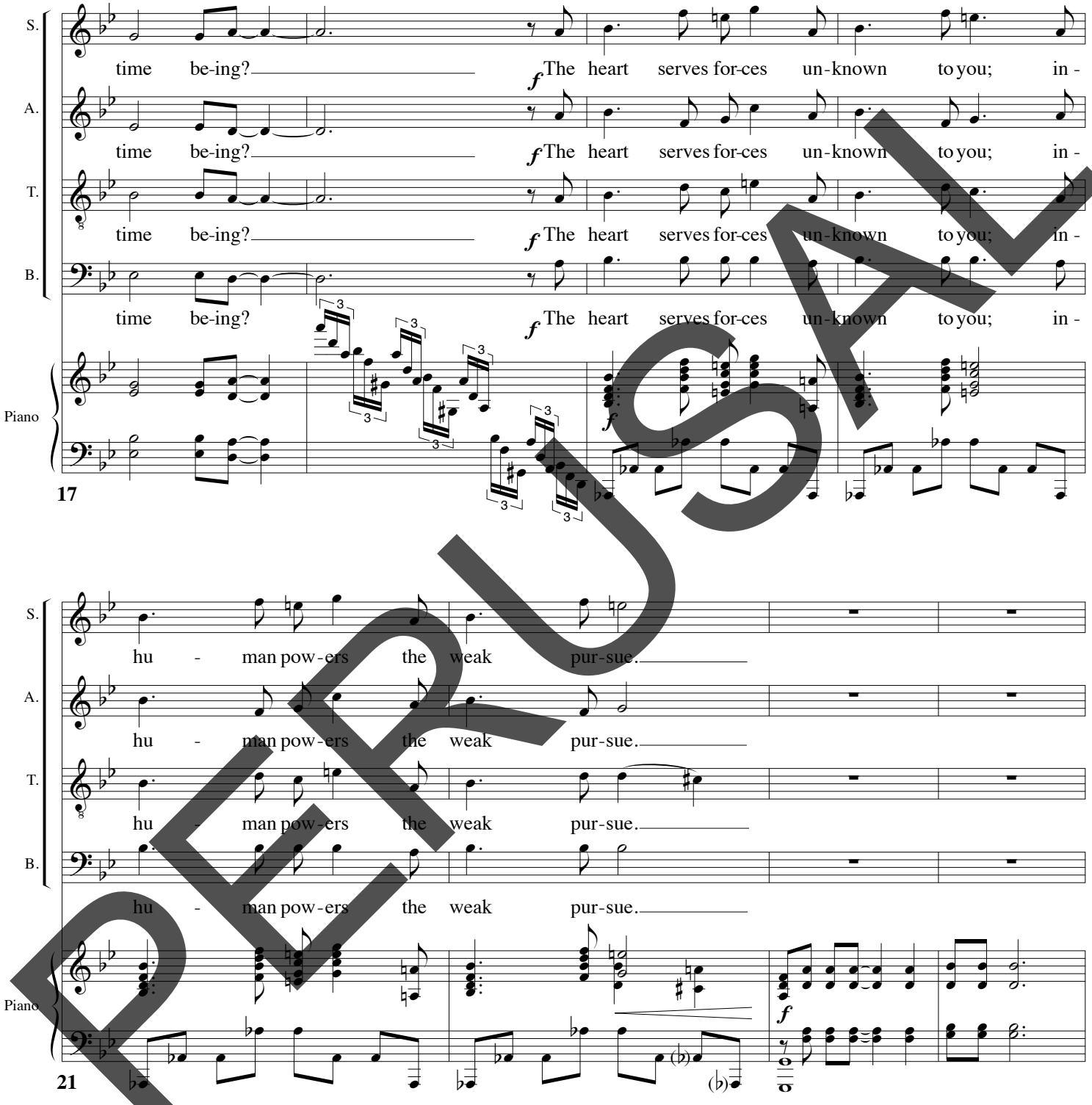
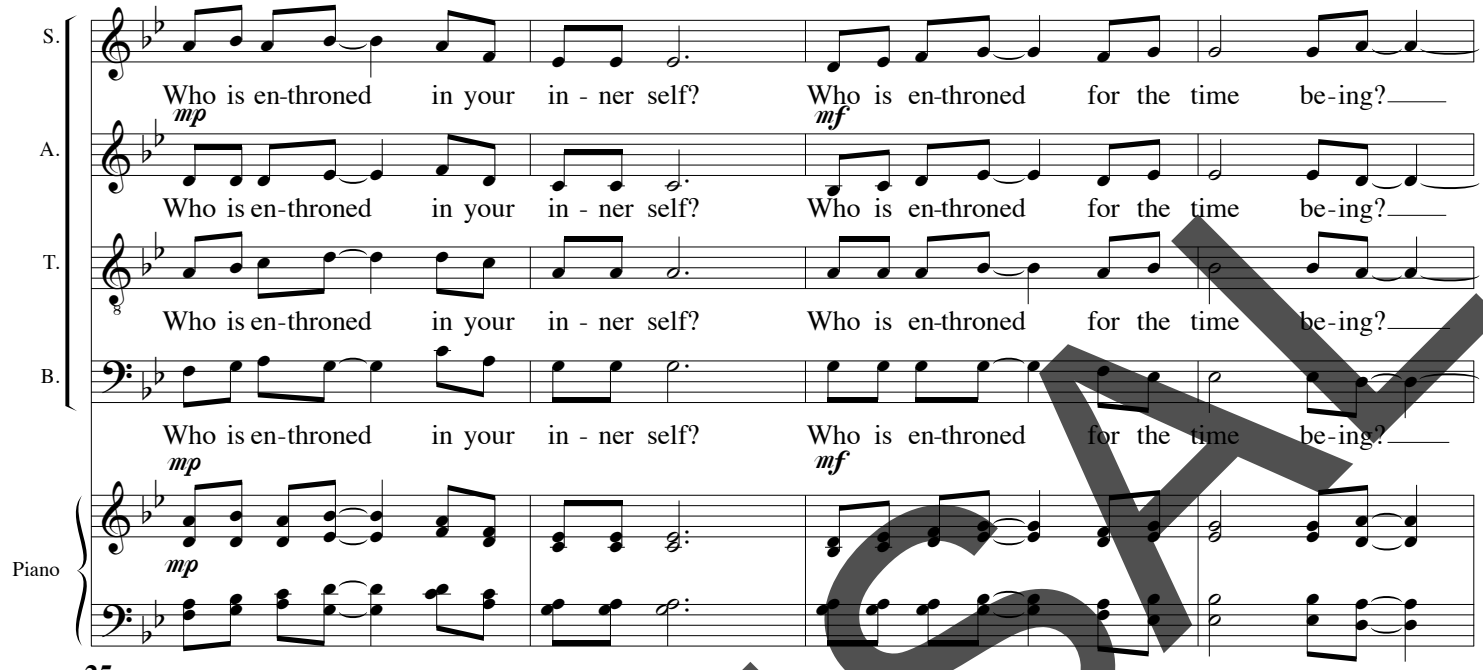
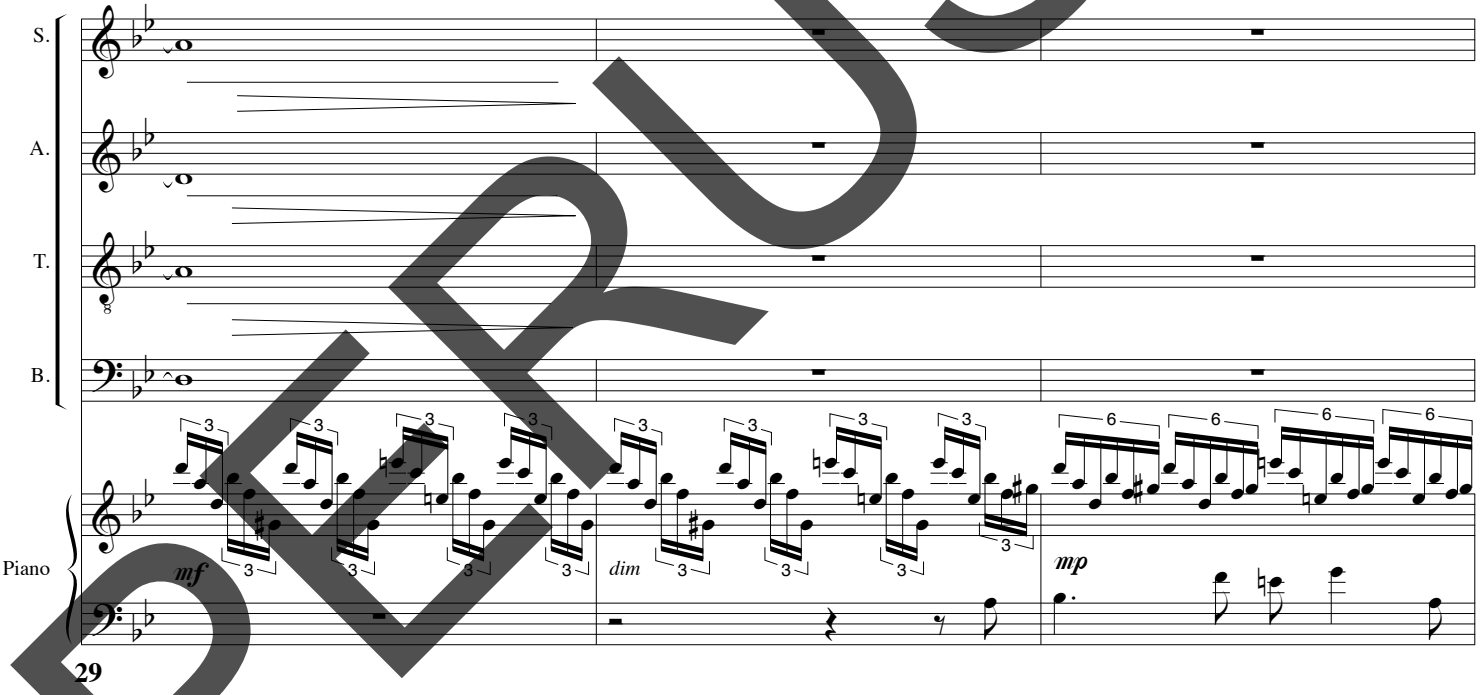

S.
A.
T.
B.
Piano
mf
Who is en-throned for the time be-ing? One who is filled with
mp
mf
9
a - ni - mal force fol-lows the greed of one's heart. Who is en-throned for the
p
13

PERUSAL

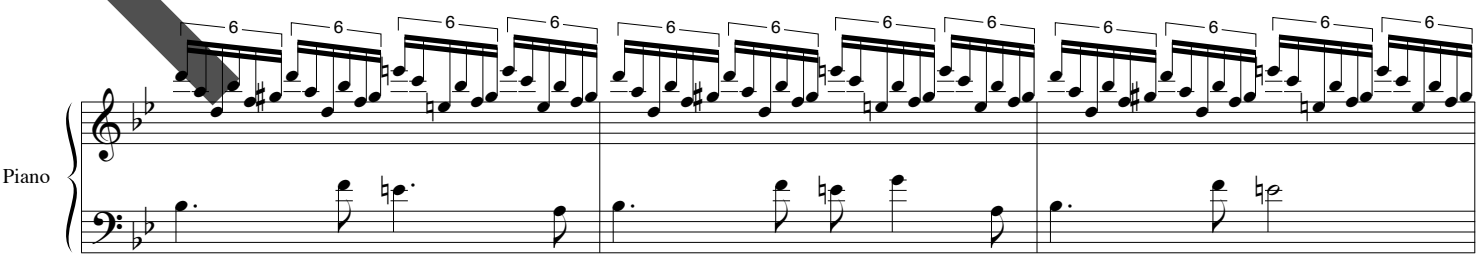

S.
A.
T.
B.
Piano
time be-ing?
f The heart serves for-ces un-known to you; in -
17
hu - man pow-ers the weak pur-sue.
21

PERUSAL



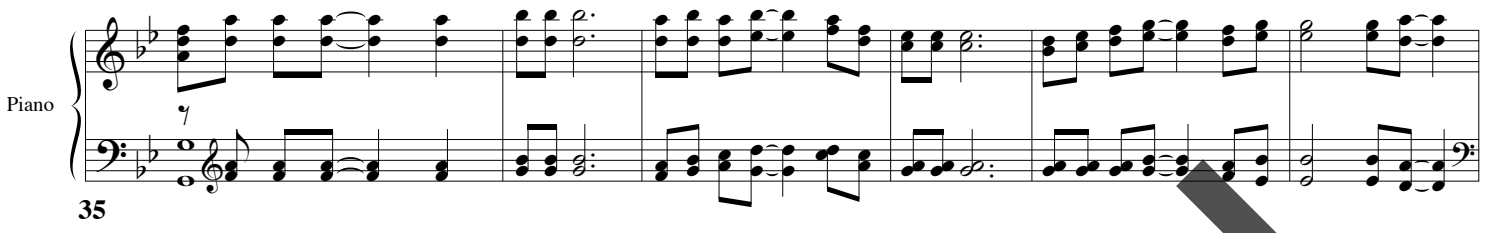


Nar.: People present the animal force with a field to work in where that force is free to do anything. The longer this goes on...

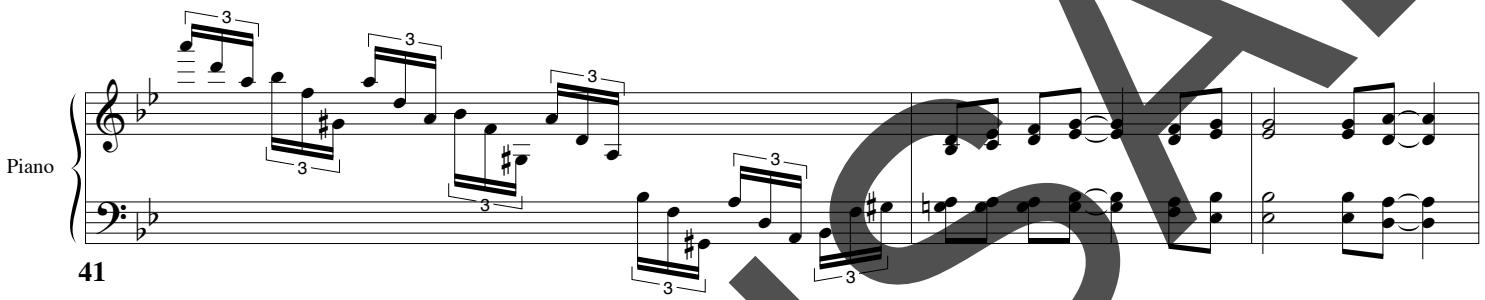


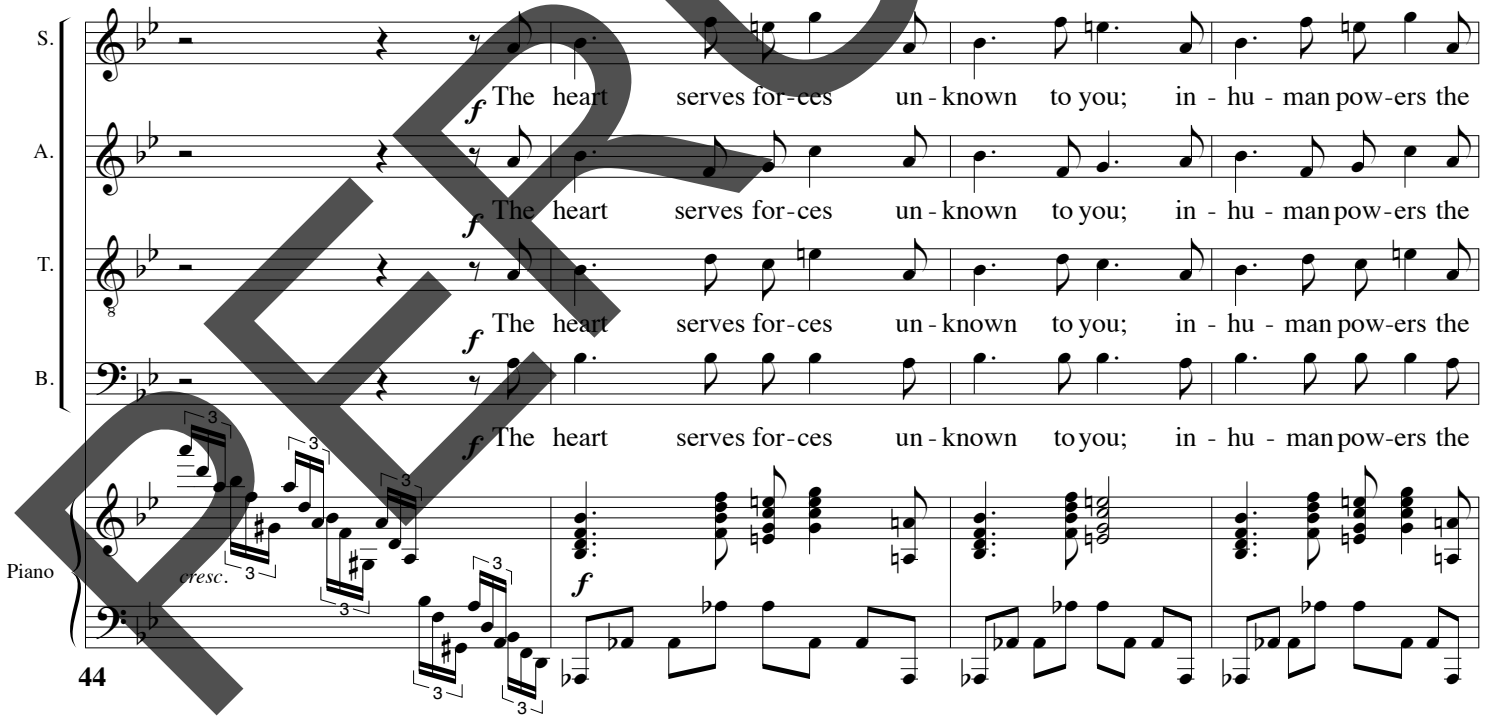
PERUSAL

Nar. (cont.):...the more the animal force thrives, but these people will be sure to forfeit their glory as beings created to excel.

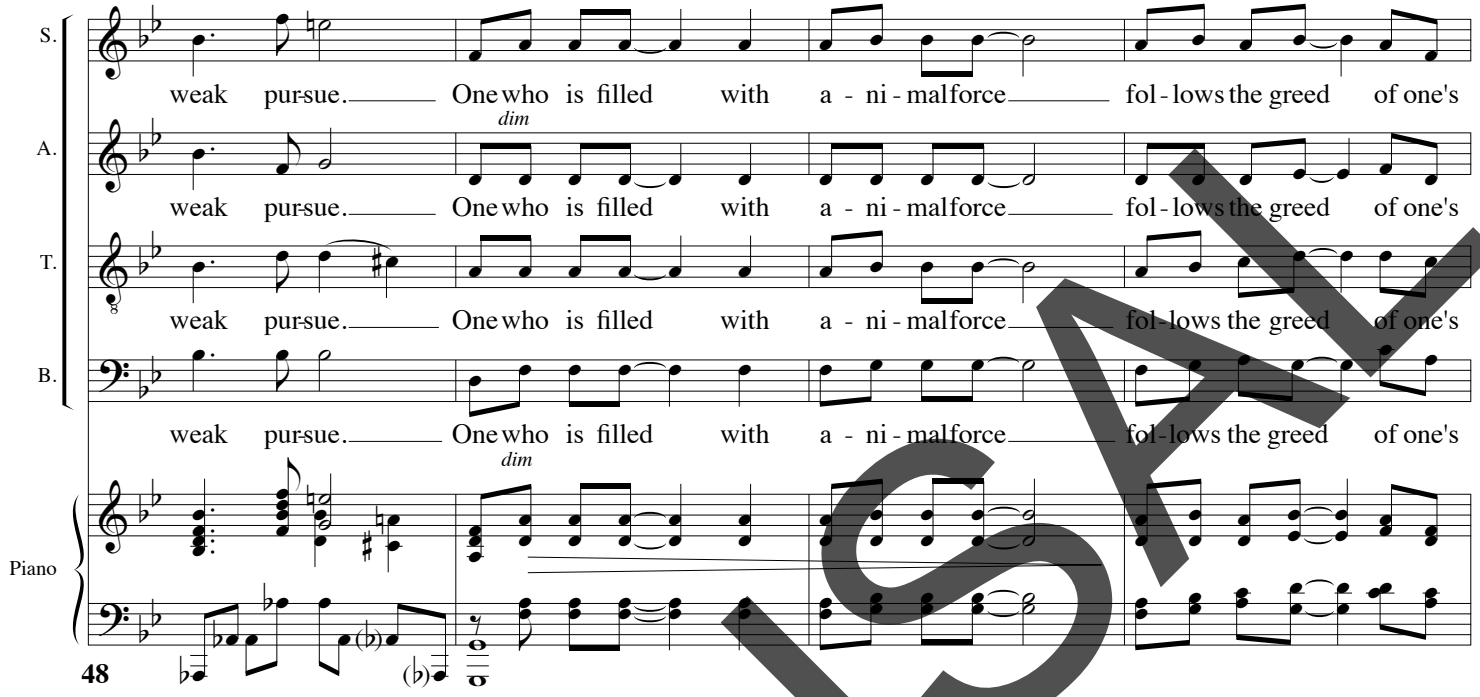


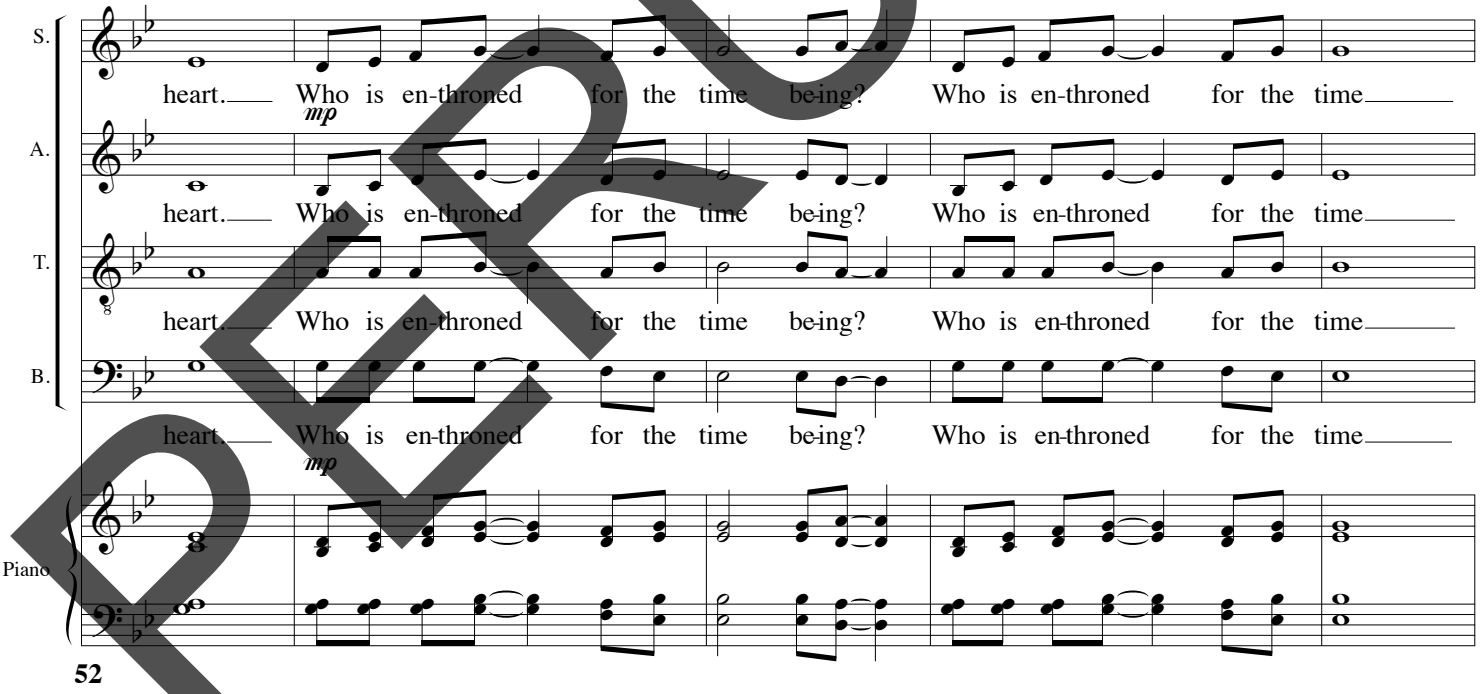
Nar. (cont.):...My children, never neglect your *latihan kejiwaan*, or spiritual exercise, so that you may soon be able to feel and understand correctly how the forces within you are made up and how they differ.



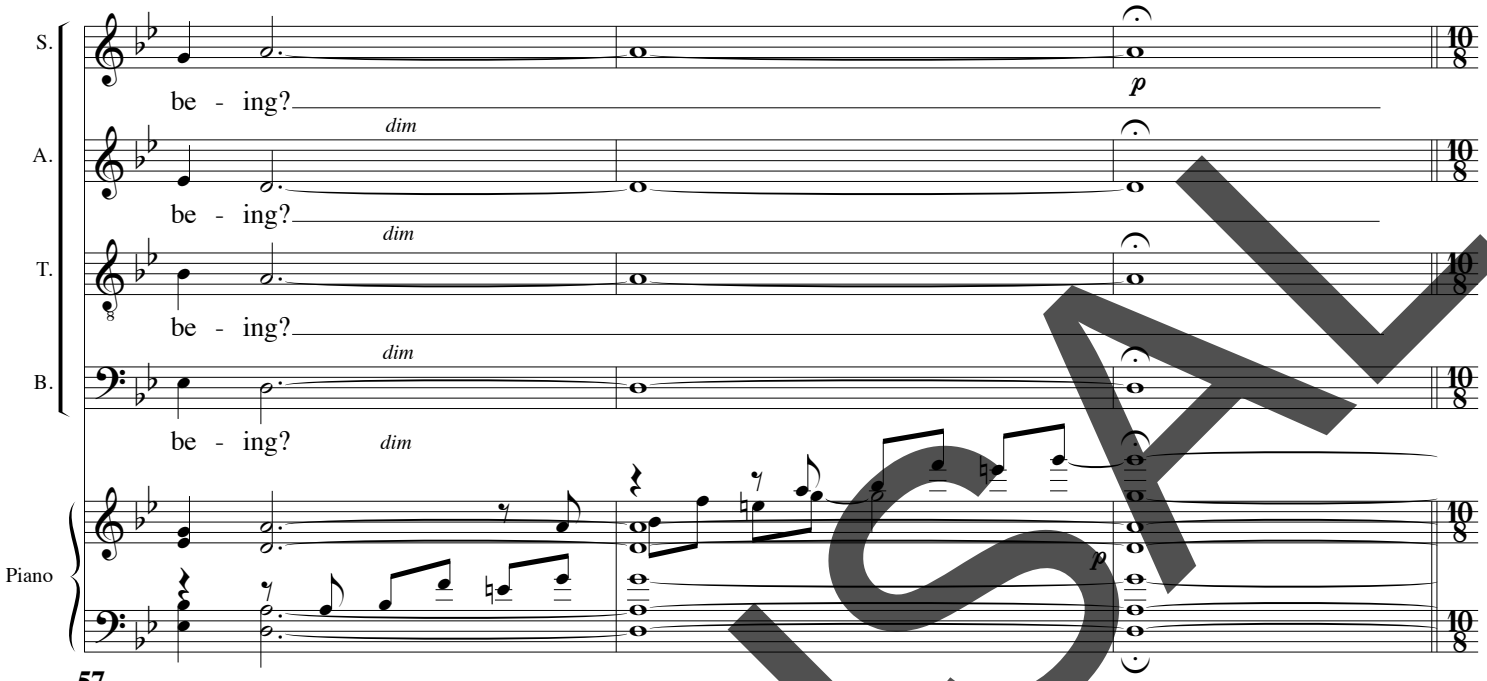


REFUSAL

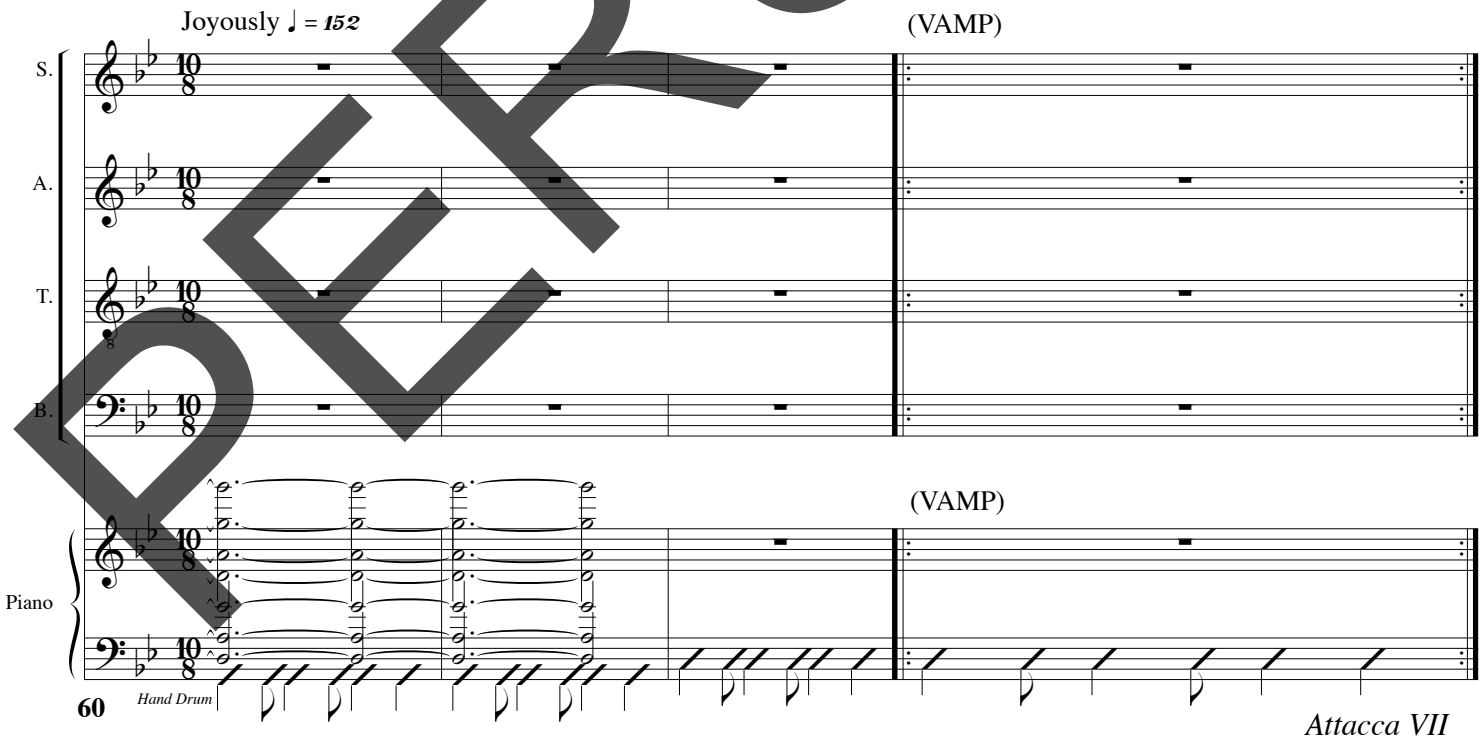

S.
A.
T.
B.
Piano
weak pur-sue. One who is filled with a - ni - mal force fol - lows the greed of one's
dim
48


S.
A.
T.
B.
Piano
heart. Who is en-throned for the time be-ing? Who is en-throned for the time
mp
52

PERUSAL



Nar.: The *Jasmani* force (the force of what is generally called man's physical body) makes the terms of human life all the more complete, enabling people to bring into being other creatures like themselves. That is why two different natures are found, one male and the other female.



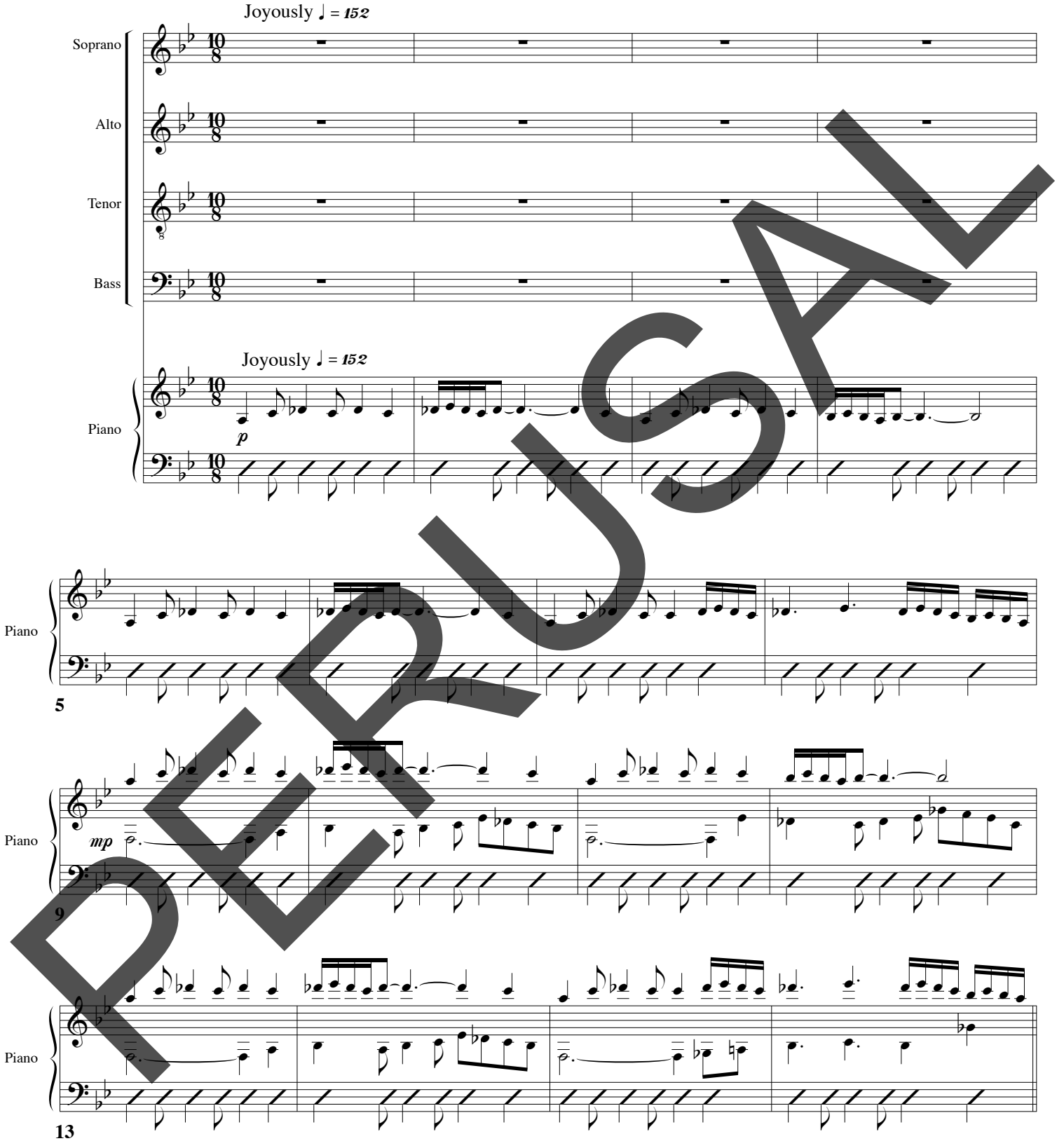
Attacca VII

PERUSAL

VII.

Roh Jasmaniah

Lucas Richman



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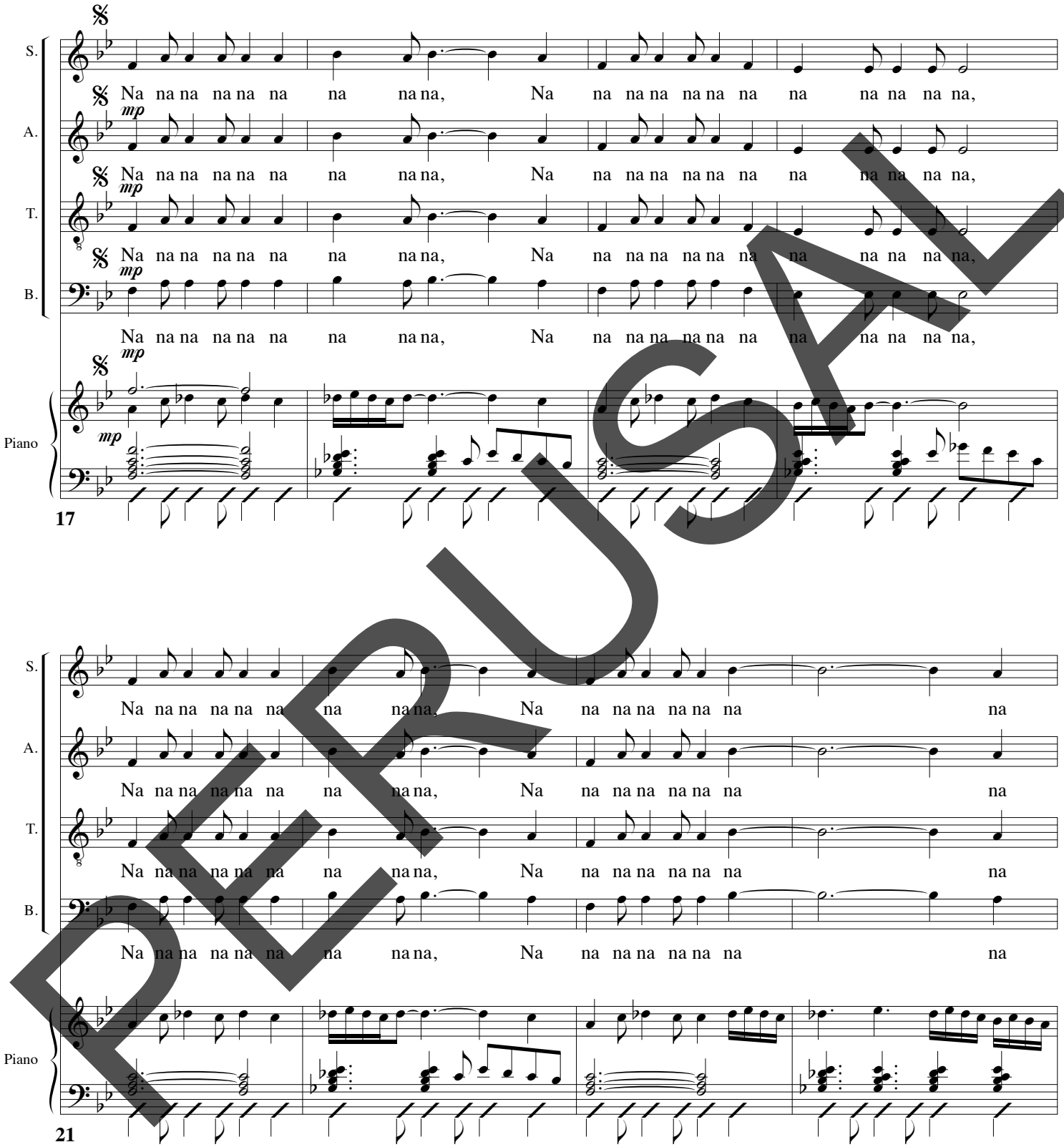
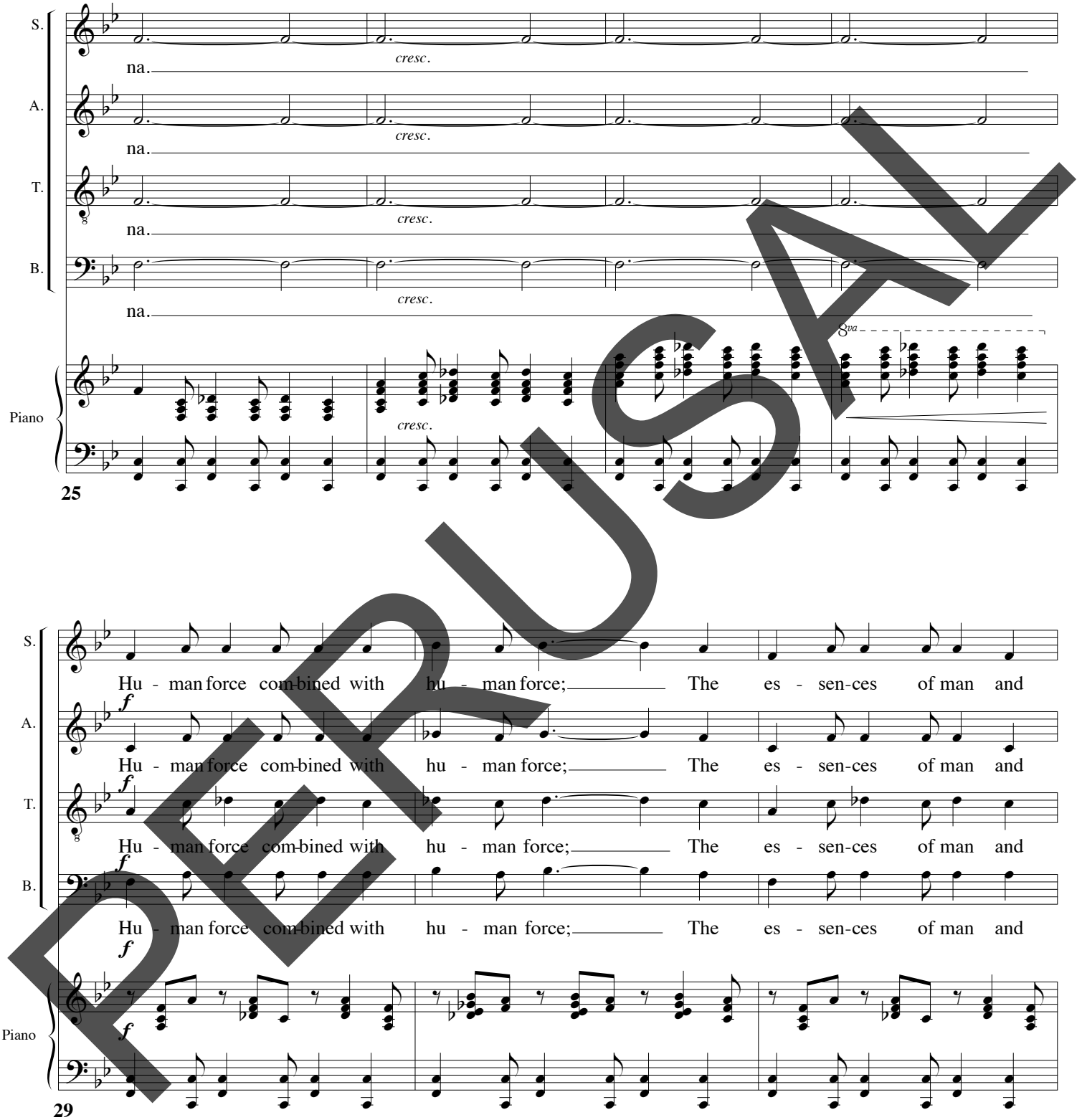
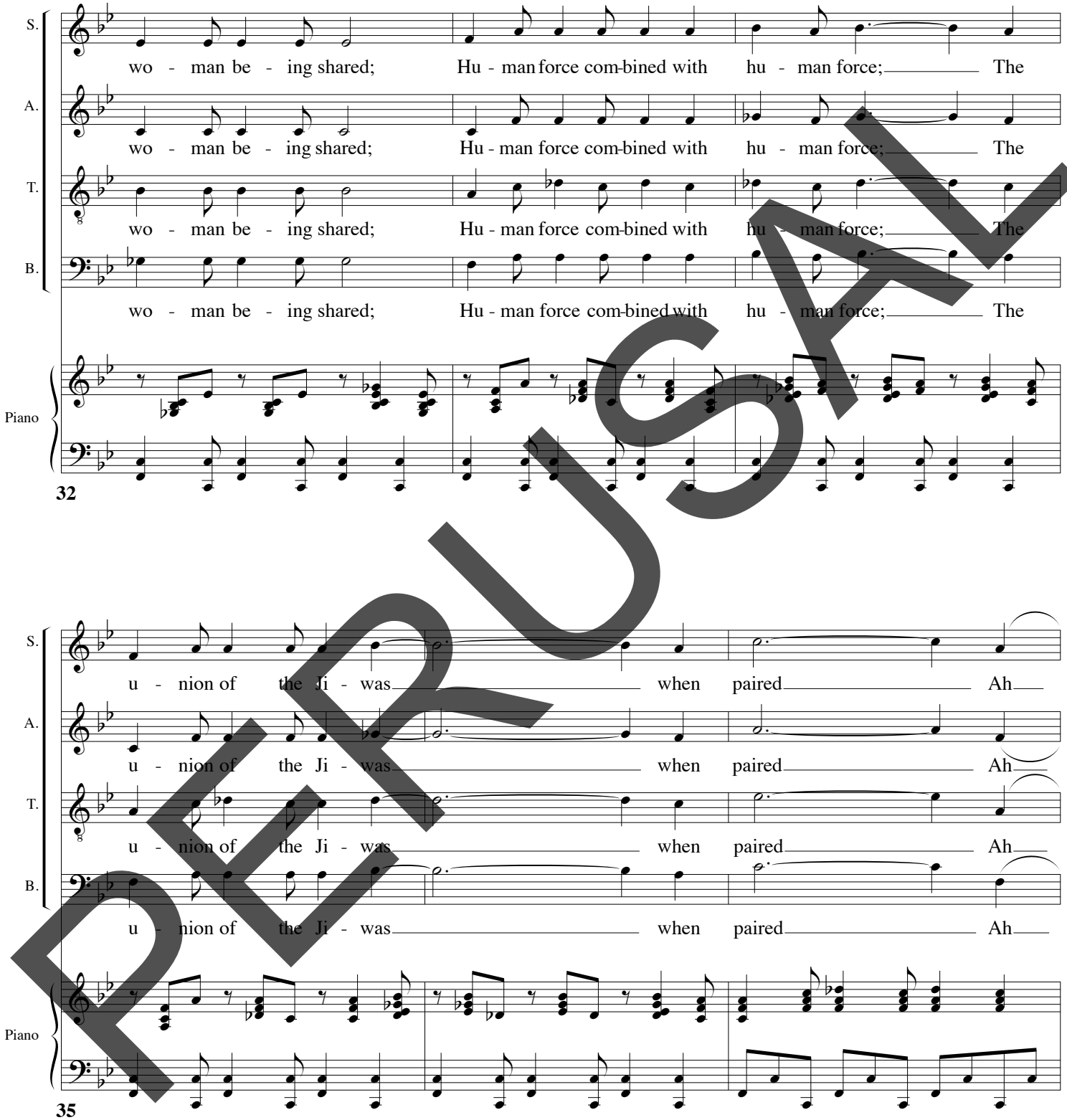

S.
A.
T.
B.
Piano
Na na na na na na na na na, Na na na na na na na na na na,
17
21

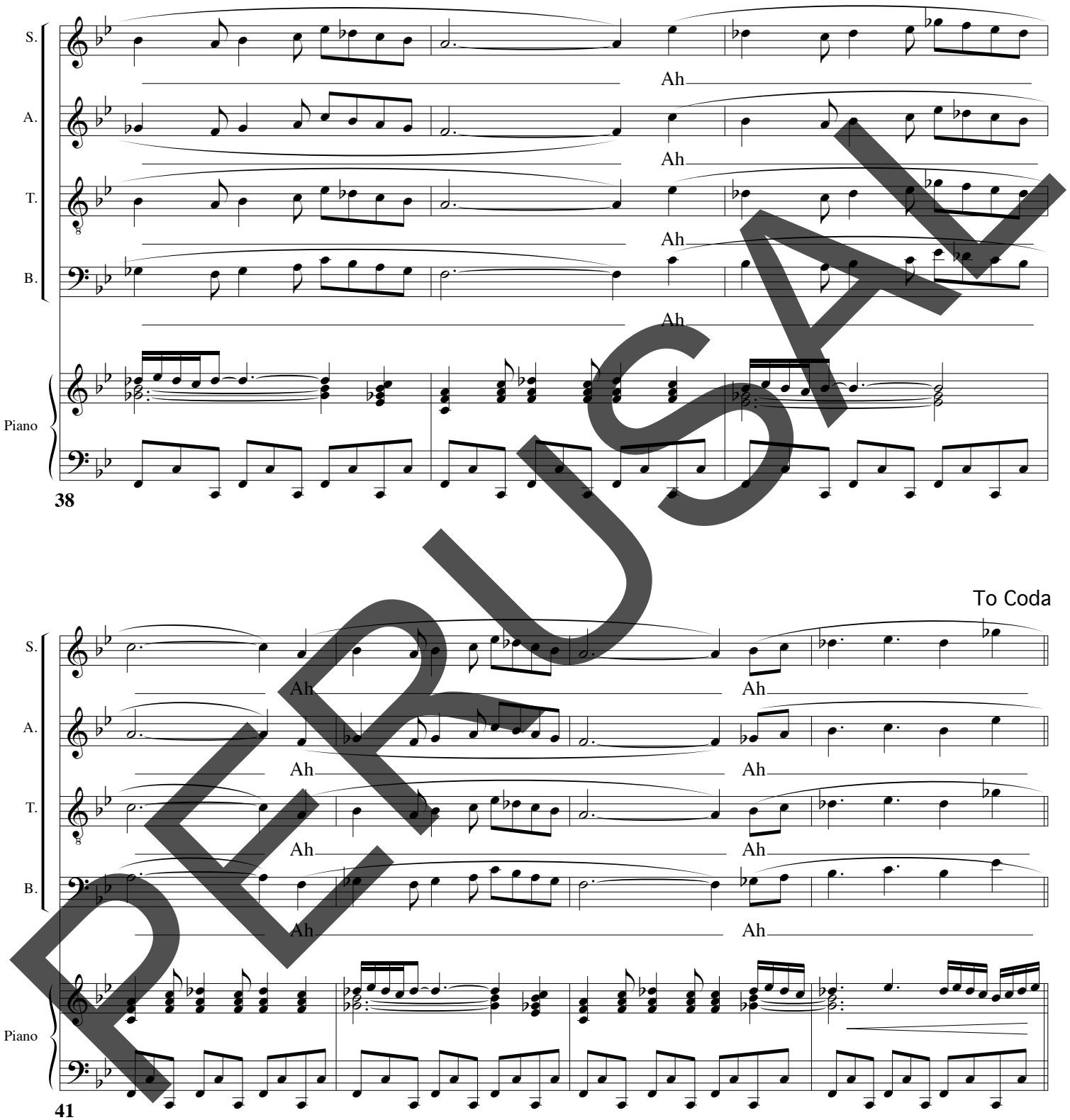
PERUSAL


S.
A.
T.
B.
Piano
na.
cresc.
8va
25
Hu - man force com-bined with hu - man force; The es - sen-ces of man and
f
29

PERUSAL


S.
A.
T.
B.
wo - man be - ing shared; Hu - man force com-bined with hu - man force; The
Piano
32
u - nion of the Ji - was when paired Ah
35

PERUSAL



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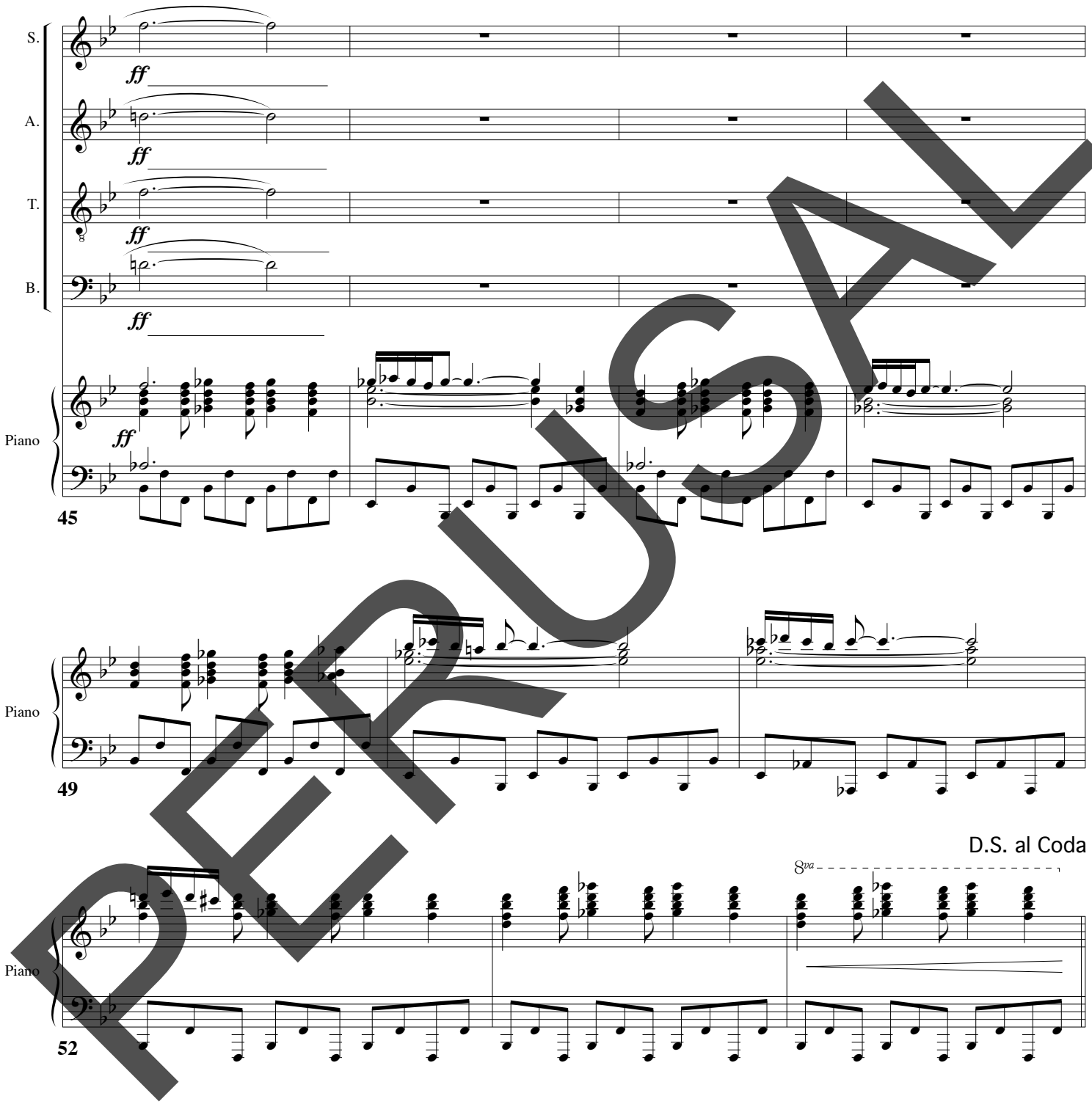

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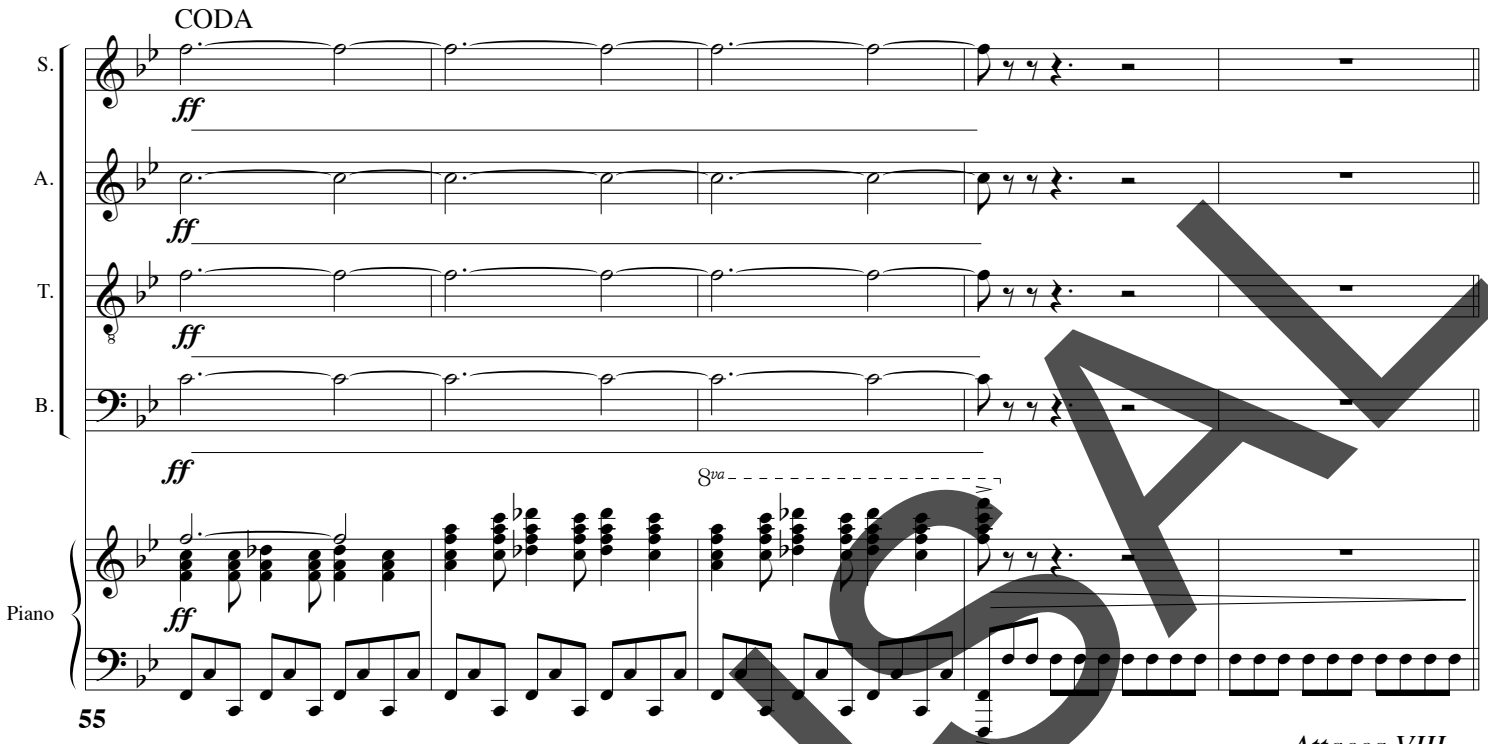
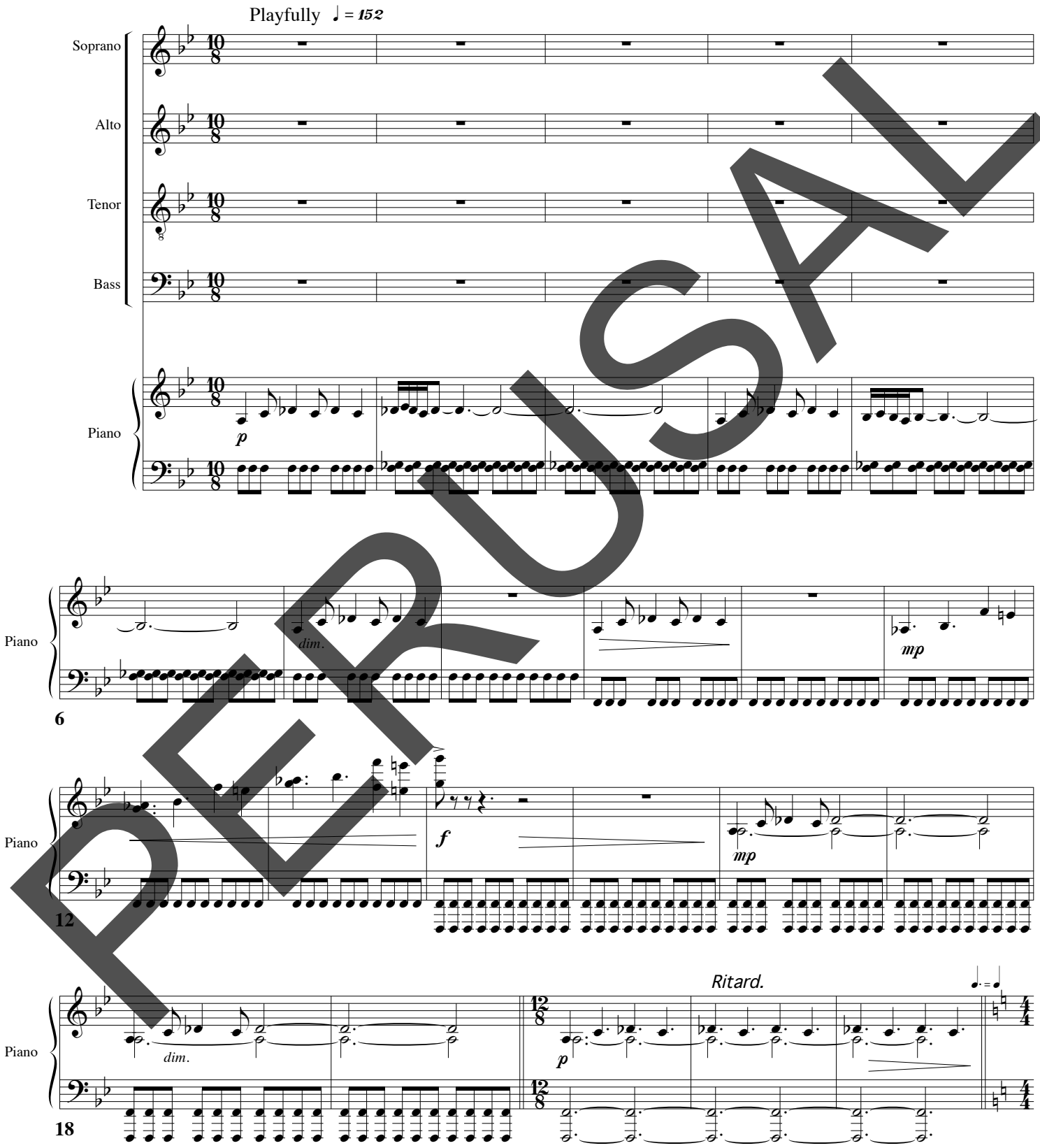


PERUSAL

VIII.

Roh Rochaniah

Lucas Richman



PERUSAL

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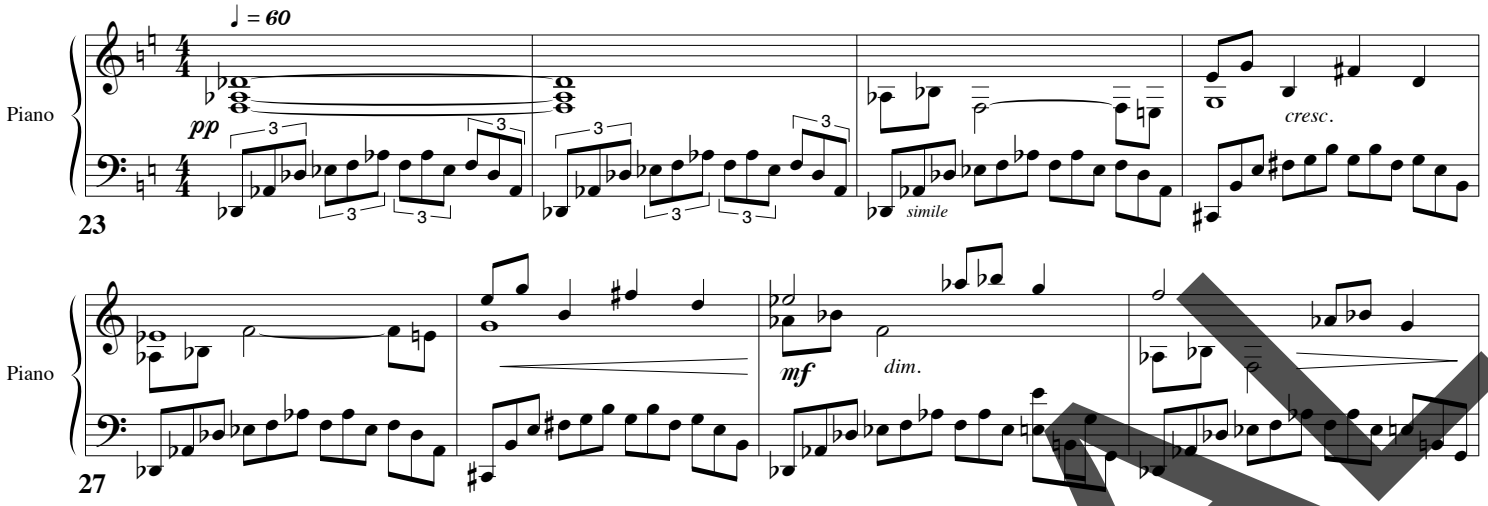
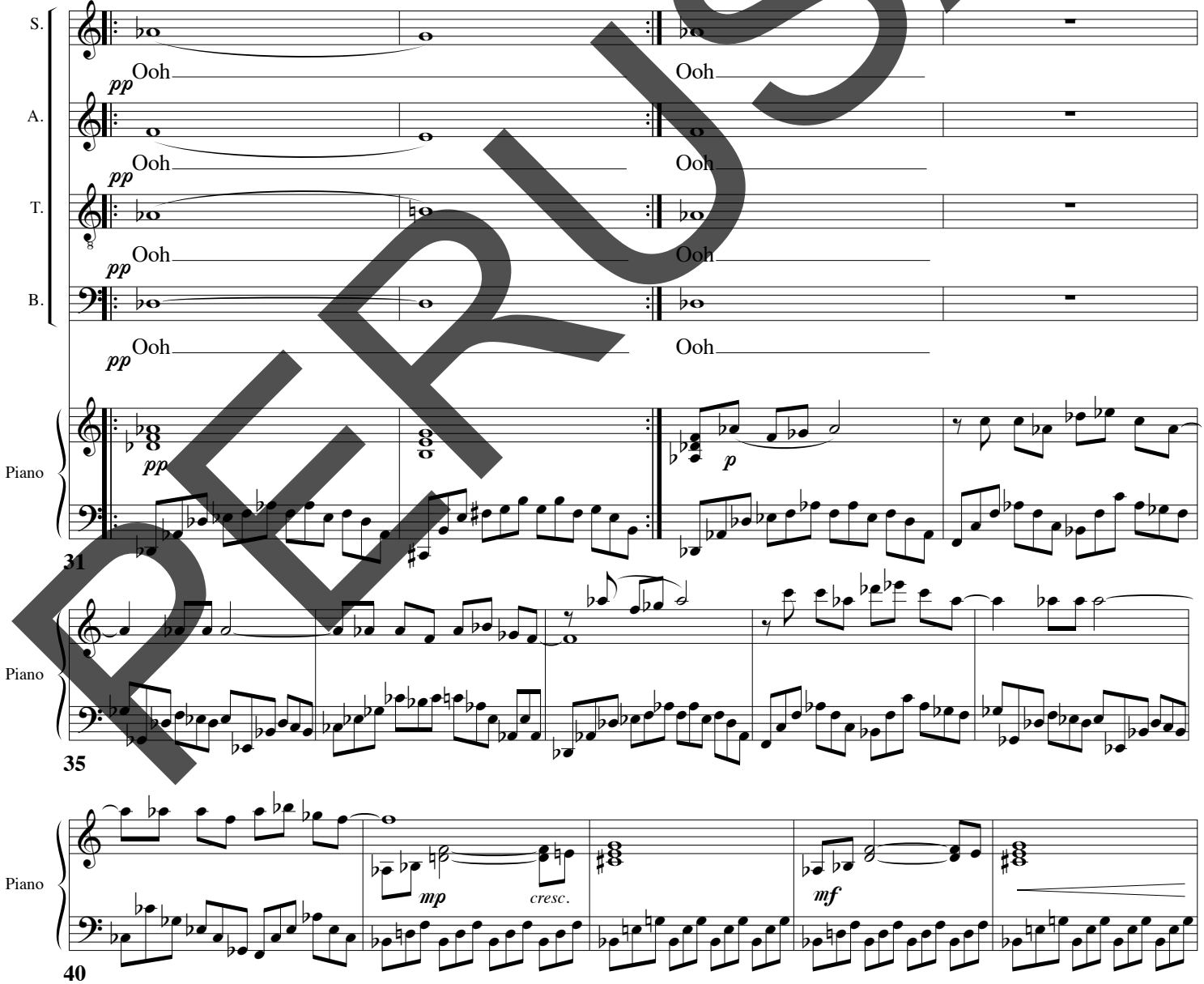


Nar.: My children, realize that you must be able to see the different forces contained in everything you do, so that you may find a fitting path for your life.

Nar. (cont.): Do not go in being led by your heart and mind, occupied as they are by the *nafsu*, which care only to have what they think will please them, and regard the *kejiwaan*, or spirituality, as boring. The *kejiwaan* must truly be regarded as a necessity for your life to be happy.



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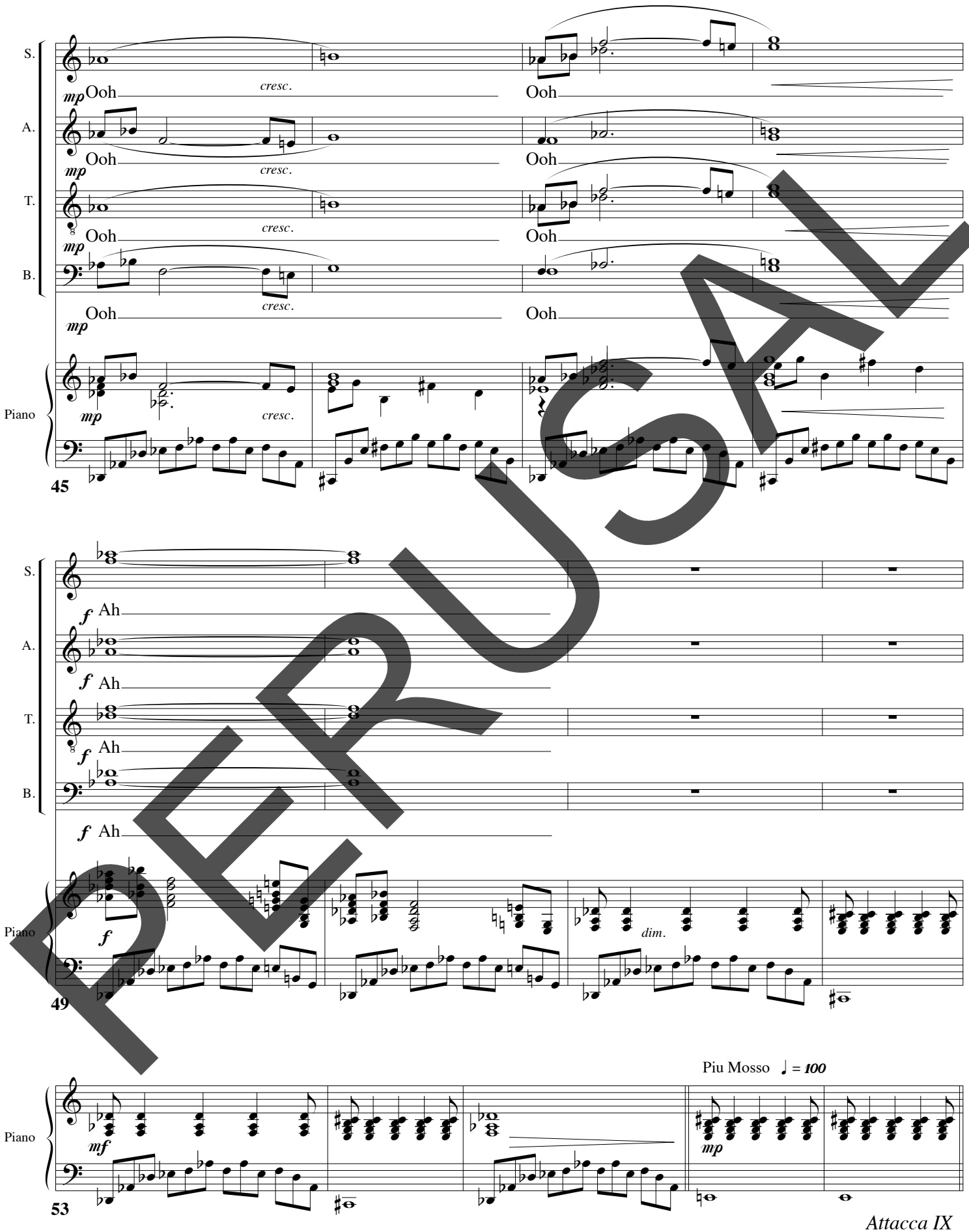
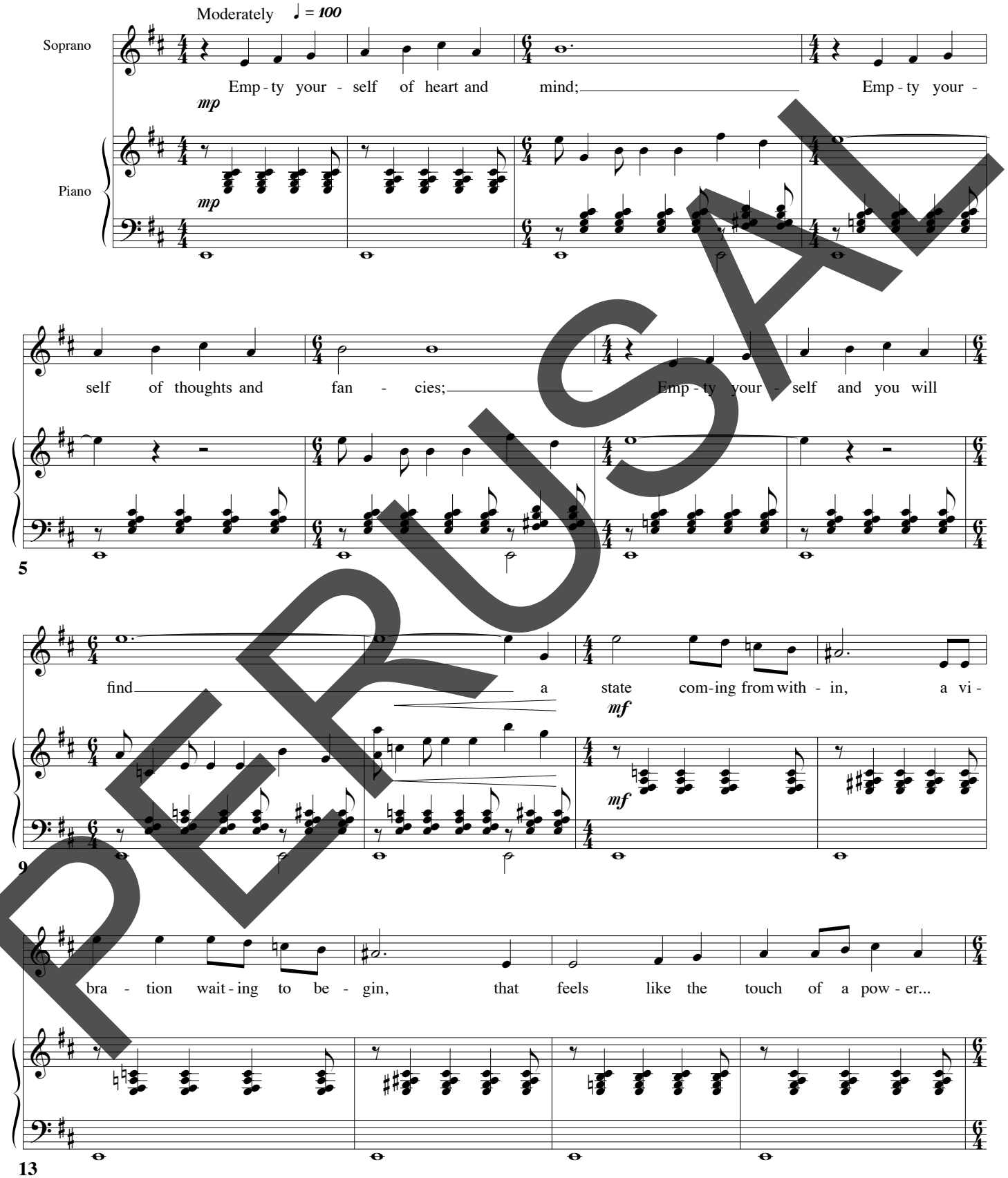

S.
A.
T.
B.
Piano
mp Ooh
cresc.
Ooh
45
f Ah
49
dim.
Piu Mosso ♩ = 100
mf
mp
53
Attacca IX

PERUSAL

IX.

Roh Rachmaniah

Lucas Richman



PERUSAL

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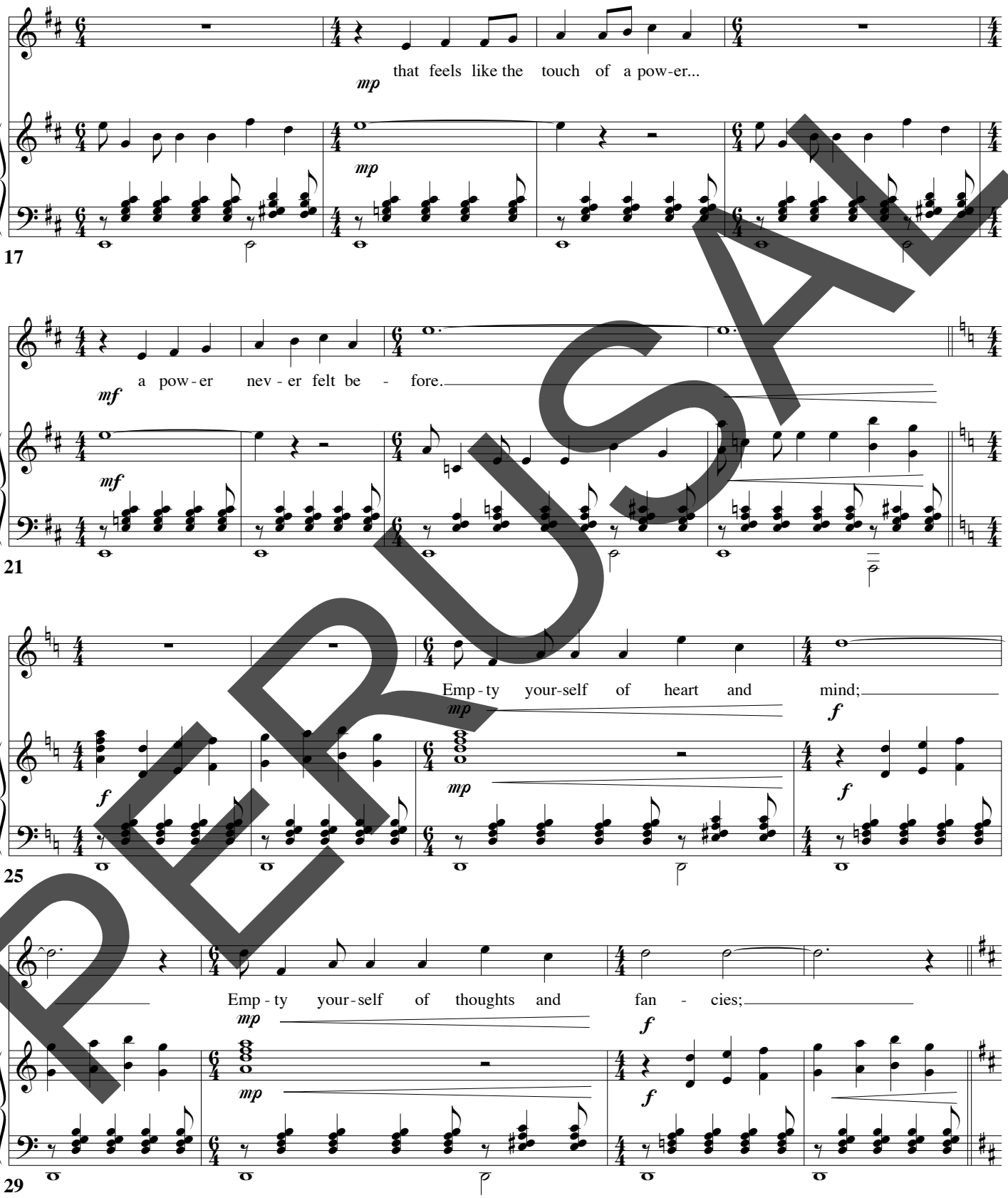
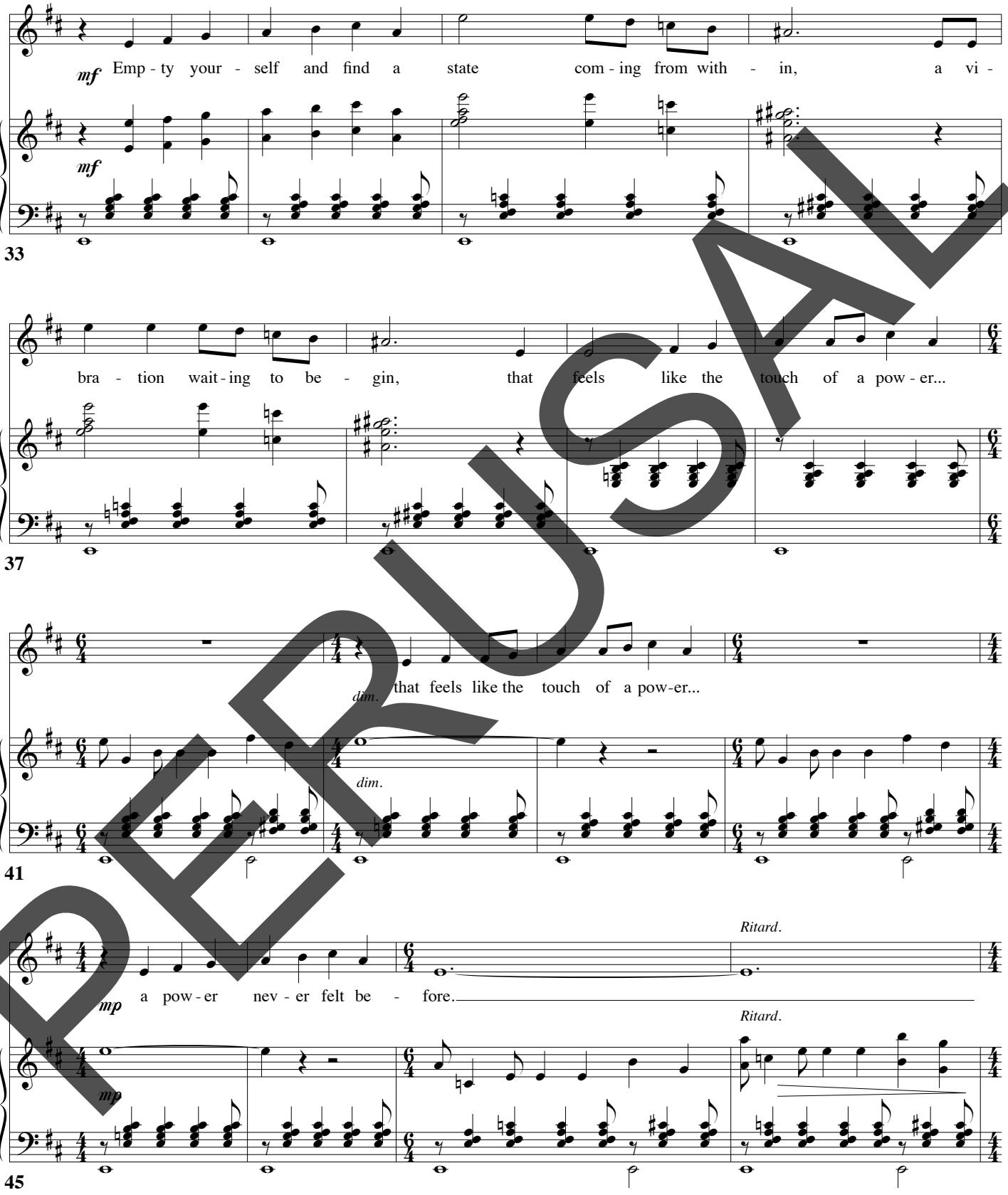
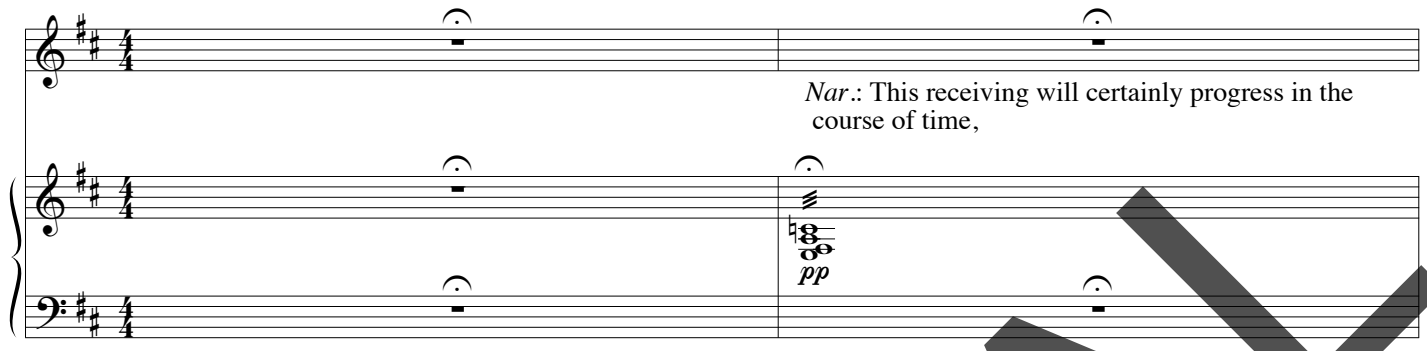
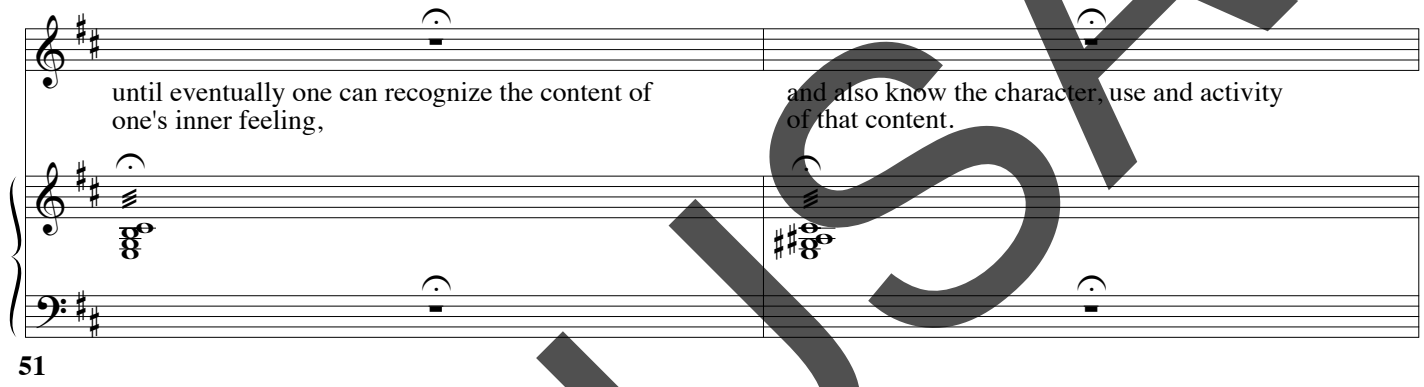

that feels like the touch of a pow-er...
a pow-er nev-er felt be-fore.
Emp-ty your-self of heart and mind;
Emp-ty your-self of thoughts and fan-cies;
17
21
25
29

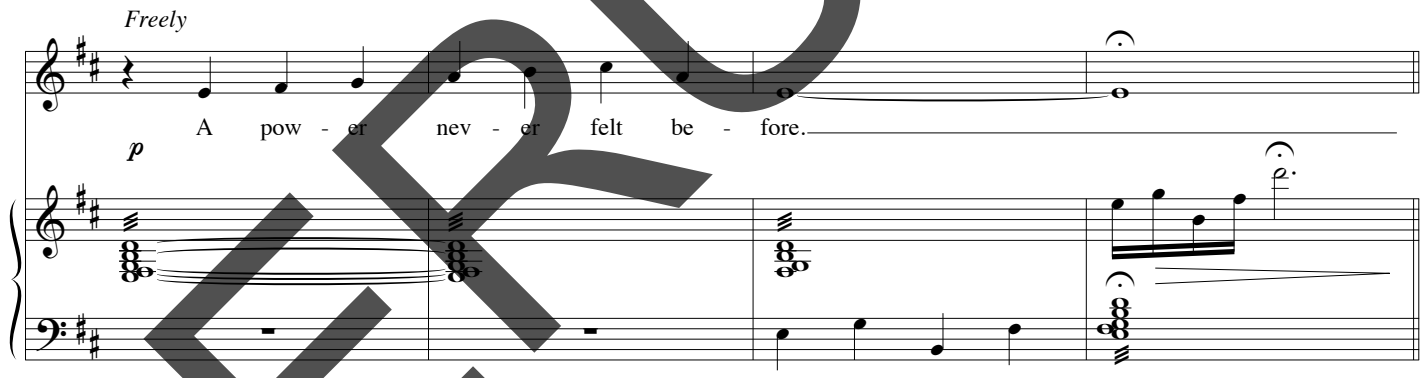
PERUSAL


mf Emp - ty your - self and find a state com - ing from with - in, a vi -
mf
33
bra - tion wait - ing to be - gin, that feels like the touch of a pow - er...
37
dim. that feels like the touch of a pow-er...
dim.
41
mp a pow - er nev - er felt be - fore.
Ritard.
Ritard.
mp
45

PERUSAL







Attacca X.

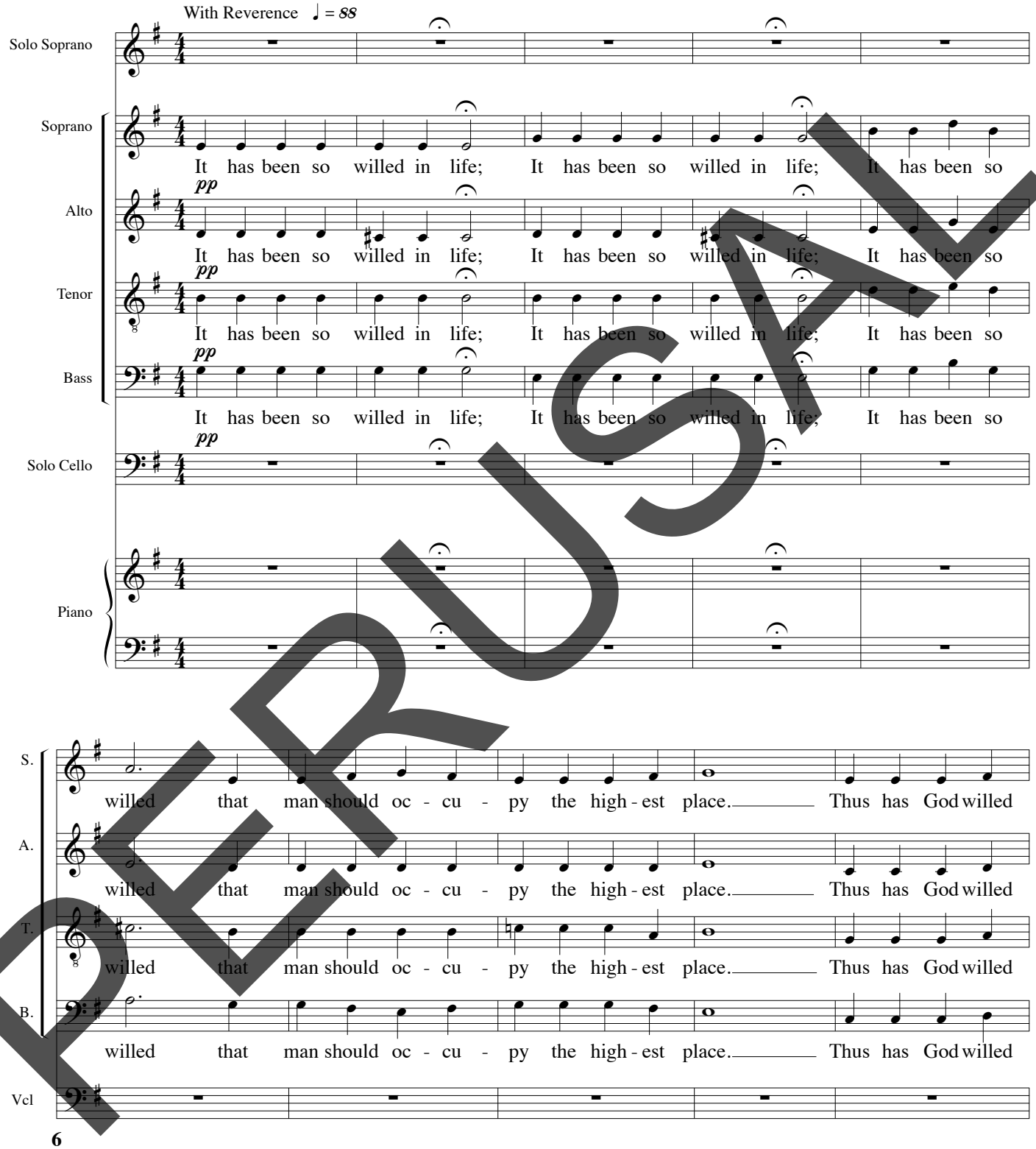
PERUSAL

Chapter 6, Asmarandana #26
Chapter 9, Sinom #35
Chapter 10, Putjung #28-29
Chapter 18, Putjung #9
Chapter 19, Megatruh #14-15

X.

Roh Rabbaniah

Lucas Richman



PERUSAL

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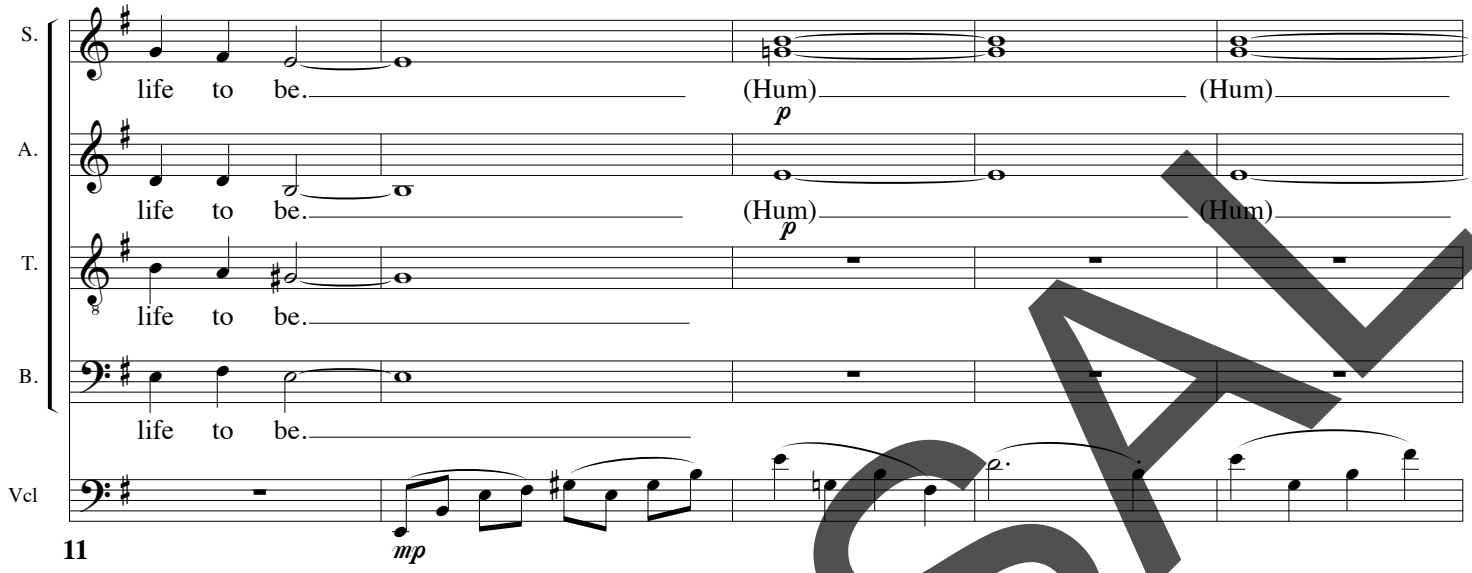
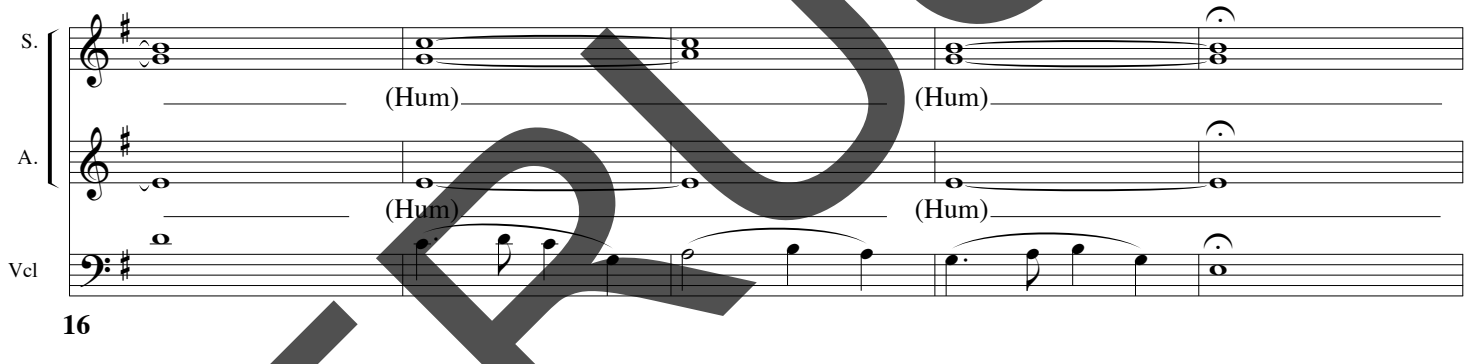
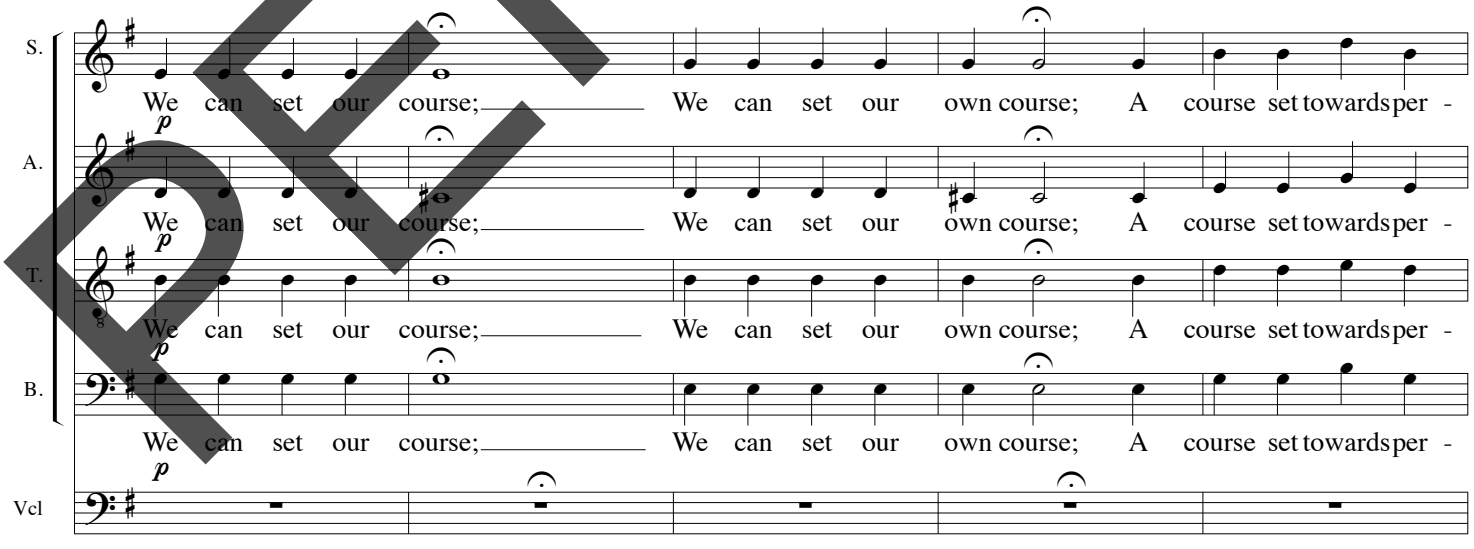
Nar.: If you do not reach your real level - meaning the level at which you can put your ancillary forces in their right places...

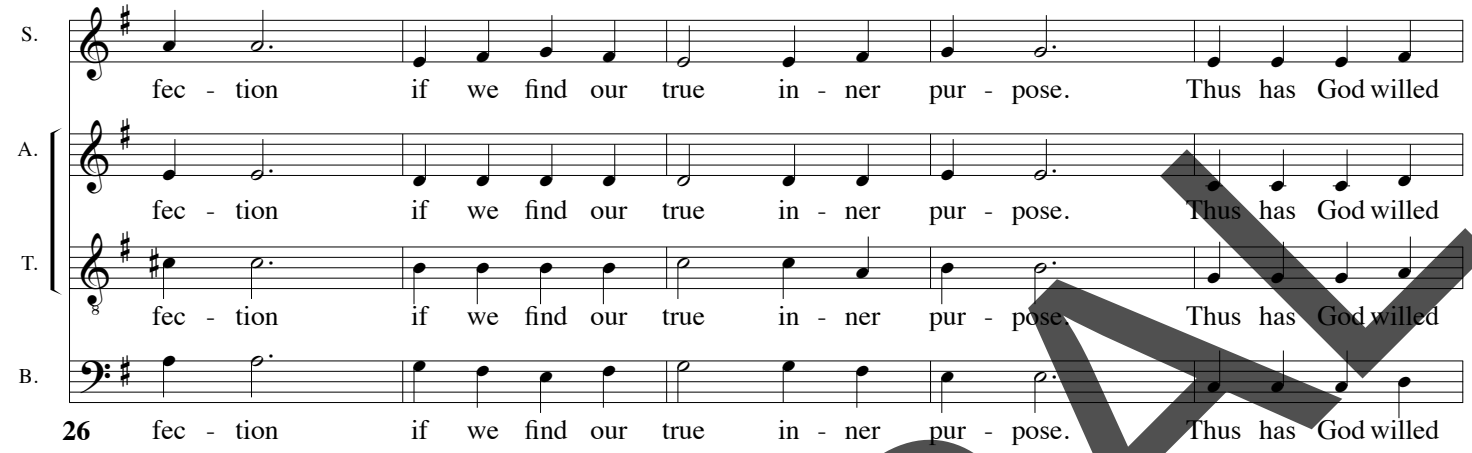


Nar. (cont.): ...naturally you will not be able to rise higher; that is, to the greater, noble life meant for humanity.

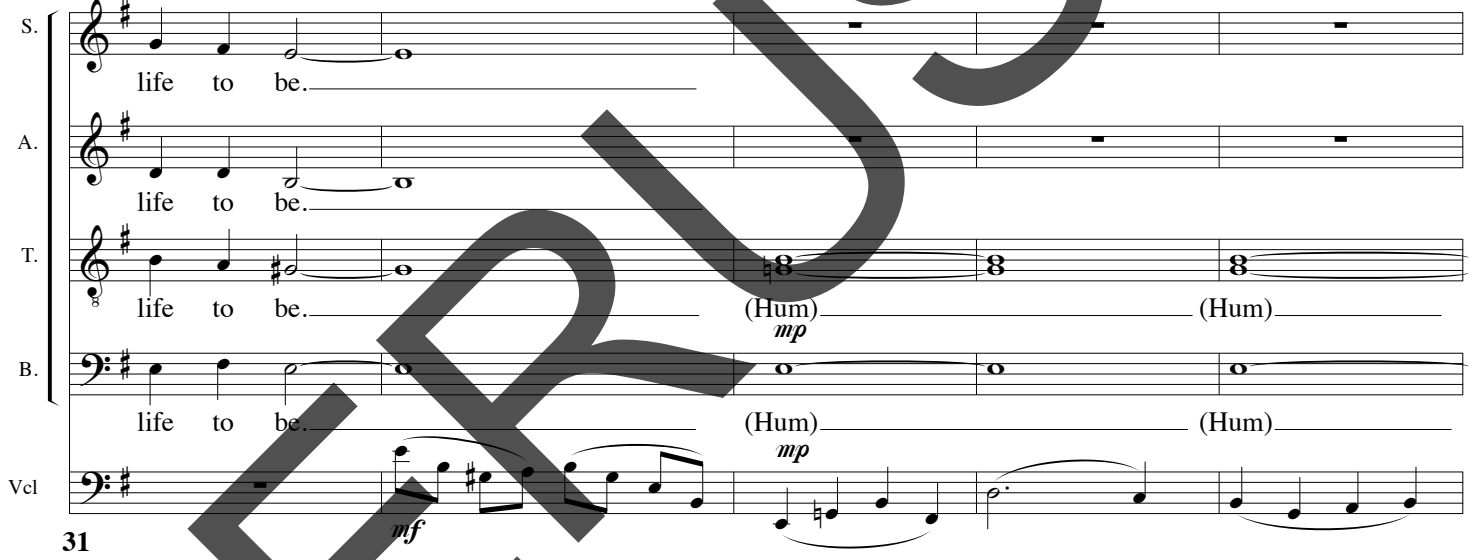




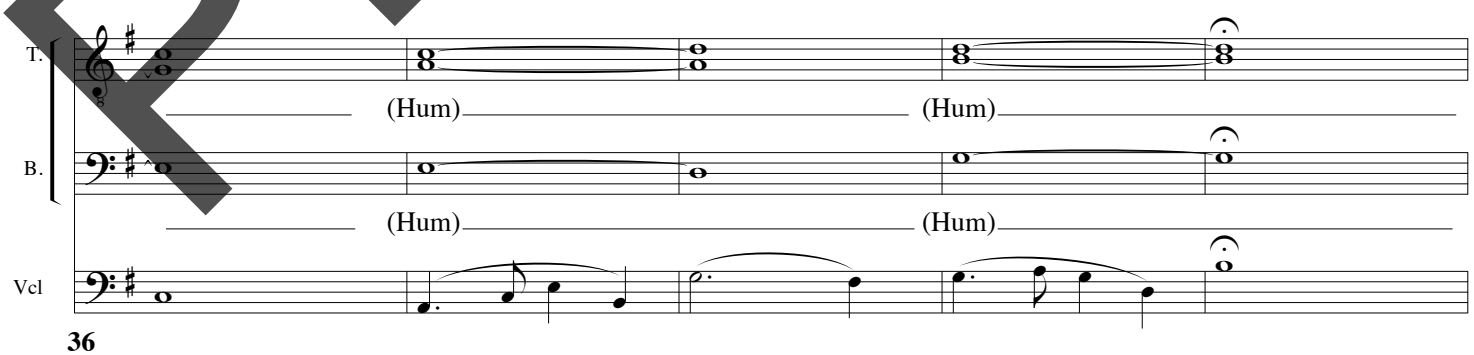
PERUSAL



Nar.: It is most necessary for people to seek ability, both outward and inward. This is necessary in order that, with that ability, they can...



Nar. (cont.):...reach the highest level, so that they can understand the true use of knowledge in relation to their own human self.



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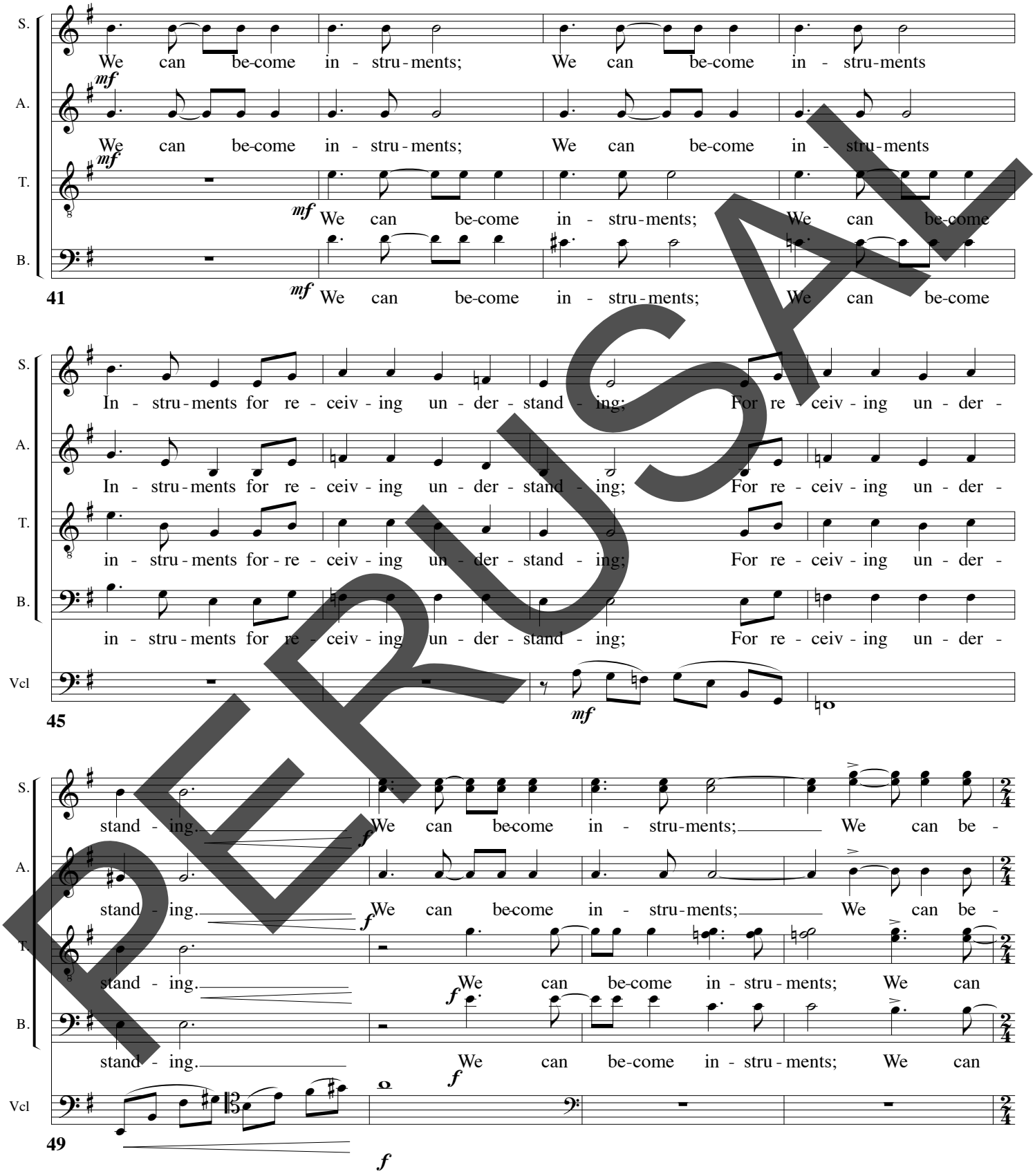
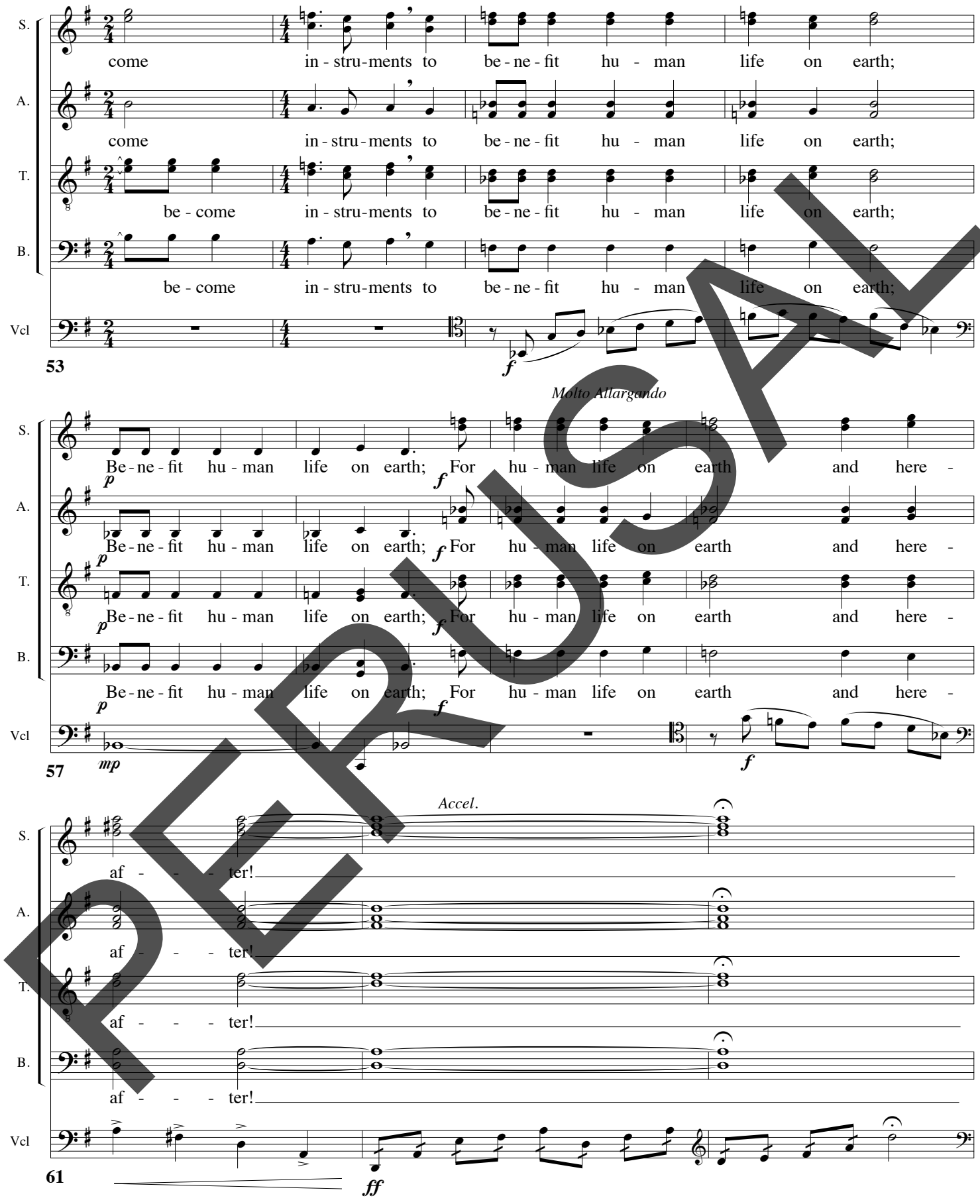
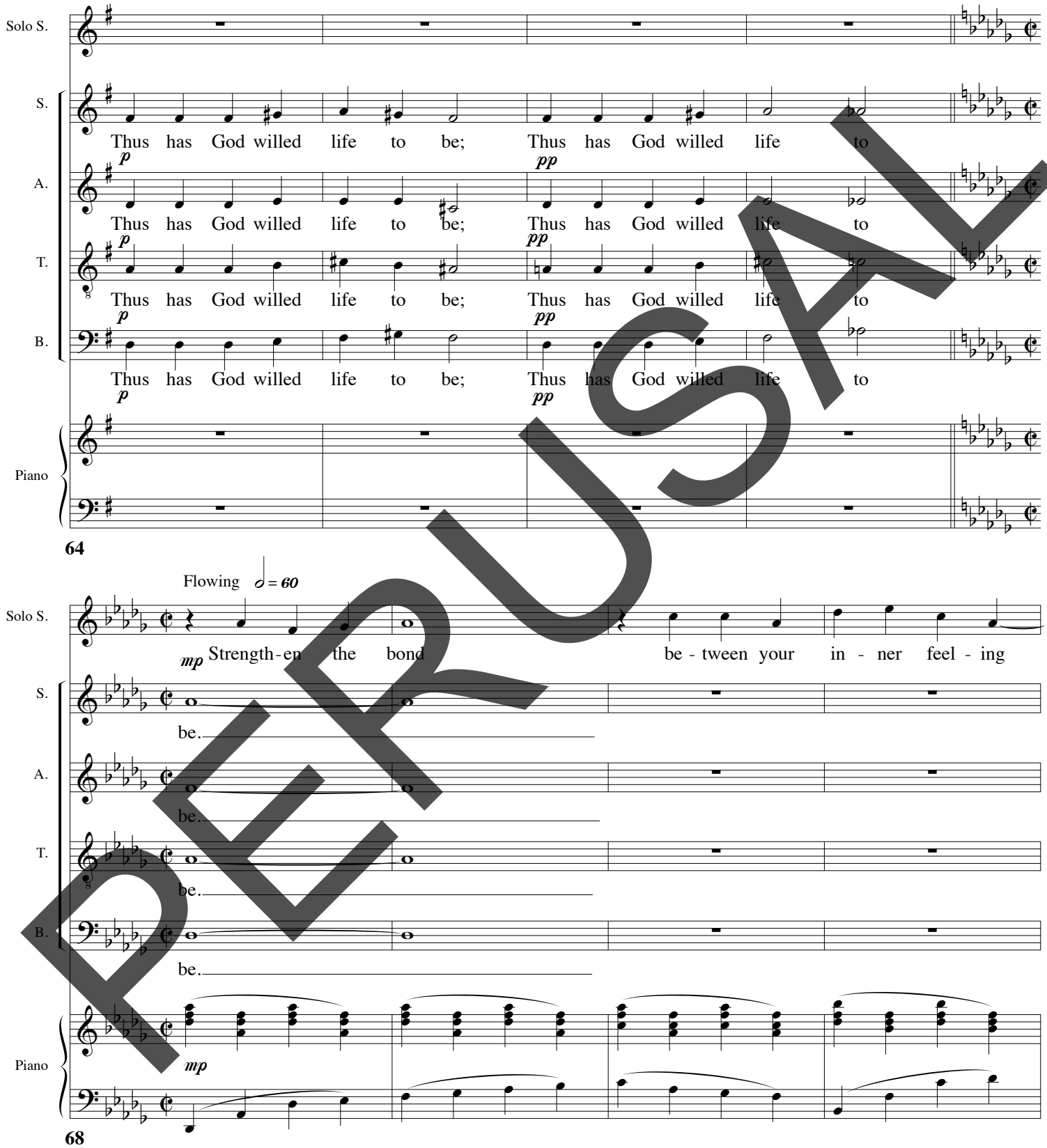

S.
A.
T.
B.
41
mf
We can be-come in - stru-ments; We can be-come in - stru-ments
We can be-come in - stru-ments; We can be-come in - stru-ments
We can be-come in - stru-ments; We can be-come
We can be-come in - stru-ments; We can be-come
45
Vcl
In - stru-ments for re - ceiv - ing un - der - stand - ing; For re - ceiv - ing un - der -
In - stru-ments for re - ceiv - ing un - der - stand - ing; For re - ceiv - ing un - der -
in - stru-ments for - re - ceiv - ing un - der - stand - ing; For re - ceiv - ing un - der -
in - stru-ments for re - ceiv - ing un - der - stand - ing; For re - ceiv - ing un - der -
mf
49
f
stand - ing. We can be-come in - stru-ments; We can be -
stand - ing. We can be-come in - stru-ments; We can be -
stand - ing. We can be-come in - stru - ments; We can
stand - ing. We can be-come in - stru - ments; We can

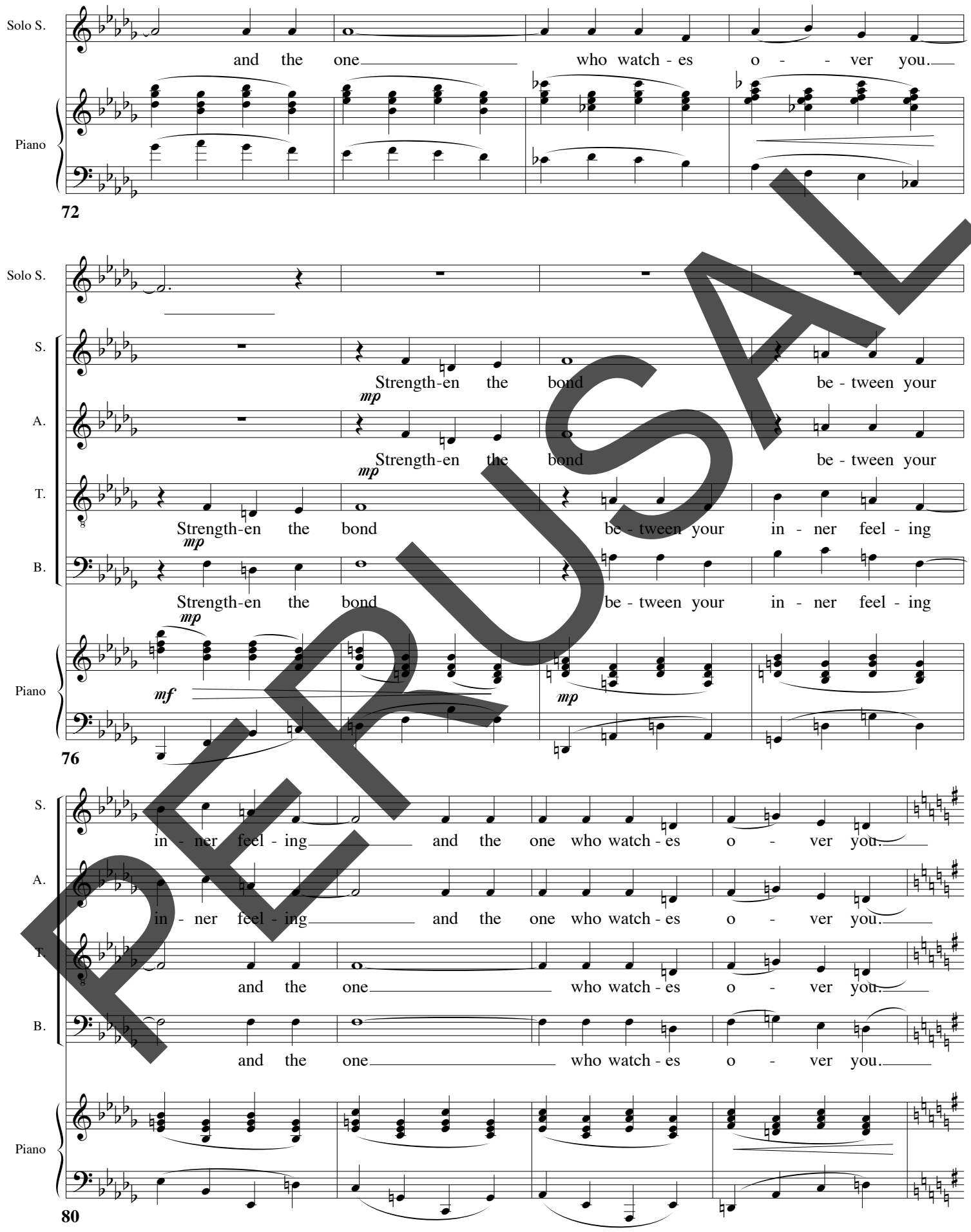
PERUSAL


S.
A.
T.
B.
Vcl
come in - stru - ments to be - ne - fit hu - man life on earth;
be - come in - stru - ments to be - ne - fit hu - man life on earth;
53
f
Molto Allargando
Be - ne - fit hu - man life on earth; For hu - man life on earth and here -
p
f
57
mp
Accel.
af - - - - ter!
ff
61

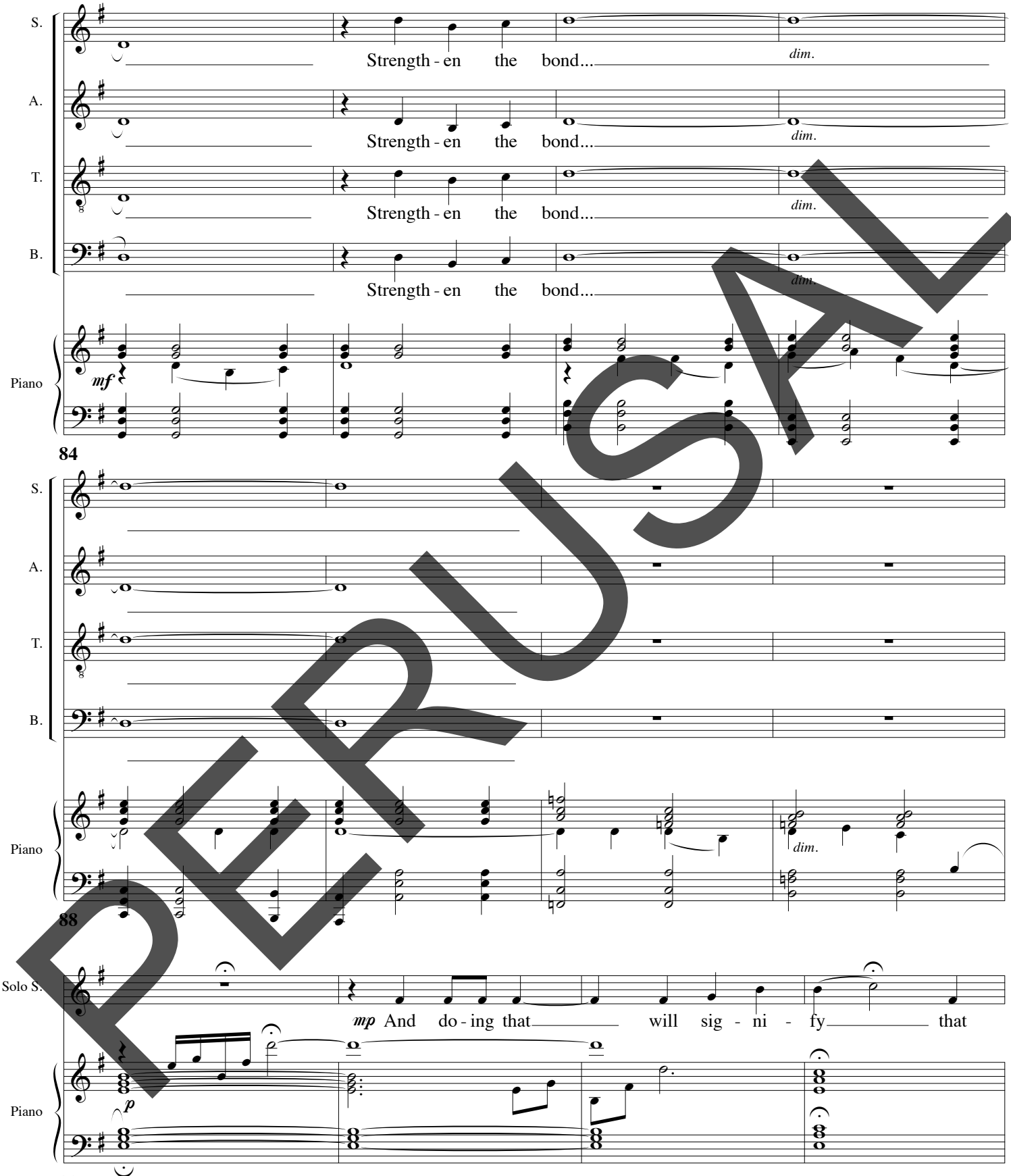
PROOF


Solo S.
S.
A.
T.
B.
Piano
p
pp
Thus has God willed life to be; Thus has God willed life to
64
Flowing ♩ = 60
mp
Strength - en the bond be - tween your in - ner feel - ing
be.
68

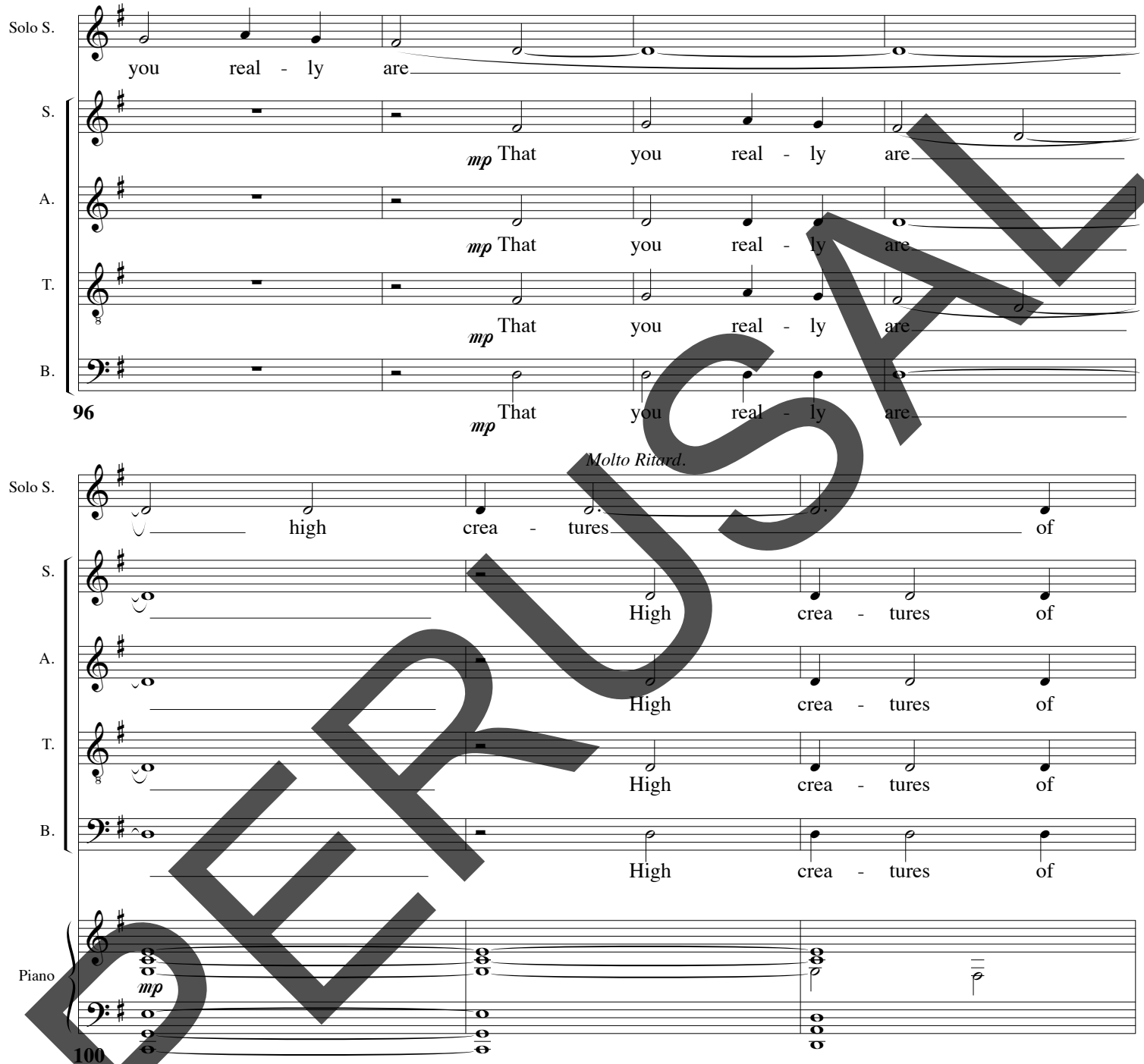
PERUSAL


Solo S.
and the one who watch - es o - ver you.
Piano
72
Solo S.
S.
A.
T.
B.
Strength-en the bond be - tween your
mp
Strength-en the bond be - tween your
mp
Strength-en the bond be - tween your in - ner feel - ing
mp
Strength-en the bond be - tween your in - ner feel - ing
mp
Piano
mf
mp
76
S.
A.
T.
B.
in - ner feel - ing and the one who watch - es o - ver you.
in - ner feel - ing and the one who watch - es o - ver you.
and the one who watch - es o - ver you.
and the one who watch - es o - ver you.
Piano
80

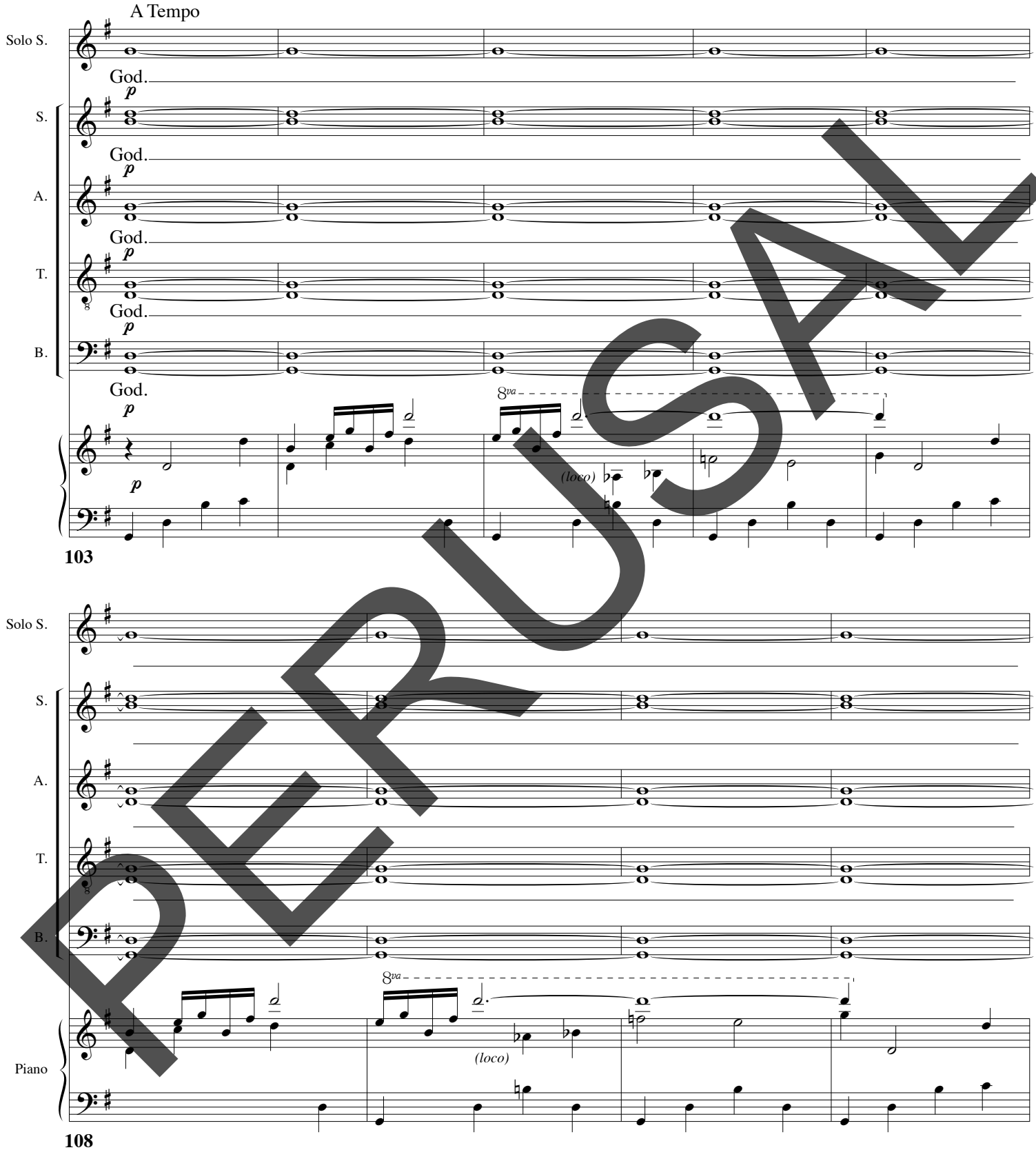
PERUSAL


S.
A.
T.
B.
Strength - en the bond...
dim.
Piano
mf
84
88
Solo S.
mp And do - ing that will sig - ni - fy that
p
92

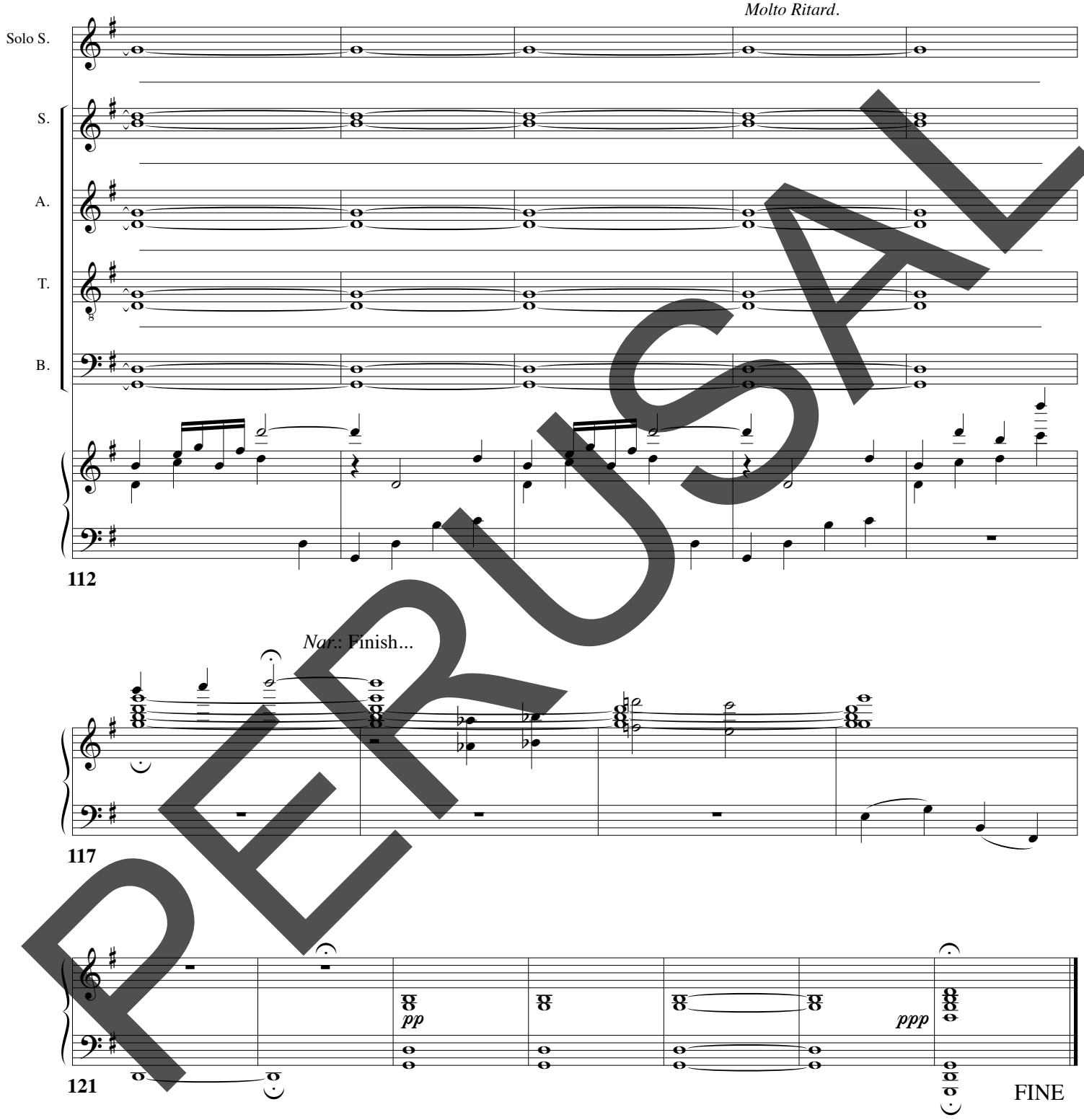
PERUSAL


Solo S.
you real - ly are
S.
mp That you real - ly are
A.
mp That you real - ly are
T.
mp That you real - ly are
B.
96
mp That you real - ly are
Molto Ritard.
Solo S.
high crea - tures of
S.
High crea - tures of
A.
High crea - tures of
T.
High crea - tures of
B.
High crea - tures of
Piano
mp
100

PERUSAL


A Tempo
Solo S.
God.
p
S.
God.
p
A.
God.
p
T.
God.
p
B.
God.
p
8va
(loco)
p
103
Solo S.
S.
A.
T.
B.
8va
(loco)
Piano
108

PERUSAL



PERUSAL