

Tablet of the Holy Mariner

for SATB Voices and Breath Artist *a cappella*

Text by Bahá'u'lláh

Erik Spangler
(2022)

J. = 72
mf

Soprano He__ is the Gra - cious, the Well - Be - loved!__ O Ho - ly

Alto *p*
[hum]

Tenor -

Bass -

J. = 72
notation indicates only approximate / suggested outline of breath sounds:

Breath || 6

7

Ma - ri - ner! Bid____ thine ark____ of e - ter - ni - ty ap -
pp — *mf p subito*
[hum] [inhalation] [hum]

[hum] [inhalation] [hum]

pp — *mf p subito*
[inhalation] [hum]

pp — *mf*

[inhalation]

12

pear be - fore the Ce - les - tial Con - course,

[hum]

Glo - - -

[hum] [inhalation] [hum]

Glo - - -

pp *mf p subito* **pp** **mf**

pp **mf** **pp**

[inhalation] [breath percussion]

18

- ri-fied be my Lord, _____ the All - Glo - rious! _____

8 - ri-fied be my Lord, _____ the All - Glo - rious! _____

- ri-fied be my Lord, _____ the All - Glo - rious! _____

= *mp* *pp* *mp* *pp* *mp* *pp*

23

Launch it up - on the an- cien^t sea, in His Name, the Most Won - drous,
sempre legato

p [hum] **mf** [inhal.] Glo - ri-fied
mf [inhal.] Glo - ri-fied
mf [inhal.] Glo - ri-fied

pp **mf** **mp** [ocean waves] [breath percussion]

31

[inhal.] **mf** And let the an - ge - lic
[inhal.] **p**

be my Lord, the All - Glo - rious! [inhal.] [hum]
be my Lord, the All - Glo - rious!
be my Lord, the All - Glo - rious!

pp **mp** **pp** **mp** **pp** **pp** [ocean waves]

36

spi - rits en - ter, in the Name of God, the Most High.
mf [hum] [inhal.] Glo - ri-fied

p *sempre legato* [hum] **mf** [inhal.] Glo - ri-fied
mf [inhal.] Glo - ri-fied

mf [breath percussion]

42

A

Un-moor it, then, that it may sail up-on_ the
be my Lord, the All - Glo - rious! [oo]

be my Lord, the All - Glo - rious! [oo]

be my Lord, the All - Glo - rious! [oo]

A

[breath percussion] [ocean waves]

49

o - cean of Glo - ry, Hap-ly the dwel-lers there-in may at -
[oo] Glo ri - fied be

[oo] [inhalation] [oo]

[inhalation] [oo]

mf p subito [inhalation] [oo]

pp [ocean waves]

54

tain_ the re-treats of near - ness_ in the ev - er - las - ting
my Lord,

[oo]

[oo]

mf [ocean waves]

59

realm.

Glo - ri - fied be my Lord, the All - Glo - rious!__

Glo - ri - fied be my Lord, the All - Glo - rious!__

Glo - ri - fied be my Lord, the All - Glo - rious!__

[breath percussion]

65

sa - cred strand,

the shore____ of the crim - son seas,____ Bid them

[oh]

Glo - - -

[inhal.]

[ocean waves]

70

B

is - sue forth and at - tain____ this e-the - real____ and in-vi-si-ble sta - tion.

- - - ri - - fied be my Lord,____ Glo - - -

[oh]

Glo - - - ri - - -

[oh]

B

mf

pp

76

pp ——————○
 [ssh "ocean waves"] A sta - tion

- ri - fied be my Lord the All - Glo - rious! —
 [oh] [eh]

fied be my Lord the All - Glo - rious!
mf ——————○ **pp** —————— **mf** ——————
 [ocean waves]

84

p ——————○
 where-in the Lord hath in the Flame of His beau - ty ap-peared with-in the
 [eh] → [oh] → [eh] → [oo]

[eh] → [oh] → [eh] → [oo] →
 ——————
 ——————○ **pp** ——————○
 ——————

89

death - less tree; **mf** ——————○
 Glo - ri-fied be my Lord, the All-

[oh] → [mm] Glo - ri-fied be my Lord, the All-
 ——————○ **mf** ——————○
 Glo - ri-fied be my Lord, the All-

mf ——————○ **mp** —————— **pp** —————— **mp** ——————
 ——————○ [breath percussion]

95

C

Where-in_ the em - bo-di-ments of His Cause cleansed them- selves of self and pas - sion;

pp
"ocean waves"

Glo - rious!__ [ssh]

Glo - rious!__ [ah]

Glo - rious!__ [ah]

C

pp mp *pp* *pp* *mf*

[breath percussion] [ocean waves]

101

mp

A-round which the Glo - ry of Mo - ses doth

Glo ri - fied be my

p

overtone breath

[ah]

Glo ri - fied be my Lord, the All - Glo -

mp

pp

cir - cle with the ev - er - las - ting hosts;

Lord, the All - Glo - rious!

p

[ah]

rious!

mf

109

Where-in the Hand__ of
Glo - ri - fied be my Lord,____ the All - Glo - rious! [ah]

Glo - ri - fied be my Lord,____ the All - Glo - rious! [ah]

"ocean waves"
Glo - ri - fied be my Lord,____ the All - Glo - rious! [ssh]

[breath percussion]

116

God was drawn forth from His bo - som of Gran - - deur;
[ah]

[ah]

[ssh]

[overtone flutter - B-flat]

120 **D** *"ocean waves"*
pp

[ssh]

Glo - ri - fied be my

[ah]

Glo - ri - fied be my Lord

D *[overtone flutter - B-flat]*

125

Where-in the ark____ of the Cause re
p
 Lord____ the All - Glo - rious! [oh] **p**
 [ah] [oh]
 the All - Glo - rious!
p [overtone flutter - B-flat] **pp** [ocean waves] **mf**

132

main-eth mo - tion-less, ev - en though to its dwel - lers be de - clared all di
 [oh]
 [oh] **pp** "ocean waves" **mp**
 [ssh] [oh]
 [oh]

137

vine at - tri-butes. **pp** "ocean waves" **mp** into sung note
 [ssh] [oh]
 [oh] **mf** Glo - ri - fied be my Lord, the All - Glo - rious!
 [oh] **mf** Glo - ri - fied be my Lord, the All - Glo - rious!
 [oh] **mf** Glo - ri - fied be my Lord, the All - Glo - rious!
 [breath percussion] **pp** [breath percussion] **mp** [breath percussion]

143 [E]

O Ma - ri-ner! Teach them that are with-in the ark_ that which we have

mp

[ah]

[ah]

[ah]

pp mp *pp mp* *pp mp* *pp mp* *pp mp* *pp mp*

[breath percussion]

149

taught thee be - hind the mys - tic veil,

[ah]

Glo - ri-fied

[ah]

Glo - ri-fied

[ah]

Glo - ri-fied

pp mp pp mp pp mp pp mp

155

Per-chance they may not tar - ry

[ah]

be my Lord, the All - Glo - rious!

[ah]

be my Lord, the All - Glo - rious!

pp mp pp mp pp mp pp mp

[ah]

[ah]

[ah]

[overtone flutter - E-flat]

160

in the sa - cred snow-white spot, But may soar up-on the wings of the spi - rit
mp
[eh] [y] [eh][y] [eh] [y] [eh] [y] [eh][y] [eh]
[oh] Glo - ri - fied be my Lord,
[oh] [ah] [oh]
[wavy lines] [pp] [ocean waves]
[overtone flutter - E-flat]

167

un - to that sta - tion which the Lord____ hath ex - al - ted a - bove all men
[eh] [y] [eh] [y] [eh]
Glo - - - ri - fied be my Lord,
[oh] [eh] [oh]
 mf

171

F

tion in the worlds be - low, May
[eh] [inhal.] [oh]
 p *subito*
the All - Glo - rious!
[oh] Glo - -
 pp

F

175

wing through space even as the fa-vored birds in the realm_ of e - ter - nal re - un - ion;
[oh]

[inhal.] [exhal.]

- ri - fied, Glo - - ri - fied be_ my Lord, the All Glo -

mf **pp**

[ocean waves]

181

— May know the mys-te-ries hid - den_ in the seas

[oh] Glo - - ri - fied,

[inhal.] [oh]

- rious! Glo - - ri - fied be_ my Lord, the All-Glo -

p **p subito** **pp**

187

— of light.

Glo - - ri-fied be my Lord, the All - Glo - - rious!

[oh] Glo - - ri-fied be my Lord, the All - Glo - - rious!

- rious! Glo - - ri-fied be my Lord, the All - Glo - - rious!

mf [overtone flutter - E-flat]

194 **G**

They passed the grades of world-ly li mi ta - tions and reached that of the di vine u - ni-

p
[hum]

[inhal.] [exhal.]

G

wavy line with arrow
improvise with any combination of breath types already introduced

[overtone flutter - E-flat]

201

ty, the cen - ter of hea - ven-ly gui - dance. [inhal.] [exhal.]

[hum]

Glo - ri-fied be my Lord,

[hum]

Glo - ri-fied be my Lord,

p
[hum]

Glo - ri-fied be my Lord,

208

[exhal.] < **mp** [inhal.] They have de - sired to as-cend un - to that state which the Lord hath

the All-Glo - rious!

p [hum]

the All-Glo - rious!

p [hum]

the All-Glo - rious!

[inhal.] [exhal.]

214

— or-dained to be a - bove their sta - tions. — Where-up
 [hum] Glo - ri-fied be my Lord, the All-Glo - rious!
 [hum] Glo - ri-fied be my Lord, the All-Glo - rious!

mp

Glo - ri-fied be my Lord, the All-Glo - rious!

breath improvisation

221 **H**

on the bur - ning me-teor cast them out from them that a - bide in the king - dom of His

pp — ***mp*** —
 [ssh]

p
 [ah]

p
 [ah]

H

229

Pre - sence, And they heard the Voice of Gran -

mf

Glo - ri - fied bemy Lord, the All - Glo - rious! [hum]

p

mf

[ah] Glo - ri - fied bemy Lord, the All - Glo - rious!

mf

[ah] Glo - ri - fied bemy Lord, the All - Glo - rious!

237

deur raised from be hind the un-seen pa - vi - lion up-on the Height of Glo - ry: *mf*

[hum] *mf*

Glo - ri-fied

Glo - ri-fied

mf

Glo - ri-fied

breath improvisation

246

I

[inhal.] [exhal.]

be my Lord, the All - Glo - rious! [inhal.] [exhal.]

be my Lord, the All - Glo - rious! "O guar - dian an - gels! Re-turn them to *p*

be my Lord, the All - Glo - rious! [ah]

I

254

Glo - ri-fied be my Lord, the All

Glo - ri-fied be my Lord, the All

their a-bode in the world be - low," [ah]

Glo - ri-fied be my Lord, the All

262

Glo - rious! [inhal.] [exhal.]

Glo - rious! [inhal.] [exhal.]

"In - as- much as they have pur-posed to rise to that sphere which the wings of the

p

Glo - rious! [oh]

breath improvisation

268

Glo - ri-fied be my Lord, the All - Glo - rious!

Glo - ri-fied be my Lord, the All - Glo - rious!

ce-les-tial dove have ne-ver attained;"

[oh] Glo - ri-fied be my Lord, the All - Glo - rious!

276

[inhal.] [exhal.] overtone breath

[inhal.]

"Where - up-on the ship of fan - cy stand - eth still which the minds of them that com-pre hend can-not

p

[ah]

283

J **Meno mosso, $\text{J} = 68$**
mp

Where-up-on__ the maid of hea - ven looked out from her ex-al - ted cham - ber,
mp
Where-up-on__ the maid of hea - ven looked out from her ex-al - ted cham - ber,
— grasp."

Glo - ri fied

[ah]

290

J **Meno mosso, $\text{J} = 68$**
TACET

And with her brow signed to the Ce - les - tial Con - course,
And with her brow signed to the Ce - les - tial Con - course,
— be my Lord, the All-Glo - rious!
Glo - ri - fied be my Lord, the All Glo - rious!

Glo - ri - fied be my Lord, the All Glo - rious!

297

Flood-ing with the light of her coun te nance the hea - ven
Flood - ing with the light of her coun te nance the hea - ven
— be my Lord, the All Glo - rious!
Glo - ri - fied be my Lord, the All-Glo - rious!

303

K

— and earth,
And as the ra - diance of her beau - ty shone
— and earth,
And as the ra - diance of her beau - ty shone
Glo - ri-fied be my Lord, the All-Glo - rious!
Glo - ri - fied be my Lord, the All-Glo - rious!

K inhalations

310

— up-on the peo - ple of dust, All be ings were sha - ken in their
— up-on the peo - ple of dust, All be ings were sha - ken in their
Glo - ri-fied be my Lord, the All-Glo - rious!
Glo - ri - fied be my Lord, the All-Glo - rious!

316

mor - - tal graves.
mor - - tal graves.
Glo - ri - fied be my Lord, the All - Glo - rious!
Glo - - ri - fied be my Lord, the All -

320

She then raised the call which no ear through-out e -
She then raised the call which no ear through-out e -
Glo - - - rious!
inhalations

324

ter-ni-ty hath ev - er heard, And thus pro - claimed:
ter-ni-ty hath ev - er heard, And thus pro - claimed:
Glo - ri - fied be my Lord, the All-Glo - rious!
Glo - ri - fied be my Lord, the All-Glo - rious!

331 L *f*

"By the Lord! He whose heart hath not the fra-grance of the love of the ex - al - ted and
"By the Lord! He whose heart hath not the fra-grance of the love of the ex - al - ted and
"By the Lord! He whose heart hath not the fra-grance of the love of the ex - al - ted and
L TACET

339

TACET

345

350

355 **M** Lento, $\text{J} = 56$

cend in - to space from the man - sions of e - ter - ni - ty, And turn thou un-to
fied be my Lord, the All-Glo - rious! Glo-ri - fied be my Lord, the All-Glo - rious!

Glo-ri-fied be my Lord, the All-Glo - rious! Glo-ri-fied be my
cend in - to space from the man - sions of e - ter - ni - ty, And turn thou un-to

M Lento, $\text{J} = 56$
exhalations

360

that which they have con - cealed in the in - most of their hearts.
Glo - ri - fied be my Lord, the All - Glo - rious! Glo - ri -
Lord, the All-Glo - rious! Glo - ri - fied be my Lord, the All-Glo - rious!
that which they have con - cealed in the in - most of their hearts.

364 Più mosso, $\text{J} = 60$

Shouldst thou in - hale the per - fume of the robe from the Youth that hath been
fied be my Lord, the All - Glo - rious! Glo - ri - fied be my Lord, the All -
Glo - ri - fied be my Lord, the All-Glo - rious!
Shouldst thou in - hale the per - fume of the robe from the Youth that hath been

Più mosso, $\text{J} = 60$

368

hid - den with-in the ta - ber-na - cle of light by rea-son of that which the hands of the
Glo - ri - ous!
Glo-ri - fied be my Lord, the All-Glo - rious!
Glo-ri -
Glo-ni-fied be myLord, the All - Glo - rious!
hid - den with-in the ta - ber-na - cle of light by rea-son of that which the hands of the
exhalations

373

wic-ked hath wrought, Raise a cry with-in thy-self, that all the in - mates of the
fied be my Lord, the All-Glo - rious!
Glo-ri - fied be my Lord, the All-Glo - rious!
Glo-ri - fied be my
wic-ked hath wrought, Raise a cry with-in thy-self, that all the in - mates of the
N overtone breath

378

cham bers of Pa - ra - dise, that are_ the em-bo-di-ments of the e - ter - nal
Glo-ri - fied be my Lord, the All-Glo - rious!
Glo-ri - fied be my Lord, the All
Lord, the All-Glo - rious!
Glo-ri - fied be myLord, the All - Glo - rious!
cham bers of Pa - ra - dise, that are_ the em-bo-di-ments of the e - ter - nal

383

O Più mosso, $\text{J} = 66$
mp

wealth, may un - der - stand _____ and hear - ken;__ That they may
Glo - rious!
Glo - ri - fied be my Lord, the All - Glo - rious!
Glo - ri - fied be my
wealth, may un - der - stand _____ and hear - ken;__ That they may
overtone breath

O Più mosso, $\text{J} = 66$

387

all come down from their ev - er - las-ting cham - bers_ and trem - - -
Glo - ri - fied be my Lord, the All - Glo - rious!
Glo - ri -
Lord, the All - Glo - rious!
Glo - ri - fied be my Lord, the All - Glo - rious!
all come down from their ev - er - las-ting cham - - - bers_ and trem - - -
vocal percussion

391

ble, And kiss their hands and feet for ha-ving soared____ to the
fied be my Lord, the All - Glo - rious!
Glo - ri - fied be my Lord, the All -
Glo - ri - fied be my Lord, the All-Glo - rious!
ble, And kiss their hands and feet for ha-ving soared____ to the

395

heights of faith - - ful-ness; Per-chance they may find from their robes the
Glo - rious! Glo - ri - fied be my Lord, the All - Glo - rious!
Glo - ri - fied be my Lord, the All-Glo - rious! Glo - ri - fied be my
heights of faith - - ful-ness; Per-chance they may find from their robes the
vocal percussion

399

fra - - grance of the Be - lo - - ved One.
Glo-ri - fied be my Lord, the All-Glo - rious!
Lord, the All-Glo - rious! Glo-ri-fied be my Lord, the All-Glo - rious!
fra - - grance of the Be - lo - - ved One. There up - on
P TACET

404

[ah]
[ah]
the coun-te-nance of the fa-vored dam-sel_beamed a-bove the ce-les-tial cham-bers_ ev-en as the

410

[ah] Glo - ri - fied be my
[ah] Glo - ri - fied be my
Glo - ri - fied be my

light_ that shi - neth from the face of the Youth a - bove His mor-tal tem - ple;

TACET

418

Lord the All-Glo-rious! [ah]
Lord the All-Glo-rious! [ah]
Lord the All-Glo-rious!
She then.des-cended with such an a-dor - ning as to il-lu -
Q ocean waves

425

[ah] [ah] Glo - ri - fied be my Lord the All-Glo - rious!
[ah] [ah] Glo - ri - fied be my Lord the All-Glo - rious!
Glo - ri - fied be my Lord the All-Glo - rious!
mine the hea-vens_ and all that is_ there-in. She be

432

[eh] Glo - ri -
[eh] Glo - ri -
[eh] Glo - ri -

stirred her-self and per-fumed all things in the lands of ho-li-ness and gran-deur.

ocean waves

439

fied be my Lord the All-Glo-rious! [hum]
fied be my Lord the All-Glo-rious! [hum]
fied be my Lord the All-Glo-rious! [hum]

When she reached that place she rose to her
[R] inhalations

445

[hum] Glo - ri - fied be my Lord,
[hum] Glo - ri - fied be my Lord,
[hum] Glo - ri - fied be my Lord,

full height in the mid-most heart of cre-a-tion,

452

the All - Glo - rious!

the All - Glo - rious!

And sought to in-hale their fra-grance at a time that know-eth nei-ther be-gin-ning nor end.

inhalations

458 S **p**

[ah] [inhal.] [ah]

[ah]

mp

She found not in them that which she did de-sire, and this, ve-ri-ly is but

S overtone breath

466

Più mosso, $\dot{\text{J}} = 70$

[ah] [inhal.] [exhal.] [inhal.] [exhal.] [inhal.] [exhal.] [inhal.]

[ah] [inhal.] [exhal.] [inhal.] [exhal.] [inhal.] [exhal.]

one of His won-drous tales. She then cried a-loud, wailed and re-paired to her

Glo - ri-fied be my Lord, the All - Glo - rious!

Più mosso, $\dot{\text{J}} = 70$

473

[exhal.] [inhal.] [exhal.] [inhal.] [exhal.] [inhal.] [exhal.]
[inhal.] [exhal.] [inhal.] [exhal.] [inhal.] [exhal.] [inhal.]
own sta - tion with-in her most lof - ty man - sion, And then gave ut - ter-ance
Glo - - - ri-fied be my Lord, the All

overtone breath

479

[inhal.] [exhal.] [inhal.] [exhal.]
[inhal.] [exhal.] [inhal.] [exhal.]
to one mys - tic word, whis-pered pri-vi ly by her ho - neyed tongue, And
Glo - - rious! Glo - - - ri-fied be my Lord,

485

[inhal.] [exhal.]
[inhal.] [exhal.]
raised the call a-midst the Ce - le - tial Con-course and the im - mor - tal maids of
the All - Glo - - rious! Glo - - - ri-fied be my Lord,

492

T

f

"By____ the Lord! I found not from these i-dle clai-mants

f

"By____ the Lord! I found not from these i-dle clai-mants

f

heav - en:__ "By____ the Lord! I found not from these i-dle clai-mants

f

the All - Glo - rious!__ "By____ the Lord! I found not from these i-dle clai-mants

TACET

500

the breeze_ of_ Faith - ful-ness! "By____ the Lord!

p

the breeze_ of_ Faith - ful-ness! Glo-ri-fied be my Lord, the All Glo - rious! "By____ the Lord!

p

the breeze_ of_ Faith - ful-ness! Glo-ri-fied be my Lord, the All Glo - rious! "By____ the Lord!

f

the breeze_ of_ Faith - ful-ness! "By____ the Lord!

509

mf

The Youth hath re-mained lone and for-lorn in the land of ex - ile in the hands_ of the un

mf

The Youth hath re-mained lone and for-lorn in the land of ex - ile in the hands_ of the un

mf

The Youth hath re-mained lone and for-lorn in the land of ex - ile in the hands_ of the un

mf

The Youth hath re-mained lone and for-lorn in the land of ex - ile in the hands_ of the un

Meno mosso, $\text{J.} = 66$

516

U

god-ly." — **p** god-ly." — Glo-ri-fied be my Lord, the All-Glo - rious! [ah] [inhal.]
 god-ly." — **p** god-ly." — Glo-ri-fied be my Lord, the All-Glo - rious! [ah]

p god-ly." — She then ut-tered with - in her-self such a cry
mp god-ly." —

Meno mosso, $\text{J.} = 66$

U overtone breath / resonant breath

523

[ah] [inhal.] [ah] [inhal.] [ah]

p [ah]

Glo-ri-fied be my Lord, the All - Glo - rious!

that the Ce-les - tial Con-course did shriek and trem ble,— And she fell —

529

[inhal.] [ah] [hum]

p [ah] [inhal.] [ah] [inhal.] [ah] [hum]

up-on the dust and gave up the spi - rit. It seem-eth she was called and

538

[hum]

mp

p

Glo-ri-fied be myLord, the All-Glo

hear-kened un-to Him that sum-moned her un-to the Realm onHigh.

overtone breath / resonant breath

545

V ♩ = 66

[hum] Glo - ri fied be He that cre - a - ted her out of the es sence

- rious! Glo - ri fied be He that cre - a - ted her out of the es sence

Glo - ri - fied be He that cre - a - ted her out of the es sence

V ♩ = 66
TACET

554

W ♩ = 66

Glo - - - - -

of love in the mid-most heart of His ex-al - ted pa - ra dise! There - - up-on

- of love in the mid-most heart of His ex-al - ted pa - ra dise! There - - up-on

of love in the mid-most heart of His ex-al - ted pa - ra dise! There - - up-on

W ocean waves

563

- ri - fied be my Lord, the All - - - Glo -
 - the maids of hea - ven has - tened forth from their cham - bers,
 - the maids of hea - ven has - tened forth from their cham - bers,
 - the maids of hea - ven has - tened forth from their cham - bers,
 ocean waves

570

- rious!
 up-on whose coun-te-nan-ces the eye of no dwel - ler in thehigh-est pa ra - dise had ev - er
 up-on whose coun-te-nan-ces the eye of no dwel - ler in thehigh-est pa ra - dise had ev - er
 up-on whose coun-te-nan-ces the eye of no dwel - ler in thehigh-est pa ra - dise had ev - er

578

X

mf

Glo - ri - fied be my Lord, the Most High! **mp**
 gazed. Glo - ri - fied be my Lord, the Most High! They all ga-thered a
mf
 gazed. Glo - ri - fied be my Lord, the Most High! **p** [hum]
 gazed. Glo - ri - fied be my Lord, the Most High!

X exhalations

586 *descending* —————— *descending* —————— ***mf*** Y

[exhal.] [exhal.] Glo - ri - fied be my
round her, and lo! they found her bo - dy fal - len up-on the dust; Glo - ri - fied be —
[hum] *descending* —————— ***mf*** Y
[exhal.] Glo - ri - fied be my
exhalations Y

594 ***p***
Lord, the Most High! [hum]
— my Lord, the Most High! And as they be-held her state and com-pre-hen-ded a
Lord, the Most High! [hum]
Lord, the Most High! [inhal.] [exhal.] emotional breath: *grief*

600 *[hum]*
word of the tale told by the Youth, they bared their heads, rent their gar - ments a - sun - der,
[hum] *[exhal.]* *[inhal.]* *[exhal.]* *[inhal.]* *[exhal.]* *[inhal.]*

605

[hum]

beat up-on their fa - ces, for-got their joy, shed tears and smote with their hands up- on_

[hum]

[exhal.] [inhal.] [exhal.][inhal.][exhal.] [inhal.] [exhal.] [inhal.] [ssh]

emotional breath: *grief*

612

[hum]

their cheeks, and this is veri - ly one of the mys - te - ri - ous grie - vous af-

[hum]

[ssh] [ssh] [ah]

to longer breath, becoming grounded

618

Z *mf* rit.

Glo - ri - fied be my Lord, the Most High!

flic - tions. Glo - ri - fied be my Lord, the Most High!

[hum] *mf* Glo - ri - fied be my Lord, the Most High!

[ah] *mf* Glo - ri - fied be my Lord, the Most High!

deep inhalation **Z** long exhalation rit.