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Title

Don't Remember for one or more instruments

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Don't Remember!

For one or more instruments

فرا موش کن!

برای یک یا چند ساز

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Program Note:

Don't Remember is a musical exploration that delves into the depths of negative self-dialogue and the complexities of detaching oneself from it. Inspired by the philosophies of Nietzsche and contemporary psychological insights, this composition challenges the pervasive patterns of self-criticism and intrusive thoughts that plague the human mind.

The title *Don't Remember* encapsulates the essence of Nietzsche's concept of eternal recurrence, urging the listener to resist dwelling on the past and instead embrace the present moment. The piece aims to unravel the intricacies of modern psychology's emphasis on mindfulness and the power of self-compassion in combatting negative self-speak.

The use of graphic notation in this composition invites performers to interpret and express the music freely, embracing the fluidity and subjective nature of thoughts and emotions. It provides a canvas for musicians to navigate through a landscape of sound, exploring the vast spectrum of feelings associated with internal dialogue.

The duration of the piece remains open-ended, allowing for the organic unfolding of musical ideas and the portrayal of the ebb and flow of thoughts. It can be performed by a single instrument or multiple instruments, fostering a collaborative environment where musicians engage in a dialogue, echoing the themes of internal conflict and resolution.

As the music progresses, listeners are encouraged to reflect on their own internal narratives, contemplating the struggle to break free from self-imposed limitations and embrace a more positive and affirming outlook on life.

Don't remember stands as an auditory journey, inviting introspection and self-reflection while celebrating the human spirit's capacity to rise above self-doubt and negativity, ultimately embracing the power of the present moment.

Performance Note:

Don't Remember is a contemporary musical piece structured around graphic notation, designed to convey the intricacies of negative self-dialogue and the pursuit of liberation from its confines. The following performance notes serve as a guide for musicians interpreting this composition:

Musical Atmosphere and Tone:

The overarching mood of the piece is reflective and introspective, mirroring the internal struggle against negative self-speak. Performers are encouraged to explore a wide range of emotions, from moments of tension and dissonance to passages of tranquility and resolution. The tone should be evocative, allowing for personal interpretation and expression.

Graphic Notation:

The score employs graphic notation, offering visual symbols, shapes, and abstract representations instead of traditional musical notation. These visual elements serve as prompts and suggestions, guiding performers in creating sonic landscapes rather than prescribing specific pitches or rhythms. Embrace the freedom to interpret and innovate within the framework provided by the graphical symbols.

Structure and Form:

The piece follows a free-form structure, allowing performers to navigate through various sections without strict adherence to a predetermined sequence. Embrace the organic flow of the music, transitioning between contrasting textures, dynamics, and timbres to convey the fluctuations of internal dialogue.

Extended Techniques:

Explore a diverse array of extended techniques to evoke a broad spectrum of sounds and emotions. Experiment with unconventional playing methods such as prepared instruments, multiphonics, harmonics, bowing techniques (e.g., sul ponticello), percussive elements, and alternative fingerings. Use these techniques to create sonic textures that resonate with the theme of inner conflict and resolution.

Pitch and Sound Exploration:

The piece encourages exploration of a wide pitch spectrum. Performers can experiment with microtonal intervals, clusters, and dissonant harmonies to convey the tension inherent in negative self-dialogue. Contrast these moments with serene, consonant passages that symbolize the pursuit of inner peace and self-acceptance.

Interplay and Collaboration:

For ensembles or multiple performers, embrace collaboration and interplay. Communicate and respond to each other's musical gestures, fostering a dialogue that mirrors the complexities of inner thoughts and emotions. Explore contrasts in dynamics, textures, and gestures, allowing for improvisational elements within the overarching structure.

Duration:

The duration of the performance is intentionally variable. Allow the music to unfold naturally, giving space for contemplation and introspection. Embrace the freedom to linger on certain passages or transition fluidly between sections, emphasizing the emotional journey rather than adhering strictly to a predetermined timeline.

In conclusion, *Don't Remember* invites performers to engage deeply with the emotional nuances of negative self-dialogue while embracing the pursuit of liberation and self-compassion. Through inventive interpretation of the graphic notation and exploration of diverse musical techniques, musicians have the opportunity to craft a deeply personal and evocative sonic experience.

