

DREAMSTATE PROGRAM NOTES

Dreamstate draws its inspiration from the state of the human body and mind as it approaches sleep.

Those moments between wakefulness and sleep. It's as if we do not get a sense of time when we are between the states of consciousness and unconsciousness. How long does it take? Is it minutes, moments, seconds? This impressionistic work describes that welcoming, comforting time of release of the mind into the unconscious.

In making reference to whole tone scale in 'f' as a basis and the impressionistic techniques of pedalling to blur the edges, the sections of this ternary work reflect the different stages one usually experiences before sleep.

Section A - Fragments of the motif depict the muscle spasms as the body commences to relax making reference to a descending three note motif.

Lack of sense of metre creates an unsettled quality as the body comes to rest until the edge of sleep is reached.

Section B- Freefalling into a deep sleep as if falling out of the sky and swirling and twirling down, deeper and deeper.

Section C - Finally at rest.....sleep and calm stillness.