

MEDITATIONS FOR TUBA & SPIRIT

10 Meditations of a spiritual nature
in legato style

Keith J. Robinson
Copyright March 11, 2003

1. $\text{♩} = 72-76$ When asked about God's existence, author Frederic Manfred answered with the following words.

Tuba

God is in you and he is smil-ing. God is in you and he is smil-ing.

5

God is in you and he is smil-ing. God is in you and he is smil-ing. God is in you and

10

he is smil-ing. God is in you and he is smil-ing. God is in you and he is smil-ing!

15

2.

God is in you and he is smil-ing. God is in you and he is smil-ing. God is in you and

20

he is smil-ing. God is in you and he is smil-ing. God is in you and he is smil-ing!

25

3. Begin with a gentle lilt in 2. Repeat many times. On each repetition slow down, until you move to a slow, slow 6 feel. Take your time.

John

14:27 My peace I give to you. My peace I give to you. My

30

4. Repeat many times. Do not hurry.

peace I give to you. My Lord, grant me dis - cern - ment. Help me to

35

know. Lord, grant me dis - cern - ment. Help me to know.

40 5. $\text{♩} = 82-90$


Philippians
4:13 I can do all things through Christ who strength-ens me. I can

43



do all things through Christ who strength-ens me. I can do all things through

46



Christ who strength-ens me. I can do all things through Christ who strength-ens me. I can

49




do all things through Christ who strength-ens me. I can do all things through

52




Christ who strength-ens me. I can do all things through Christ who strength-ens me. I can

55




do all things through Christ who strength-ens me. I can do all things through

58



Christ who strength-ens me. I can do all things through Christ who strength-ens me. I can

61



do all things through Christ who strength-ens me. I can do all things through

64



Christ who strength-ens me. I can do all things through Christ who strength-ens me.

67 **6.** $\text{♩} = 76$ *Or slower.*

Peace. Peace - - . Peace - - . Peace - - - .

71 **7.** $\text{♩} = 72-76$

Grant me pa-tience. Grant me pa-tience. Grant me pa-tience. Grant pa-tience.

75 **8.** $\text{♩} = 76$ *Slowly move through each phrase.*

Thank you for mus-ic. Thank you for mus-ic. Thank you for mus-ic. Thank you for mus-ic.

79 **9.** *Do not hurry.*

James 1:27b ...Keep from be - ing poll - ut - ed by the world. ...Keep from

82 **10.** $\text{♩} = 100$ *Or slower. Repeat Many times.*

Psalms 51:10a Cre - ate in me a clean heart, O

86

God. Cre - ate in me a clean heart, - O God - . Cre -

91

ate - in me - - a clean heart, - - - O God - .

*Coda Slower**Rit.*