

MEDITATIONS FOR TUBA & SPIRIT

By Keith J. Robinson

Upon your first reading, you may want to play through each of the meditations, one after the other. Thereafter, remember that the goal should not be to simply play through them. Instead, choose a single meditation that seems important to you. Read the text and then play it many, many times beautifully while truly focusing on the concept of that particular meditation. Allow it to sink into you, into who you are, into who it is that you want to become. Do not hurry. Allow yourself sufficient time. Nos. 1, 2, and 5, may be played without repetition. The remaining meditations should be played many, many times beautifully. Do not hurry. After a time, you will find that you may have a meditation memorized. Try transposing it to several new keys, while remaining focused on the concept of that particular meditation. Do not hurry.

These meditations have been created to help more clearly connect God's presence to what we do with our instruments. Know that, invited or not, God is *always* present. These meditations merely serve to help make us better aware of God's presence as we make music. A habit you may want to consider developing is to offer thanks to God before and after playing your instrument.

As I pursued my undergraduate degree in music education at Texas A&I University in Kingsville, Texas, I heard a guest performer say that his musical abilities came from God. I believed in God at the time, but I very clearly remember thinking to myself that it was *me* who sat for hours in a practice room, *not* God. I have, since then, come to understand that *because* of God I am able to practice, to perform, to buzz, to inhale, to exhale. That feeling of being disconnected is what led me to create a set of exercises that could help to remind me of God's presence and might better connect my playing to God.

Some of the meditations come directly from the Bible. Some come from desires many of us experience, or areas of our lives we want or need to improve. Do not allow these pages to confine your personal meditations. Use these as a starting point, but please consider creating your own meditations as you find a need that may not be adequately addressed here.

Peace to you,
Keith J. Robinson

PSALM 81

*Sing for Joy to God our strength;
Shout aloud to the God of Jacob!
Begin the music, strike the tambourine,
Play the melodious harp and lyre [and tuba].*