

FORGIVENESS

For Corwin and Keagan and all children: "How can we be anything but loving?"

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Slowly and very much not in strict time, with great openness and flexibility, dynamics and expression flowing from the text ♩ = c. 40, ad libitum

SOPRANO
ALTO

Be - gin to re - flect for a mo - ment on what the word "for - give - ness" might mean.

TENOR
BASS

2

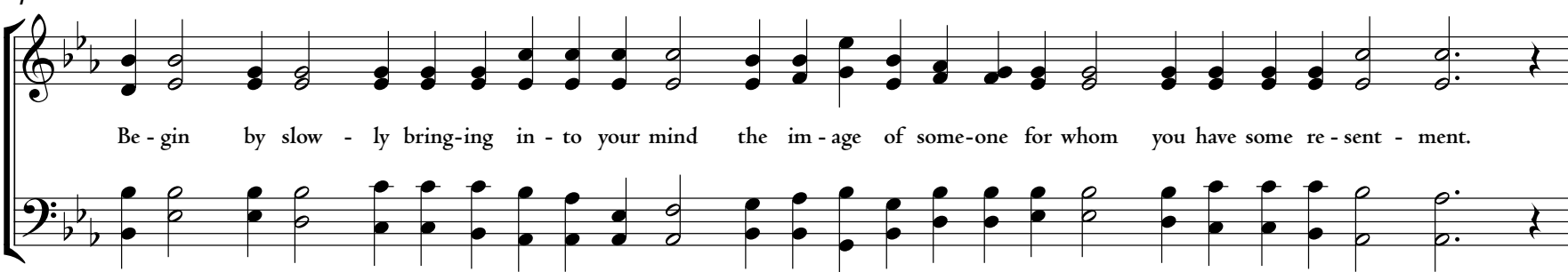
S.
A.

What is for-give - ness? What might it mean to bring for-give - ness in - to one's life, in - to one's mind?

T.
B.


4

S.
A.



Be - gin by slow - ly bring - ing in - to your mind the im - age of some - one for whom you have some re - sent - ment.

T.
B.



5

S.
A.




Gent - ly al - low a pic - ture, a feel - ing, a sense of them, to gath - er there.

T.
B.




6

S.
A.



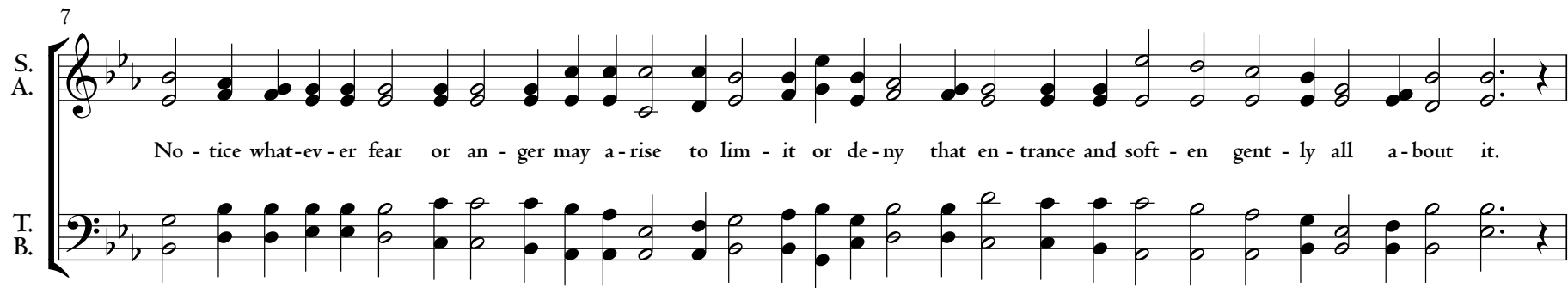
Now in - vite them in - to your heart just for this mo - ment.

T.
B.



7

S. A.



No - tice what-ev - er fear or an - ger may a - rise to lim - it or de - ny that en - trance and soft - en gent - ly all a - bout it.

T. B.

8

S. A.



No force; just an ex - per - i - ment in truth which in - vites this per - son in.

T. B.

9

S. A.



Si - lent - ly, in your heart, say to this per - son, "I for - give you."

T. B.

10

S. A.

Op - en to a sense of their pre - sence and say, "I for-give you for what-ev - er pain you may have caused me in the past,

T. B.

This block contains the musical notation for measures 10 and 11. The Soprano (S.) and Alto (A.) parts are written on a single staff with a treble clef, and the Tenor (T.) and Bass (B.) parts are on a single staff with a bass clef. The key signature has two flats (B-flat and E-flat). Measure 10 features a vocal melody with a fermata on the final note, and the Tenor/Bass part provides a harmonic accompaniment. Measure 11 continues the vocal melody and accompaniment.

11

S. A.

in - ten - tion - al - ly or un - in - ten - tion - al - ly, through your words, your thoughts, your ac - tions.

T. B.

This block contains the musical notation for measures 11 and 12. The Soprano (S.) and Alto (A.) parts are on a single staff with a treble clef, and the Tenor (T.) and Bass (B.) parts are on a single staff with a bass clef. The key signature remains two flats. Measure 11 continues the vocal melody and accompaniment. Measure 12 features a vocal melody with a fermata on the final note, and the Tenor/Bass part provides a harmonic accompaniment.

12

S. A.


How - ev - er you may have caused me pain in the past, I for - give you."

T. B.

This block contains the musical notation for measures 12 and 13. The Soprano (S.) and Alto (A.) parts are on a single staff with a treble clef, and the Tenor (T.) and Bass (B.) parts are on a single staff with a bass clef. The key signature remains two flats. Measure 12 continues the vocal melody and accompaniment. Measure 13 features a vocal melody with a fermata on the final note, and the Tenor/Bass part provides a harmonic accompaniment.


13

S. A.




Feel for a mo - ment that spa - cious-ness of the heart which al - ways con-tains the pos - si - bil - i - ty of for-give - ness.

T. B.




14

S. A.



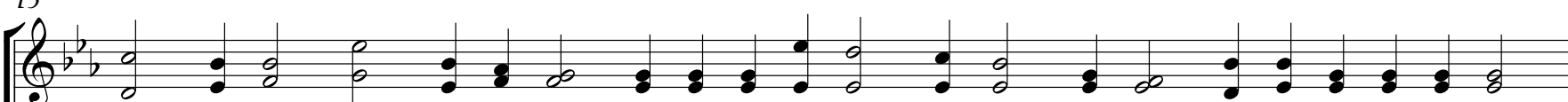
Let go of those walls, those cur - tains of re-sent - ment, so that your heart may be free, so that your life may be light - er.

T. B.




15

S. A.



"I for - give you for what - ev - er you may have done that caused me pain, in - ten - tion - al - ly or

T. B.



16

S. A. un - in - ten - tion - al - ly, through your ac - tions, through your words, ev - en through your thoughts, through what-ev - er you did,

T. B.

17

S. A. through what-ev - er you did - n't do. How-ev - er the pain came to me through you, I for-give you.

T. B.

19

S. A. I for-give you." It is so pain - ful to put some-one out of your heart. Let go of that pain.

T. B.

22

S. A.

Let them be touched for this mo - ment at least with the pos - si - bil - i - ty of for - give - ness.

T. B.

This block contains the musical notation for measures 22 and 23. The vocal parts are Soprano Alto (S. A.) and Tenor Bass (T. B.). The key signature has three flats (B-flat, E-flat, A-flat). The time signature is 4/4. In measure 22, the Soprano Alto part has a melodic line with eighth and quarter notes, while the Tenor Bass part provides a harmonic accompaniment with chords and moving lines. The lyrics are: "Let them be touched for this mo - ment at least with the pos - si - bil - i - ty of for - give - ness." Measure 23 continues the vocal lines, with the Soprano Alto part ending on a half note and the Tenor Bass part on a quarter note.

23

S. A.

"I for - give you. I for - give you."

T. B.

This block contains the musical notation for measures 24 and 25. The vocal parts are Soprano Alto (S. A.) and Tenor Bass (T. B.). The key signature has three flats (B-flat, E-flat, A-flat). The time signature is 4/4. In measure 24, the Soprano Alto part has a melodic line with quarter and half notes, while the Tenor Bass part provides a harmonic accompaniment with chords and moving lines. The lyrics are: "I for - give you. I for - give you." Measure 25 continues the vocal lines, with the Soprano Alto part ending on a half note and the Tenor Bass part on a quarter note.

25

S. A.

Al - low that per - son just to be there in the still - ness, in the warmth and pa - tience of the heart.

T. B.

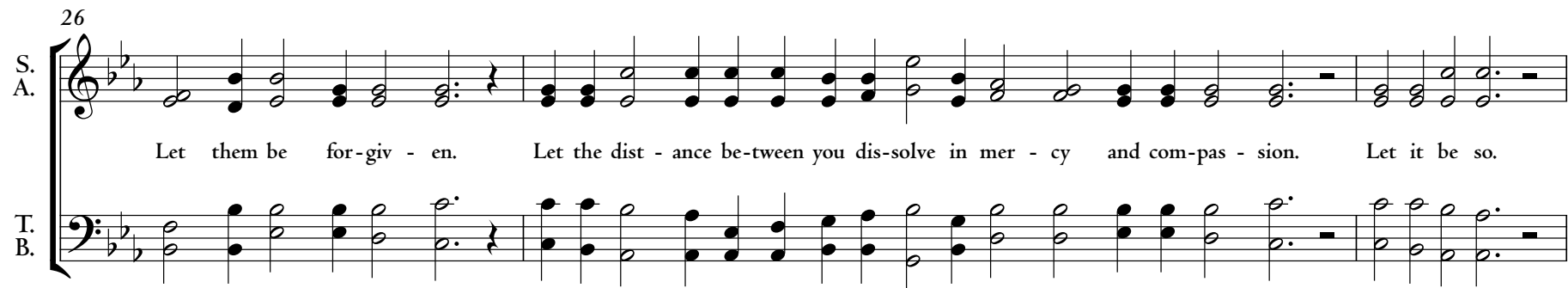
This block contains the musical notation for measures 26 and 27. The vocal parts are Soprano Alto (S. A.) and Tenor Bass (T. B.). The key signature has three flats (B-flat, E-flat, A-flat). The time signature is 4/4. In measure 26, the Soprano Alto part has a melodic line with quarter and half notes, while the Tenor Bass part provides a harmonic accompaniment with chords and moving lines. The lyrics are: "Al - low that per - son just to be there in the still - ness, in the warmth and pa - tience of the heart." Measure 27 continues the vocal lines, with the Soprano Alto part ending on a half note and the Tenor Bass part on a quarter note.

26

S. A.

Let them be for-giv - en. Let the dist - ance be-tween you dis-solve in mer - cy and com-pas - sion. Let it be so.

T. B.



29

S. A.

Now, hav-ing fin - ished so much busi - ness, dis-solved in for-give - ness, al-low that be - ing to go on their way.

T. B.



30

S. A.

Not push - ing or pull - ing them from the heart, but simp - ly let - ting them be on their own way,

T. B.



31

S. A. touched by a bless - ing and the pos - si - bil - i - ty of your for - give - ness.

T. B.

32

S. A. Giv - ing your-self what-ev - er time is ne - ces-sar - y, al-low that per - son to de-part, no - tic-ing an - y feel - ings as they leave.

T. B.

33

S. A. Now gent-ly bring in-to your mind the im-age, the sense, of some-one who has re-sent-ment for you, some-one whose heart is closed to you.

T. B.

34

S. A. In - vite them, just for this mo - ment, in - to your heart.

T. B.

35

S. A. No-tice what-ev - er lim - its their en - trance and soft - en all a - bout that hard-ness. Let it float.

T. B.

37

S. A. Mer - ci - ful - ly in - vite them in and say, "I ask your for-give - ness." "I ask your for-give - ness."

T. B.

39

S. A.

"I ask to be let back in - to your heart.

T. B.

40

S. A.

That you for - give me for what - ev - er I may have done in the past that caused you pain,

T. B.

41

S. A.

in - ten - tion - al - ly or un - in - ten - tion - al - ly, through my words, my ac - tions, ev - en through my thoughts."

T. B.

42

S. A. "How - ev - er I may have hurt or in - jured you, what-ev- er con - fu - sion, what-ev- er fear of mine caused you pain.

T. B.

43

S. A. I ask your for - give - ness." Al - low your - self to be touched by their for - give - ness.

T. B.

45

S. A. Al - low your - self to be for - giv - en. Al - low your - self back in - to their heart. Have mer - cy on you.

T. B.

48

S. A.

Have mer - cy on them. Al - low them to for-give you. Feel their for-give - ness touch you.

T. B.

51

S. A.

Re - ceive it. Draw it in - to your heart.

T. B.

53

S. A.

"I ask your for - give - ness for how - ev - er I may have caused you pain in the past--

T. B.

54

S. A.

through my an - ger, through my lust, through my fear, my ig - nor-ance, my for-get - ful-ness, my blind - ness, my doubt, my con - fu - sion.

T. B.

55

S. A.

How - ev - er I may have caused you pain, I ask that you let me back in - to your heart.

T. B.

56

S. A.

I ask your for-give - ness." Let it be. Al - low your-self to be for - giv - en.

T. B.

59

S. A.

T. B.

If the mind at-tempts to block for-give-ness with mer - ci - less in - dict - ments, re-crim-in - a - tions, judge - ments,

60

S. A.

T. B.

just see the na - ture of the un - kind mind state. See how mer - ci - less we are with our-selves.

62

S. A.

T. B.

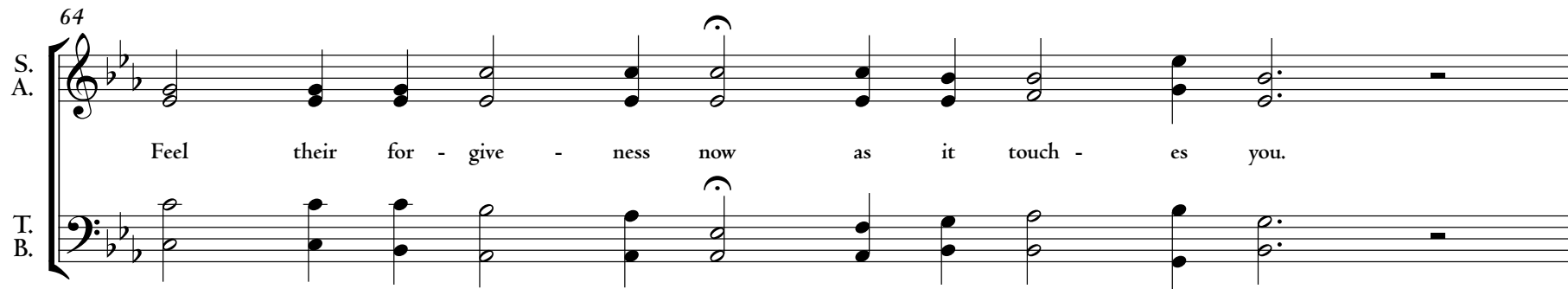
And let this un-kind hold - ing be soft - ened by the warmth and pa - tience of for-give - ness. Let it be so.

64

S. A.

Feel their for - give - ness now as it touch - es you.

T. B.

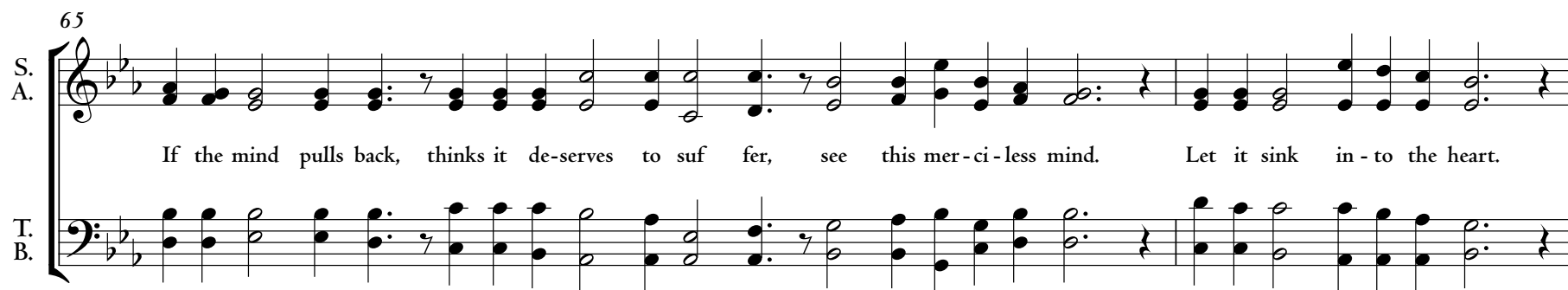


65

S. A.

If the mind pulls back, thinks it de-serves to suf fer, see this mer-ci-less mind. Let it sink in - to the heart.

T. B.



67

S. A.

Al-low your-self to be touched by the pos - si - bil - i - ty of for-give - ness. Re-ceive the for-give - ness.

T. B.



69

S. A.

Let it be. Gent - ly bid that per-son a - dieu and with a bless - ing let them be on their way,

T. B.

71

S. A.

hav-ing ev - en for a mil - li - se-cond shared the one heart be-yond the con-fu - sion of seem-ing - ly sep - ar - ate minds.

T. B.

72

S. A.

Now gent - ly turn to your-self in your own heart and say, "I for - give you," to you.

T. B.

73

S. A. It is so pain - ful to put our-selves out of our hearts. Say, "I for-give you," to your-self.

T. B.

75

S. A. Call - ing out to your-self in your heart, us - ing your own first name, say "I for - give you."

T. B.

76

S. A. If the mind in - ter - pos - es hard thoughts, that it is self - in - dulg - ent to for - give one - self,——

T. B.

77

S. A. if it judg - es, if it per - sec - utes you, just feel that den - si - ty and let it soft - en at the edge.

T. B.

78

S. A. Just watch that un - kind mind and let it be touched by for - give - ness. Al - low your - self back in - to your heart.

T. B.

80

S. A. Al - low you to be for - giv - en by you. Let the world back in - to your heart.

T. B.

82

S. A.

Al - low your-self to be for - giv - en. Let that for - give - ness fill your whole bo - dy.

T. B.

T. B.

84

S. A.

Feel the warmth and care that wish - es your own well - be - ing.

T. B.

T. B.

85

S. A.

See your-self as if you were your on - ly child;— let your-self be em-braced by this mer - cy and kind - ness.

T. B.

T. B.

86

S. A.

T. B.

Let your-self be loved. See your for-give - ness for - ev - er a - wait - ing your re - turn to your heart.

88

S. A.

T. B.

How un - kind we are to our - selves. How lit - tle mer - cy. Let it go.

91

S. A.

T. B.

Al-low you to em-brace your-self with for-give - ness. Let your-self be loved. Let your-self be love.

94

S. A. And be - gin to share this mir - a - cle of for - give - ness, of mer - cy and a - ware - ness.

T. B.

95

S. A. Let it ex - tend out to all the peo - ple a - bout you.

T. B.

96

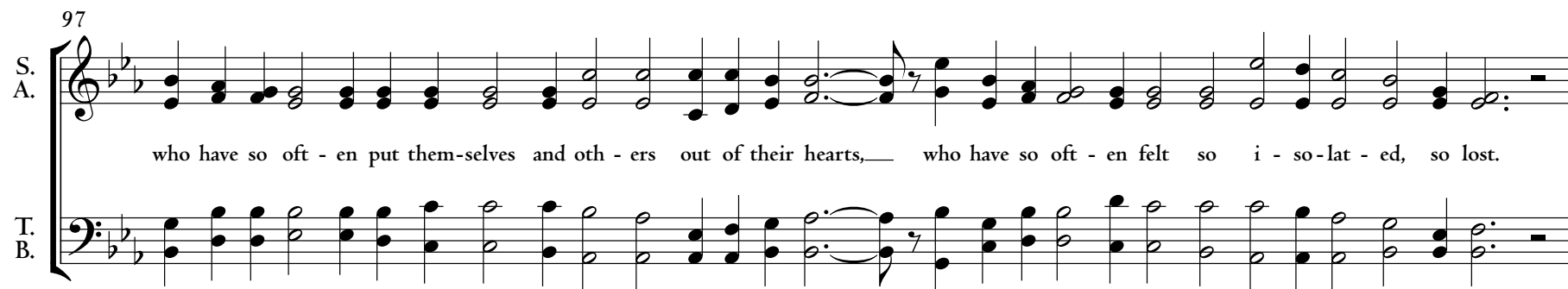
S. A. Let all be touched by the pow - er of for-give - ness, for all those be - ings who al - so have known such pain,

T. B.

97

S. A. who have so oft - en put them-selves and oth - ers out of their hearts, — who have so oft - en felt so i - so-lat - ed, so lost.

T. B.



98

S. A. En-cour - age them with your for-give - ness, with your mer - cy and lov-ing kind - ness, that they too may be healed just as you wish to be.

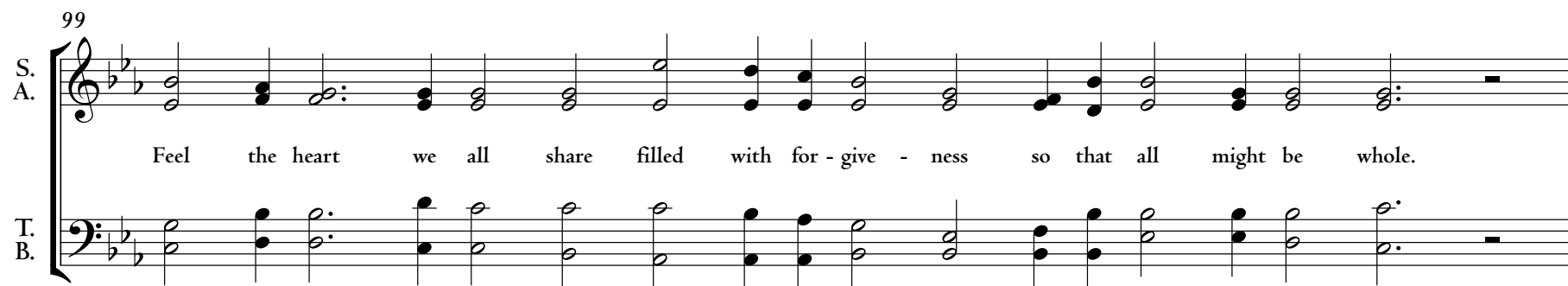
T. B.



99

S. A. Feel the heart we all share filled with for - give - ness so that all might be whole.

T. B.



100

S. A.

Let the mer - cy keep ra - di - at - ing out - ward un - til it en - com - pass - es the whole world.

T. B.

101

S. A.

Let the whole plan - et float like a bub-ble in your heart; — the whole world bob-bing on the o - cean of in-fin-ite com-pas - sion.

T. B.

102

S. A.

May all sen-tient be - ings be freed of their suf - fer-ing, of their an - ger, of their con-fu - sion, of their fear, of their doubt.

T. B.

103

S. A. May all be-ings know the joy of their true na - ture. May all be-ings be free from suf - fer - ing.

T. B.

105

S. A. Whole world float - ing in the heart. All be - ings freed of their suf - fer - ing.

T. B.

107

S. A. All be - ings' hearts op - en, minds clear. All be - ings at peace.

T. B.

109

S. A. May all be-ings, on eve-ry lev-el of re-al- i - ty, on eve-ry plane of ex-ist-ence, seen and un-seen, be freed of their suf - fer-ing.

T. B.

26 110 A bit more quickly, direct, recited in earnest...

S. A. May they all be at peace. May we heal the world, touch - ing it a - gain and a - gain with for-give - ness.

T. B.

112

S. A. May we heal our hearts and the hearts of those we love by merg - ing in for - give - ness,

T. B.

113 Broadening... (divisi optional, as possible)

S. A. by merg - ing in peace, in peace.

T. B. (div. optional)