

Aus den sieben Tagen
(From the Seven Days)

**RICHTIGE DAUERN
(Right Durations)**

**Play a sound
Play it for so long
until you feel
that you should stop**

**Again play a sound
Play it for so long
until you feel
that you should stop**

and so on

**Stop
when you feel
that you should stop**

**But whether you play or stop:
keep listening to the others**

**At best play
when people are listening**

Do not rehearse

**UNBEGRENZT
(Unlimited)**

**Play a sound
with the certainty
that you have an infinite amount of time and space**

How late is it? How long does it last? How long will you stay? When is it over?

**Have you ever done anything with the CERTAINTY
- that is, without a shadow of a doubt –
that you have an infinite amount of time?
Without thinking about the end of a moment**

**the end of your strength,
the end of your interest,
the end of the patience of the others,
the end of the day and the night,
the end of your existence here,
the end of your life,
the end of time?**

Do you know a way, through which you could arrive at this certainty?

**Do you know how you can overcome death – which is fear?
Have you ever played without asking, how late it is?**

**With complete certainty.
ABSOLUTE TIMELESS
NOW**

AND

**How large am I? How large is my instrument?
Where are my limitations? Where are the limitations of my instrument?
How large is my room? How large is my house?
How large is my ground, our country, our Earth, our stars, our galaxy?**

**How far do my tones carry?
Have you ever done anything with the CERTAINTY**

that you have an infinite amount of space?

Without thinking about how far your body can reach,

**the limitations of your instrument
the masonry floors ceilings of your house,
the walls hedges fences of your property,
the boundaries of your country, your continent,
our planet, our solar system?**

Have you ever done anything with the certainty

**that the space of your thinking, feeling, bargaining, remembering,
expecting
IS UNLIMITED?**

Do you know how to arrive at this certainty?

**Do you know the way which leads out of the prison?
have you ever played without asking
where you are?
With complete certainty.
ABSOLUTELY VERTICAL
HERE**

**A sound
lives like YOU, like ME, like HE, like SHE, like IT.**

**Moves, stretches out and contracts.
Transforms itself, gives birth, begets, dies, is re-born.
Seeks – seeks not – finds – loses –
binds itself – loves – waits – hastens – comes and goes**

Play a sound

**with the certainty
that you have an infinite amount of time and space**

OM

VERBINDUNG (Connection)

Play a vibration in the rhythm of your body
Play a vibration in the rhythm of your heart
Play a vibration in the rhythm of your breathing
Play a vibration in the rhythm of your thinking
Play a vibration in the rhythm of your intuition
Play a vibration in the rhythm of enlightenment
Play a vibration in the rhythm of the universe

Mix these vibrations freely

Leave enough silence between them

TREFFPUNKT (Meeting Point)

Everyone plays the same tone

**Lead the tone wherever your thoughts
lead you
Do not leave it, stay with it
Always return
to the same place**

NACHTMUSIK (Night Music)

Play a vibration in the rhythm of the universe

Play a vibration in the rhythm of dreaming

Play a vibration in the rhythm of dreaming

and slowly transform it

into the rhythm of the universe

repeat this as often as you can

ABWÄRTS (Downwards)

**Play a vibration in the rhythm of your limbs
Play a vibration in the rhythm of your cells
Play a vibration in the rhythm of your molecules
Play a vibration in the rhythm of your atoms
Play a vibration in the rhythm of your smallest particles
which your inner ear can reach**

**Change slowly from one rhythm to another
until you become freer**

and can interchange with them at will

AUFWÄRTS (Upwards)

Play a vibration in the rhythm of your smallest particles

Play a vibration in the rhythm of the universe

**Play all the rhythms that you can
distinguish today between
the rhythm of your smallest particles
and the rhythm of the universe
one after the other
and each one for so long
until the air carries it on**

INTENSITÄT (Intensity)

**Play a single sound
with such dedication
until you feel the warmth
that radiates from you**

**Play on and sustain it
as long as you can**

SETZ DIE SEGEL ZUR SONNE (Set Sail for the Sun)

**Play a tone for so long
until you hear its individual vibrations**

**Hold the tone
and listen to the tones of the others
- to all of them together, not to individual ones –
and slowly move your tone
until you arrive at complete harmony
and the whole sound turns to gold
to pure, gently shimmering fire**

KOMMUNION (Communion)

**Play or sing a vibration in the rhythm of the limbs
of one of your fellow players**

**Play or sing a vibration in the rhythm of the limbs
of another of your fellow players**

**Play or sing a vibration in the rhythm of the cells
of one of your fellow players
... of another ...**

**Play or sing a vibration in the rhythm of the molecules
of one of your fellow players
... of another ...**

**Play or sing a vibration in the rhythm of the atoms
of one of your fellow players
... of another ...**

**Play or sing a vibration in the rhythm of the smallest
particles that you can reach
of one of your fellow players
... of another ...**

**Try again and again
Don't give up**

ES (It)

Think NOTHING

Wait until it is absolutely still within you

When you have attained this

begin to play

As soon as you start to think, stop

and try to retain

the state of NON-THINKING

Then continue playing

GOLDSTAUB (Gold Dust)

**Live completely alone for four days
without food
in complete silence, without much movement
Sleep as little as necessary
Think as little as possible**

**After four days, late at night,
without conversation beforehand**

play single sounds

WITHOUT THINKING which you are playing

**Close your eyes
Just listen**