

Douglas C. Wadle

SOLIPSISTIC SELF-SERENADE

a meditation

PLAINSOUND MUSIC EDITION

Solipsistic Self-Serenade (a meditation)

for Jacky and Jonathan

Build, mentally, the most complex sonic structure of which you are capable without recourse to notation or outward sonic manifestation. Rehearse in silence, making sure you repeat this sonic cognition as exactly as possible. If you are unable to remember it, begin again, more simply. When confident in your grasp of the material, begin to make it more complex, adding only so much complexity as you are able to remember for subsequent repetition. Once the newly completed version is comfortably within your grasp, proceed to a further complication, and so on.

Los Angeles, 1 June, 2005