

FOR WOODWINDS  
(Tonglen Variations)  
Adam Overton, June 2008

. . .

*together, at your own pace  
through your instrument, sounding or breathing  
for quite some time, perhaps until ...?  
one, maybe more, of the following*

. . .

- . breathe in light, breathe out love
- . breathe in impurity and suffering, breathe out love and compassion
- . breathe in the pain and terror of those murdered, breathe out love and peace
- . breathe in the anger and ignorance of the violent, breathe out understanding and reconciliation
- . breathe in any resentments and problems, breathe out your happiness, your pleasure
- . breathe in that which feels bad, breathe out that which feels good
- . breathe in that which is poisonous, breathe out that which heals
- . breathe in that which is fearful, breathe out that which is courageous
- . breathe in that which is black, heavy and hot, breathe out that which is white, light and cool
- . breathe in for all of us, breathe out for all of us

or your own variation on taking in and giving out ...

. . .