

cold,  
winter,  
water,

## phlegma

for solo sleigh bells

to Hanna  
stablize, stratify: loving, clear

### objects:

sleigh bells

cello or bass bow

large sheet of foam padding or other thick and spongy equivalent

### setup | notes:

1. to begin with, the sleigh bells must be wrapped with the foam padding as to mute all jingling;

2. sit in a comfortable chair;

have a small table in front of you with enough room to roll the wrapped bells foward and back, and enough space to place and retrieve the bow; there should not be much excess space however;

3. perform on a stage, in a peformance hall, and in relative darkness.

4. all sounds produced should be given ample space to begin and complete

**performance instructions only** (follow in steps):

gently place the wrapped bells on the small table,  
lengthwise axis parallel to the ground and:

with gentle hands, roll the bells on the table, away from you;  
when you cannot roll any further, stop.  
let your sounds cease.

take a few breaths, very quietly.

very quietly, roll the bells on the table, back toward you.  
then let your sounds cease.  
Breathe.

very slowly, gently, roll the bells away from you;  
when you stop at the end of the table, roll the bells back to you,  
but very quietly, very gently, unravel the wrapping on its way back.  
the bells should then be exposed, still lying on the foam.

take a few breaths, gently.

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take the cello/bass bow and continuously bow one of the bells;  
try produce a very muted, shrill whimper. it may require some pressure.  
continue bowing and breathing, quietly.  
slow down each successive bow stroke until the bell can no longer speak.  
stop.

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very quietly, reposition the bells so that the sleigh bells at the very tip are no longer resting on the foam.  
even more slowly, very gently, roll the bells away from you while rewrapping the bells.  
let each rattle and jingle have its time to complete.

take a few breaths, quietly.

even more slowly, quietly, bring the rewrapped bells back toward you.  
when they have returned, stop.

Breathe gently and then quietly.

end.

february 2012, Oberlin