

The measure of all things is the breath



All sounds are to be played very quietly

Attacks should be as gradual as possible, bowed instruments should always start each note with an up bow

No vibrato is to be used on any part

There are no solo parts, each player should match their volume to those of the other players to create a single homogenised sound

No transpositions are permitted other than transposing the whole note sequence up or down one or two octaves

Players should find a register where they can play the whole sequence of pitches

The unit of measurement is one long breath (applies to string as well as wind players)

Each note should last for one long breath

Do not try to play together

Notes should be played in the following sequence

Pitch 1 (one long breath) X 4

Pitch 1 (X4) Pitch 2 (X4)

1 (X4) 2 (X4) 3 (X4) etc

1 2 3 4

1 2 3 4 5

1 2 3 4 5 6

1 2 3 4 5 6 7

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8 9

2 3 4 5 6 7 8 9

3 4 5 6 7 8 9

4 5 6 7 8 9

5 6 7 8 9

6 7 8 9

7 8 9

8 9

9 (repeat until all players are playing it then stop together)