

Shakespeare, Music and Meditation

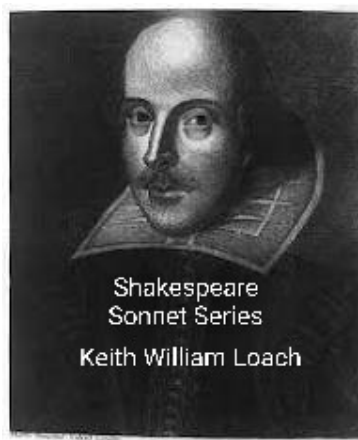
Sonnet 25 All You Need Is Love

Let those who are in favour with their stars
Of public honour and proud titles boast,
Whilst I, whom fortune of such triumph bars,
Unlook'd for joy in that I honour most.

Great princes' favourites their fair leaves spread
But as the marigold at the sun's eye,
And in themselves their pride lies buried,
For at a frown they in their glory die.

The painful warrior famoused for fight,
After a thousand victories once foil'd,
Is from the book of honour razed quite,
And all the rest forgot for which he toil'd:

Then happy I, that love and am beloved
Where I may not remove nor be removed.



Music Meditation - LIVE, LAUGH, LOVE

Shakespeare, Music and Meditation

The **Shakespeare Sonnet Series** pushes many buttons. As an ex-teacher and conductor, the format is designed to address musical development, rhythmic challenges, melodic purpose, harmonic structure, historic positioning, and thoughtful meditation. Each composition provides an uplifting message and finishes with an **exciting foot-stomping finale**. The a cappella, four-part voicing accommodates choir sizes of 4 to 100 and delivers a Shakespearean **music-and-meditation** experience. Also, the audio accompaniment (MP3) can facilitate a sing-a-long/read-a-long solo experience as well as being a practical tool for choir sectional learning.

William Shakespeare (1564-1616) was born into the peak of the **Renaissance** era. Music at that time (one hundred years pre-Bach) used modes and one of the most popular was the **Dorian Mode** (used here) based on the second degree of the major scale. Renaissance music also featured a compositional technique called **Fauxbourdon**, which uses a parallel harmony that follows the melody one sixth below.

These **a cappella** arrangements of Shakespeare sonnets attempt to stay true to the style of music in use and popular at the time. Shakespeare wrote 154 sonnets, all of which were written in **iambic pentameter** and contain fourteen lines of text comprised of **three quatrains** (verses/descriptives) and **one couplet** (conclusion/resolution). The quatrains here play on the iambic pentameter rhythm in a **3-beat pattern over a 4/4** time signature.

MUSIC AND MENTAL HEALTH

- Non-invasive, non-chemical, community-based, artistically-driven solutions
- Shakespeare, Music and Meditation – LIVE, LAUGH, LOVE
- Sing-a-long / read-a-long
- Get involved, support community, be healthy, join a choir



Keith Loach holds a **MusBac** (University of Toronto), an **MA Music** (York University) and an **MBA** (University of Toronto). His graduate work in music examined the effect of music on the brain, with a broader focus on how music and meditation can be supported in healthcare policy. Keith has delivered papers at the *International Conference of Dalcroze Studies* at Laval University in Quebec City and at the *International Institute for Critical Studies in Improvisation Colloquium* at Guelph University in Guelph, Ontario.