

Meditation was written and first performed in 1995 in Birmingham, by the FWBO
(*Friends of the Western Buddhist Order - the former name of the Triratna Order*)
Sangha Choir, on the occasion of Sangharakshita's seventieth birthday.

Permission was granted by Sangharakshita to set his poem to music:

"Here perpetual incense burns;
The heart to meditation turns,
And all delights and passions spurns.

A thousand brilliant hues arise,
More lovely than the evening skies,
And pictures paint before our eyes.

All the spirit's storm and stress
Is stilled into a nothingness,
And healing powers descend and bless.

Refreshed, we rise and turn again
To mingle with this world of pain,
As on roses falls the rain."

Meditation

Sangharakshita

Manidhara

Tranquil ♩ = 72

SOPRANO
ALTO
TENOR
BASS

And all de-lights and
The heart to me - di - ta - tion turns, And all de-lights and
Here per - pet - ual in - cense burns; The heart to me - di - ta - tion turns, And all de-lights and

pp *p* (stagger breathing)

OM
pronounced 'Oh-m'

Piano (for rehearsal)

7 **poco rit.** **A tempo** *mf*

pas-sions spurns. And
pas-sions spurns. *mf* More love-ly than the eve-ning skies, And
pas-sions spurns. *mf* A thou-sand bril-liant hues a - rise, More love-ly than the eve-ning skies, And

mf

poco rit. **A tempo** *mf*

13 *poco rit.* . . . *A tempo*

pic - tures paint be-fore our eyes. All the spi-rit's storm and stress Is stilled in - to a no-thing-ness,

pic - tures paint be-fore our eyes. All the spi-rit's storm and stress Is stilled in - to a no-thing-ness,

pic - tures paint be-fore our eyes. All the spi-rit's storm and stress Is stilled in - to a no-thing-ness,

poco rit. . . . *A tempo*

20 *poco rit.* . . . *A tempo*

And heal - ing powers de-scend and bless. Re - freshed, we rise and turn a-gain To

And heal - ing powers de-scend and bless. Re - freshed, we rise and turn a-gain To

And heal - ing powers de-scend and bless. Re - freshed, we rise and turn a-gain To

poco rit. . . . *A tempo*

poco rit. . . . *A tempo*

poco rit. . . .

26

min - gle with this world of pain, As on ro - ses falls the rain.

min - gle with this world of pain, As on ro - ses falls the rain.

min - gle with this world of pain, As on ro - ses falls the rain.

The vocal staves are arranged in three parts. The top staff is for the soprano, the middle for the alto, and the bottom for the tenor. Each staff contains the same lyrics. The music is in a key with one flat (B-flat major or D minor) and features a 6/4 time signature change in the second measure of the second system. The piece concludes with a fermata over the final note.

poco rit. . . . *A tempo*

poco rit. . . .

The piano accompaniment consists of two staves, treble and bass clef. It provides harmonic support for the vocal lines. The melody in the right hand is primarily chordal, while the left hand features a more active, rhythmic accompaniment. The piece ends with a fermata over the final chord.