FROM WILDERNESS
SATB Chorus, Soli,
Crystal Singing Bowls, & Cello

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FROM WILDERNESS

A MEDITATION ON THE PACIFIC CREST TRAIL

SATB Chorus, Soli, Crystal Singing Bowls, & Cello

JEFFREY DERUS

CARIBBEAN BLUE
PUBLISHING

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1. ROOT – SURVIVAL CHAKRA

2. JOURNEY INTO YOURSELF

And you?
When will you begin that long journey into yourself?

Poetry by Jalal al-Din Rumi, adapted by Jeffrey Derus

3. SACRAL – EMOTIONS CHAKRA

4. SOUTHERN CALIFORNIA

CAMPO – A COUNTRY PATHWAY

I come upon it suddenly, alone –
A little pathway winding in the weeds
That fringe the roadside; and with dreams my own,
I wander as it leads.

Poetry by James Whitcomb Riley, adapted by Jeffrey Derus

WARNER SPRINGS – THE SINGING SANDS

Over the graying desert
Broods the sky.
Clouds drift- sands shift-
Night winds sigh.
Through the hush and stillness
Silver shadows fly, sings and passes by.

Poetry by Lucy Eddy, adapted by Jeffrey Derus

CAJON PASS – TO A STAR SEEN AT TWILIGHT

Hail solitary star!
That shines from thy far blue height,
And overlook Earth
And Heaven, companionless in light!

Poetry by John Rollin Ridge, adapted by Jeffrey Derus

AGUA DOLCE – DESERT PLACES

They cannot scare me with their empty spaces
Between stars- on stars where no human race is.
I have it in me so much nearer home
To scare myself with my own desert places.

Poetry by Robert Frost, adapted by Jeffrey Derus

TEHACHAPI PASS – QUOTE, NATIVE AMERICAN

"...remember this land does not belong to you,
it is you who belongs to this land."

Quote by Unknown Native American, adapted by Jeffrey Derus

WALKER PASS – JOSHUA TREE

The wind said
Wayfaring and wandering
Is not for mortals...

Poetry by A. R. Ammons, adapted by Jeffrey Derus

KENNEDY MEADOWS – AUGURIES OF INNOCENCE

To see a world in a grain of sand,
And a heaven in a wild flower.

Poetry by William Blake, adapted by Jeffrey Derus

5. SOLAR PLEXUS – VITALITY CHAKRA

6. SIERRAS

CRABTREE MEADOWS – MOUNTAIN TRAILS I

Night stands in the valley.
Her head is bound with stars,
While Dawn, steals through the silent trees.

Poetry by Marjorie Allen Seiffert, adapted by Jeffrey Derus

MUIR PASS – MOUNTAIN TRAILS I

Behind the mountains
Morning shouts and sings
And dances upward.

Poetry by Marjorie Allen Seiffert, adapted by Jeffrey Derus

TUOLUMNE MEADOWS – QUOTE, JOHN MUIR

"How glorious a greeting the sun gives the mountains!
To behold this alone is worth the pain of any excursion a thousand times over."

Quote by John Muir, adapted by Jeffrey Derus

SONORA PASS – THE CLIFF TEMPLE IV

Over me the wind swirls.
I have stood on your portal and I know.
You are further than this,
still further on another cliff.

Poetry by Hilda Doolittle, adapted by Jeffrey Derus

ECHO LAKE – MOUNTAIN TRAILS VIII

This hidden lake is a sapphire cup.
An offering clearer than wine, Colder than tears.
The mountains hold it toward the sky in silence.

Poetry by Marjorie Allen Seiffert, adapted by Jeffrey Derus

7. HEART – LOVE CHAKRA

8. NORTHERN CALIFORNIA

DONNER SUMMIT – THE DEER LAY DOWN THEIR BONES

I follow the narrow cliffside trail halfway up the mountain...
Above the deep canyon.

Poetry by Robinson Jeffers, adapted by Jeffrey Derus

BELDEN – A THUNDERSTORM

The leaves hang still...
the hurrying centers of the storm unite,
From heaven's height, the wild white flash...
the pealing thunder crash,
then comes the rain... column in column.

Poetry by Archibald Lampman, adapted by Jeffrey Derus

MCARTHUR-BURNEY FALLS STATE PARK – QUOTE, JOHN MUIR

"A few minutes ago, every tree was excited...
bowing, waving, swirling and topping their branches...
to the roaring storm."

Quote by John Muir, adapted by Jeffrey Derus

CASTLE CRAGS – QUOTE, JOHN MUIR

"But though to the outer-ear these trees are now silent,

Their songs never cease."

Quote by John Muir, adapted by Jeffrey Derus

ETNA SUMMIT – SUMMER IMAGES

Rich music breathes in Summer's every sound;
And in her harmony of woods, meadows, all around...

Poetry by John Clare, adapted by Jeffrey Derus

SEIAD VALLEY – QUOTE, KATE CHOPIN

"I wonder if anyone else has an ear so tuned and sharpened as I have,
to detect the music, not of spheres, but of earth...?"

Poetry by Kate Chopin, adapted by Jeffrey Derus

9. THROAT – CREATIVITY CHAKRA

10. OREGON

CRATER LAKE – WILDERNESS

There is a wolf in me... fangs pointed, tongue red...
I keep this wolf because the wilderness gave it to me
and the wilderness will not let it go.

Poetry by Carl Sandburg, adapted by Jeffrey Derus

MT. THIELSEN WILDERNESS – WILDERNESS

There is a fox in me ... a silver-gray fox...
I circle and loop and double cross.
I got this too from the wilderness
and the wilderness will not let it go.

Poetry by Carl Sandburg, adapted by Jeffrey Derus

DIAMOND PEAK WILDERNESS – WILDERNESS

There is a fish in me ... it swims in the rivers and streams of my hopes...
It came from salt-blue water-gates... before land was.
I got the fish from the wilderness
and the wilderness will not let it go.

Poetry by Carl Sandburg, adapted by Jeffrey Derus

MT. WASHINGTON WILDERNESS – WILDERNESS

There is an eagle in me... the eagle flies among the mountains of my dreams...
I keep the eagle because the wilderness says so.

Poetry by Carl Sandburg, adapted by Jeffrey Derus

MT. JEFFERSON WILDERNESS – WILDERNESS

There is a mockingbird in me... it warbles over the foothills of my wishes...
I got the mockingbird from the wilderness
and the wilderness will not let it go.

Poetry by Carl Sandburg, adapted by Jeffrey Derus

MT. HOOD WILDERNESS – WILDERNESS

O, there is a menagerie, inside my ribs, under my head, under my heart – and something else...

Poetry by Carl Sandburg, adapted by Jeffrey Derus

CASCADE LOCKS – WILDERNESS

For I am the keeper of the menagerie,
I say yes and no,
I sing and work and kill,
I came from the wilderness.

Poetry by Carl Sandburg, adapted by Jeffrey Derus

11. THIRD EYE – INTUITION CHAKRA

12. WASHINGTON

WHITE PASS – DARKNESS

I had a dream, which was not all a dream.

Poetry by George Gordon Byron, adapted by Jeffrey Derus

SNOQUALMIE PASS – I WANDERED LONELY AS A CLOUD

I wandered lonely as a Cloud...
beside the Lake, beneath the trees.

Poetry by William Wordsworth, adapted by Jeffrey Derus

STEVENS PASS – FROM WILDERNESS

A silver ray of sun
pierced the heavy shade.
It called me out into the dawn,
from wilderness I was made.

Poetry by Matthew Derus

13. CROWN – COSMIC CHAKRA

14. WASHINGTON

RAINY PASS – WALK

Walk.
Walk as the mountain, the earth, the wind.
Walk as the trees, their leaves, the flowers.
Walk as the sun, its rays, its warmth.

Poetry by Nora Ghassan Abdullatif, adapted by Jeffrey Derus

15. BRITISH COLUMBIA

MANNING PARK – WALK

Walk as a heart wide open, vibrating in love and trust.
Walk as pure love, emanating from the universe.
Walk as presence, a present to existence.
Walk.

Poetry by Nora Ghassan Abdullatif, adapted by Jeffrey Derus

ADDITIONAL TEXTS:

Chakra Seed Syllable & Mantras:

[Lam] ROOT - Musical Note: C

[Vam] SACRAL - Musical Note: D

[Ram] SOLAR PLEXUS - Musical Note: E

[Yam] HEART - Musical Note: F

[Ham] THROAT - Musical Note: G

[Ksham] THIRD EYE - Musical Note: A

[Om] CROWN - Musical Note: B

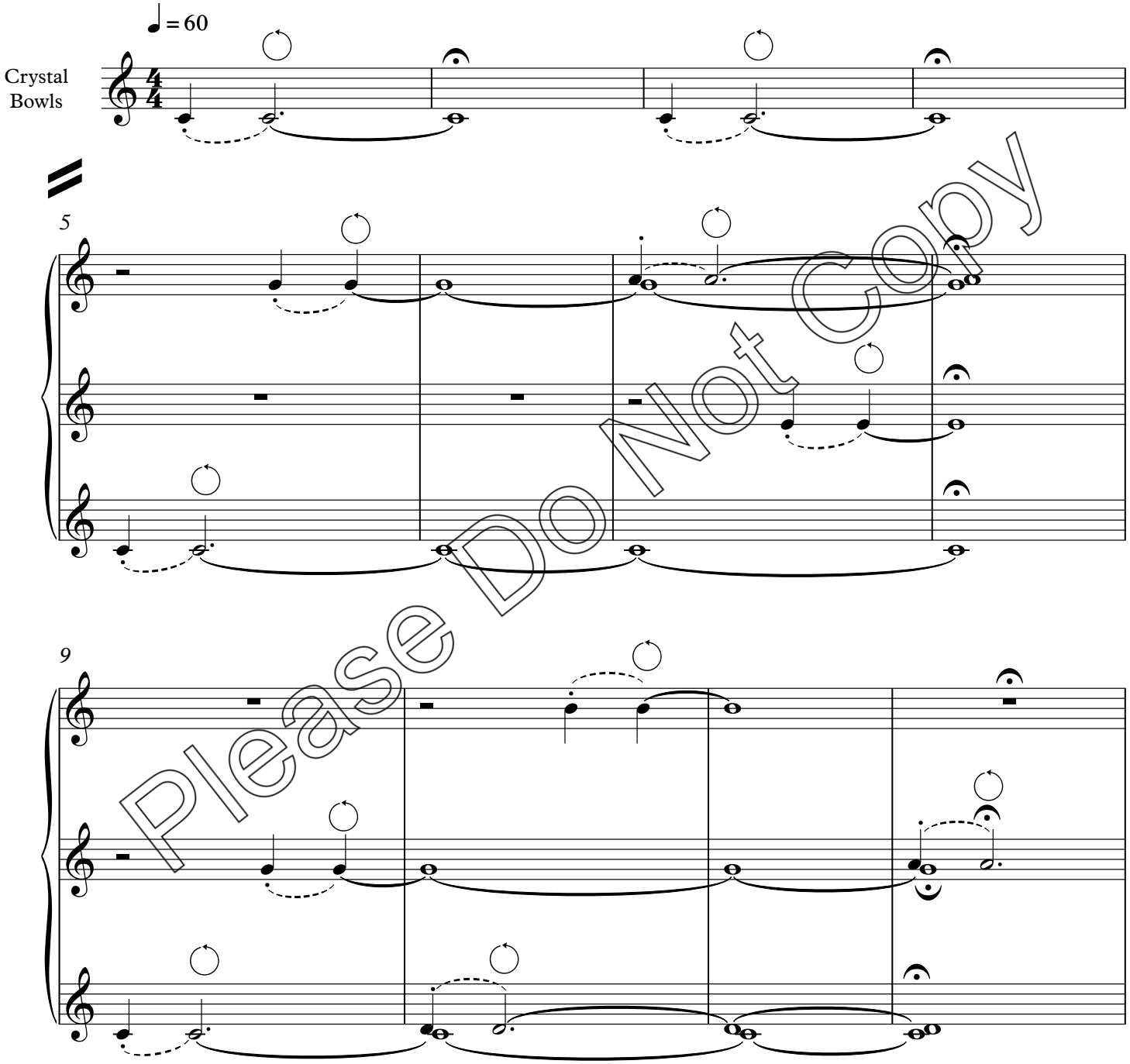
From Wilderness

ROOT

Survival Chakra

For Crystal Singing Bowls

Music by Jeffrey M. Derus



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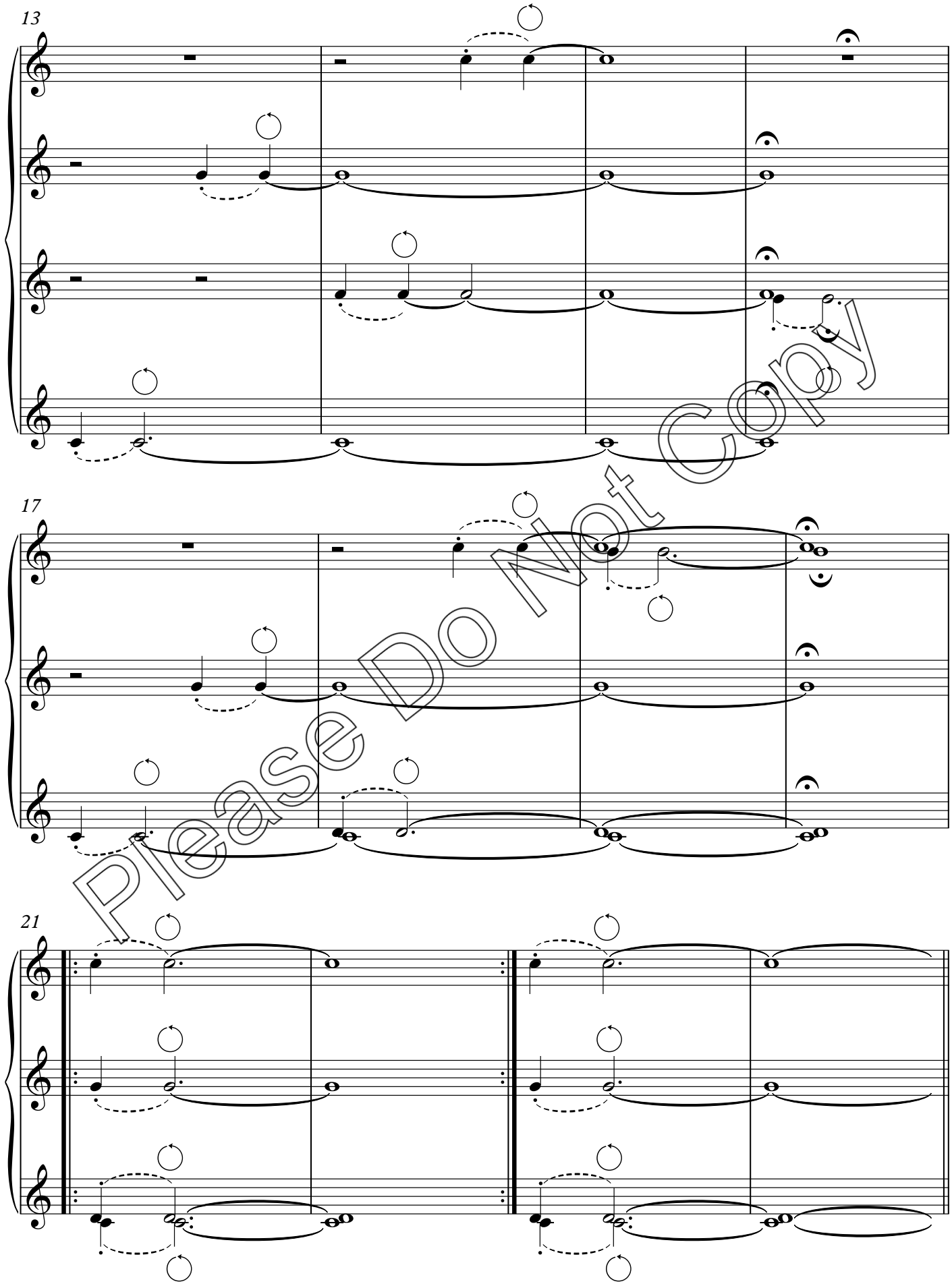

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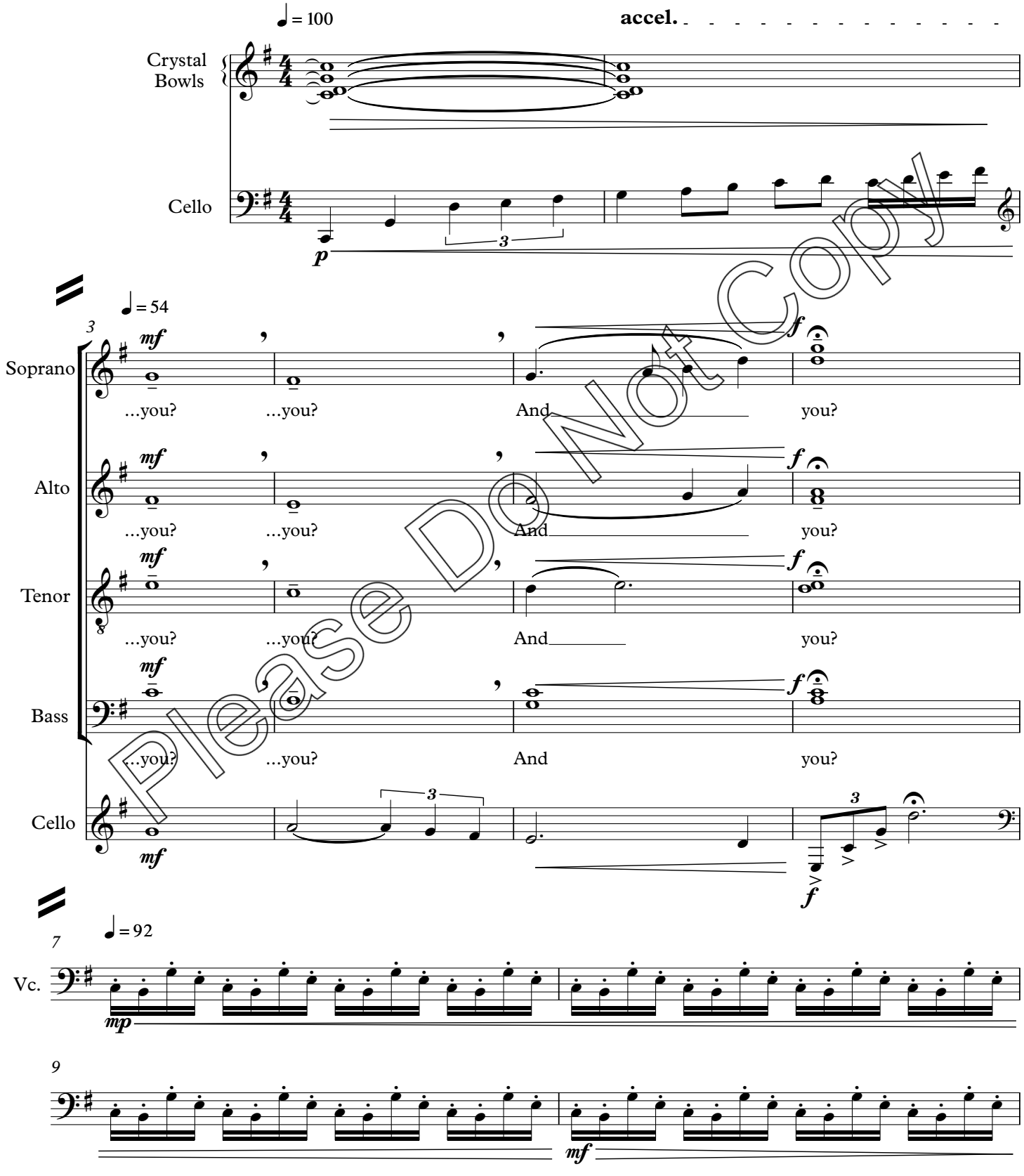
Journey into Yourself

For SATB Chorus, Cello & Crystal Singing Bowls

Text by Jalal al-Din Rumi

Music by Jeffrey M. Derus



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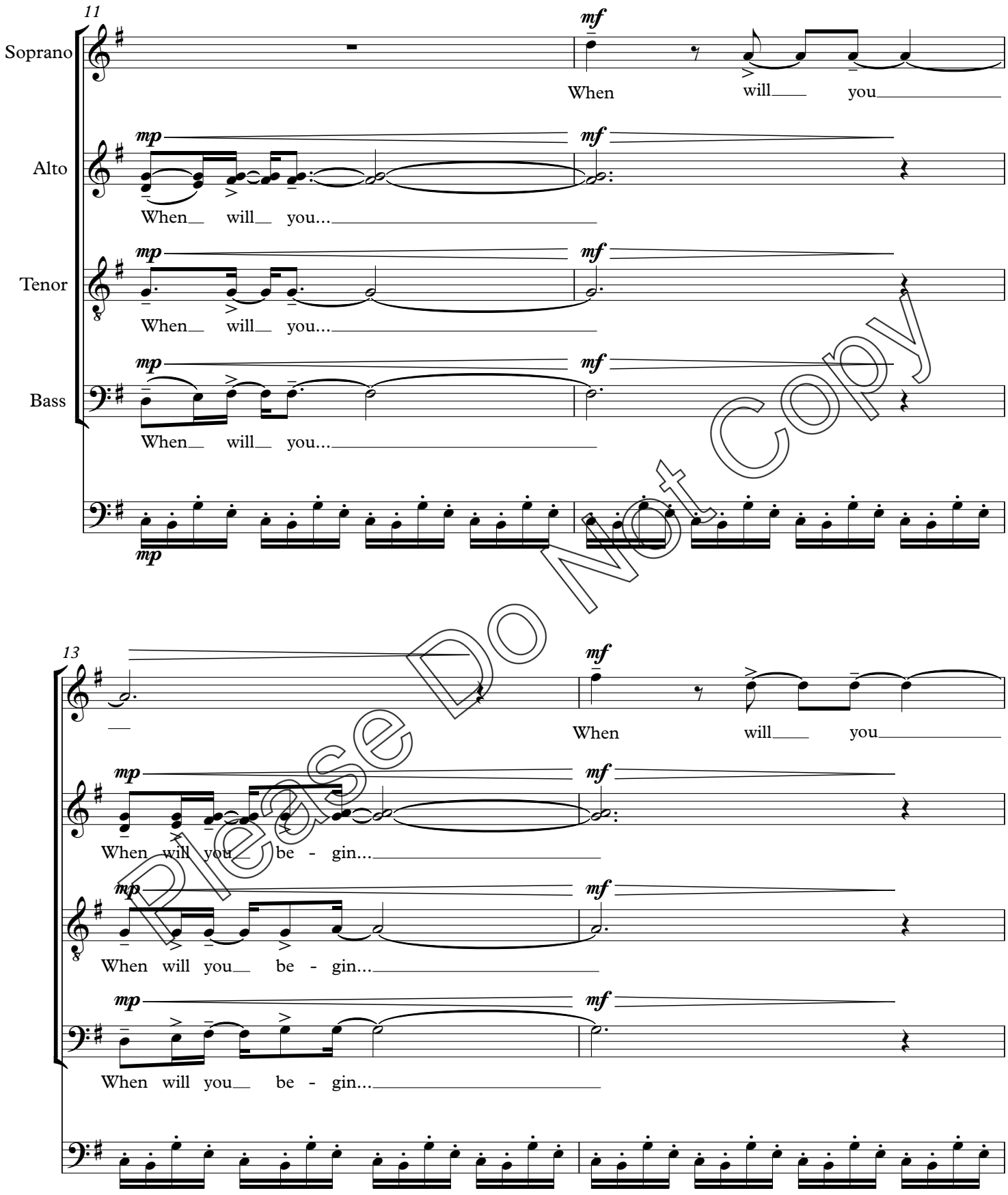

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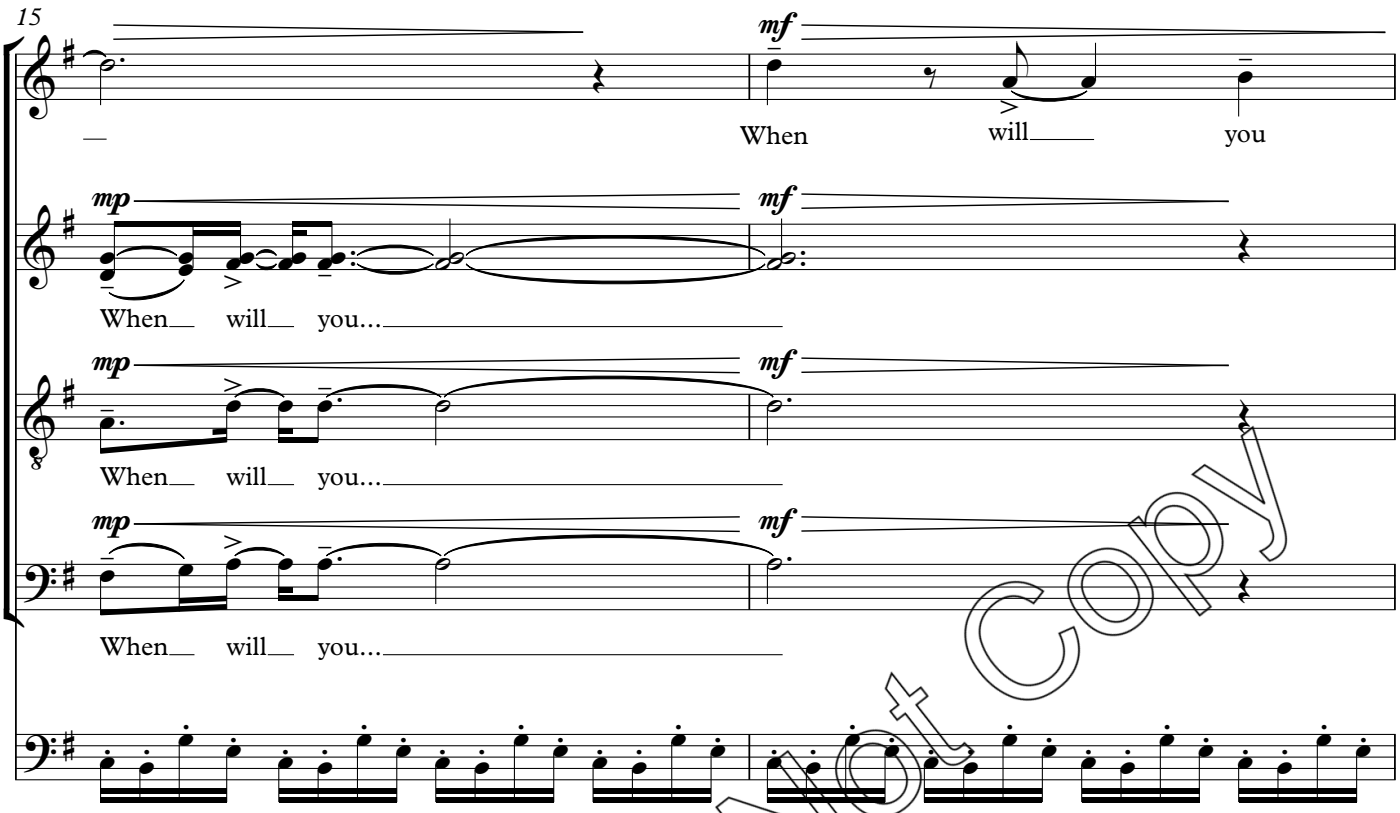

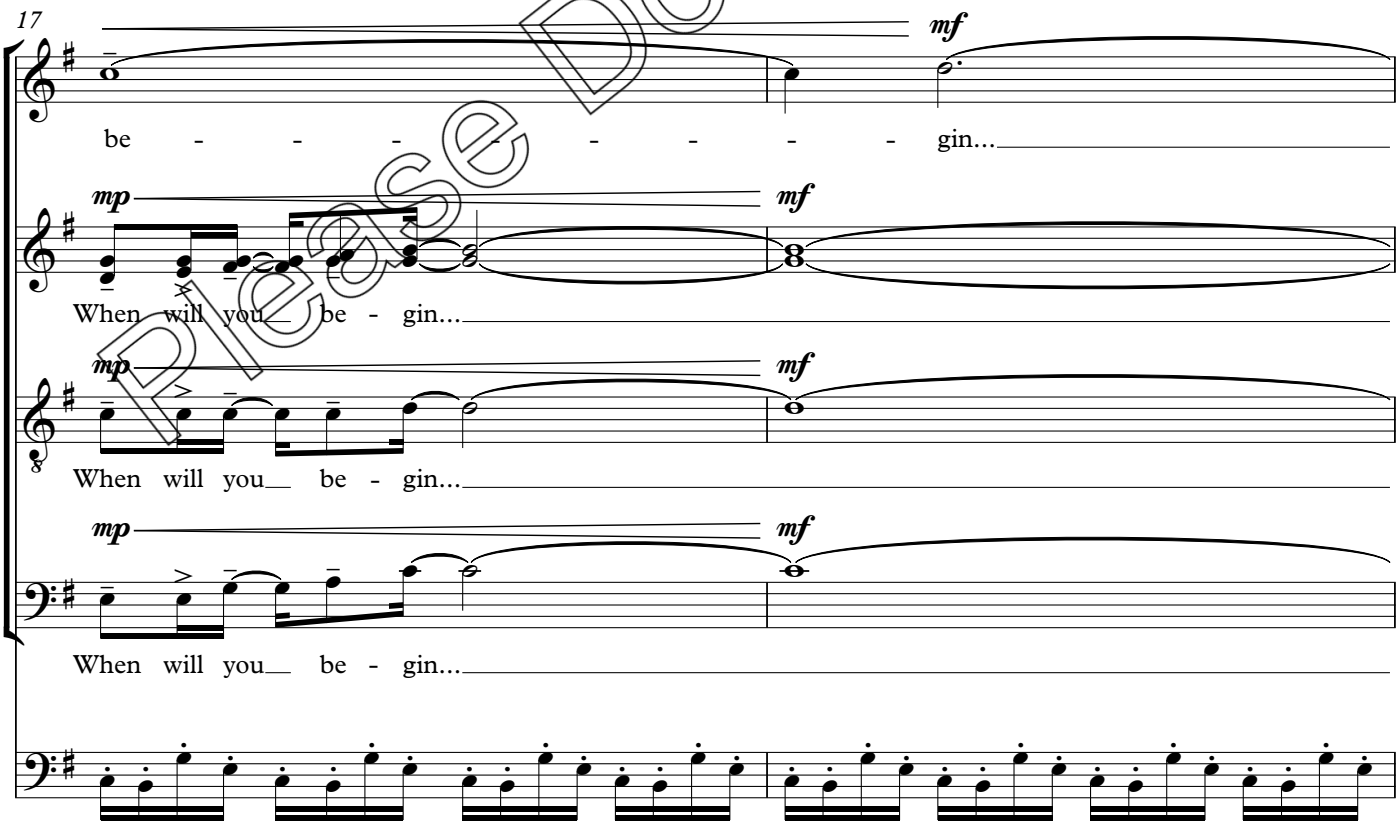

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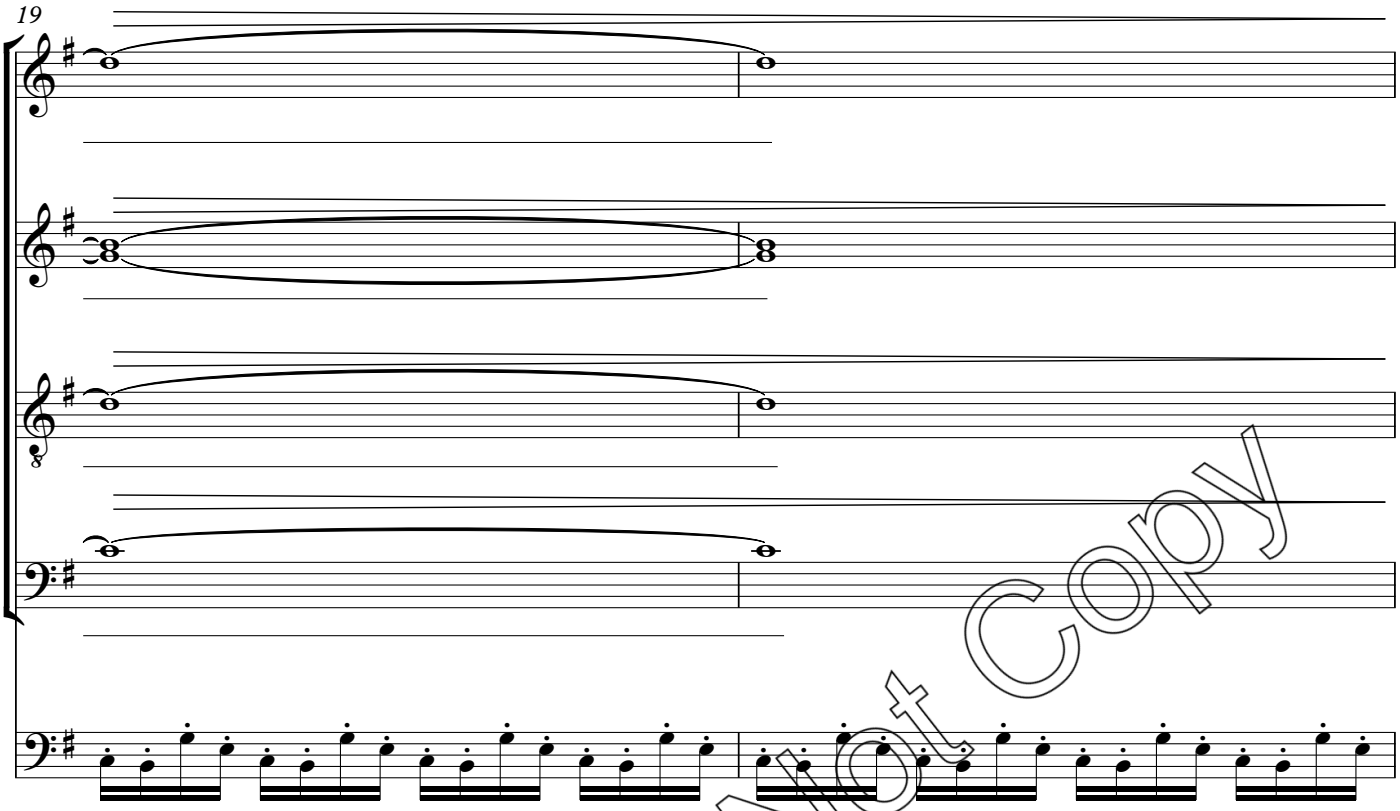

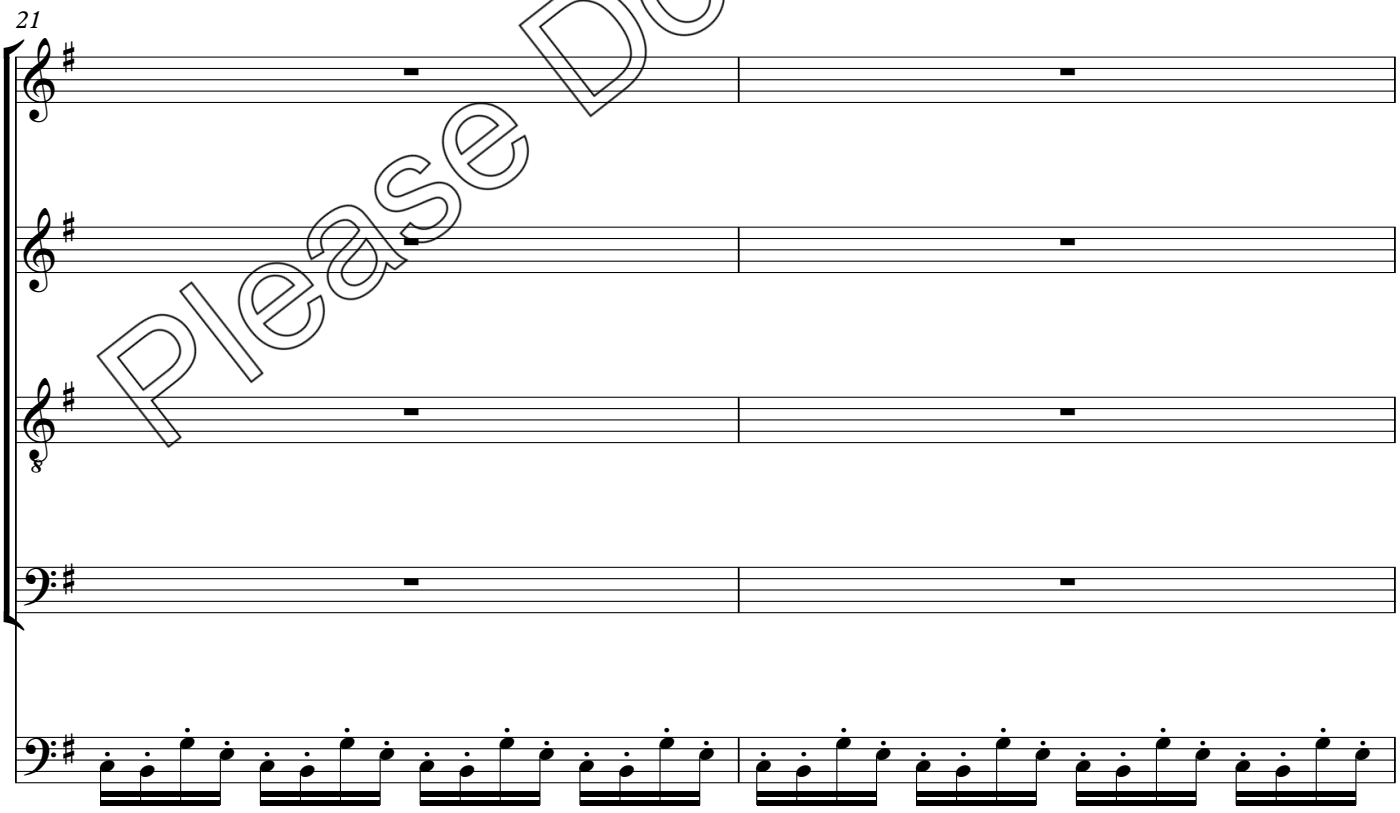

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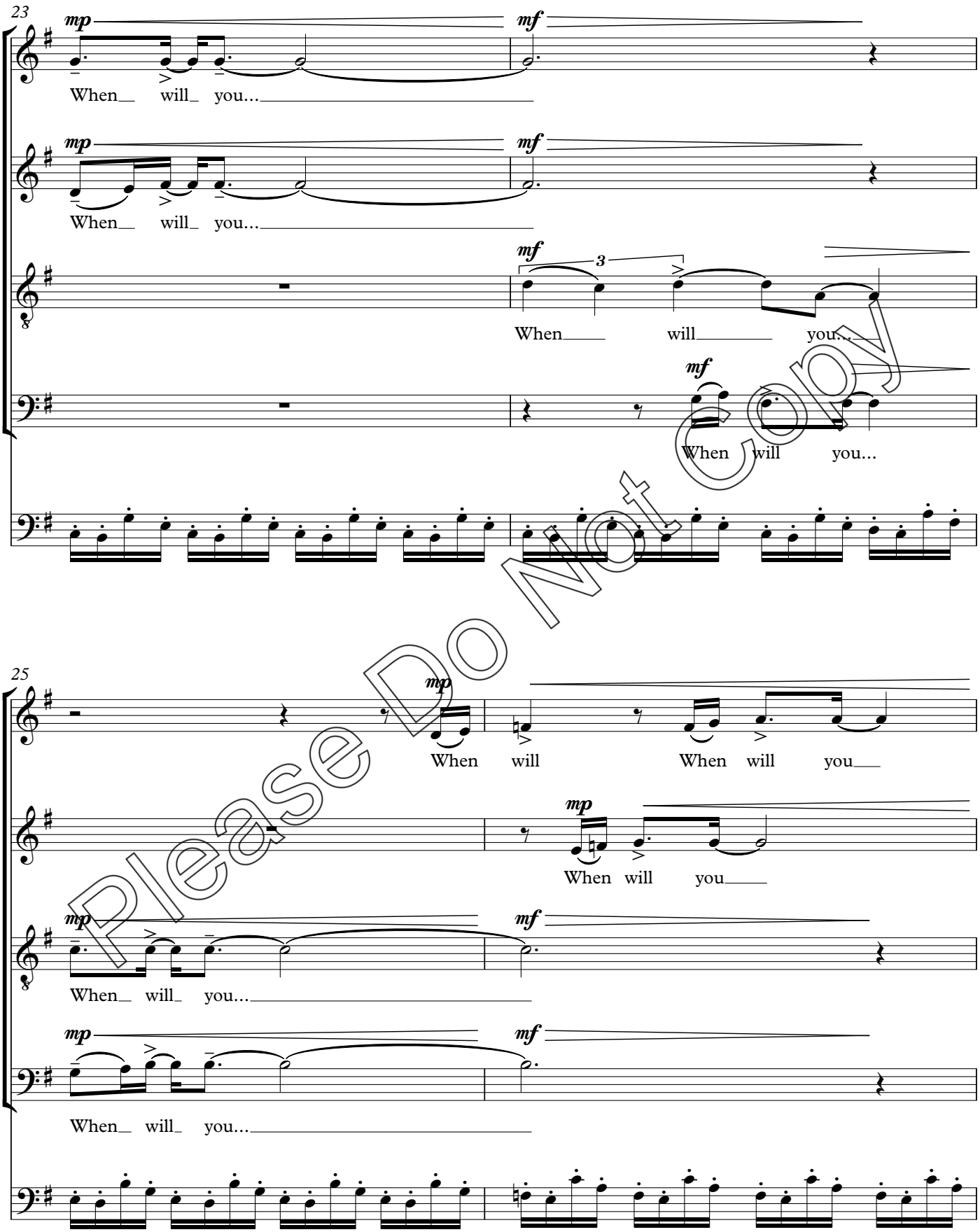

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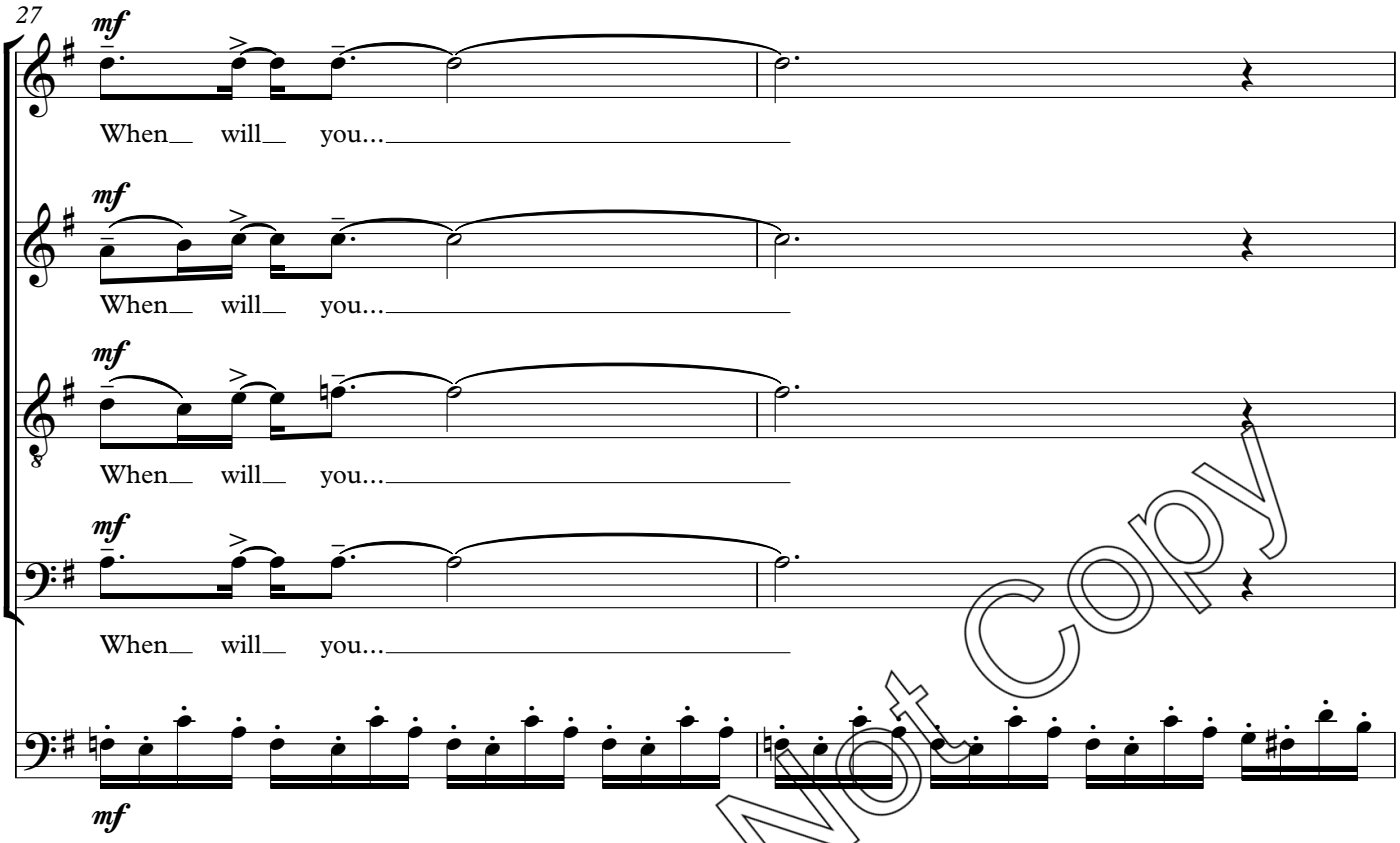

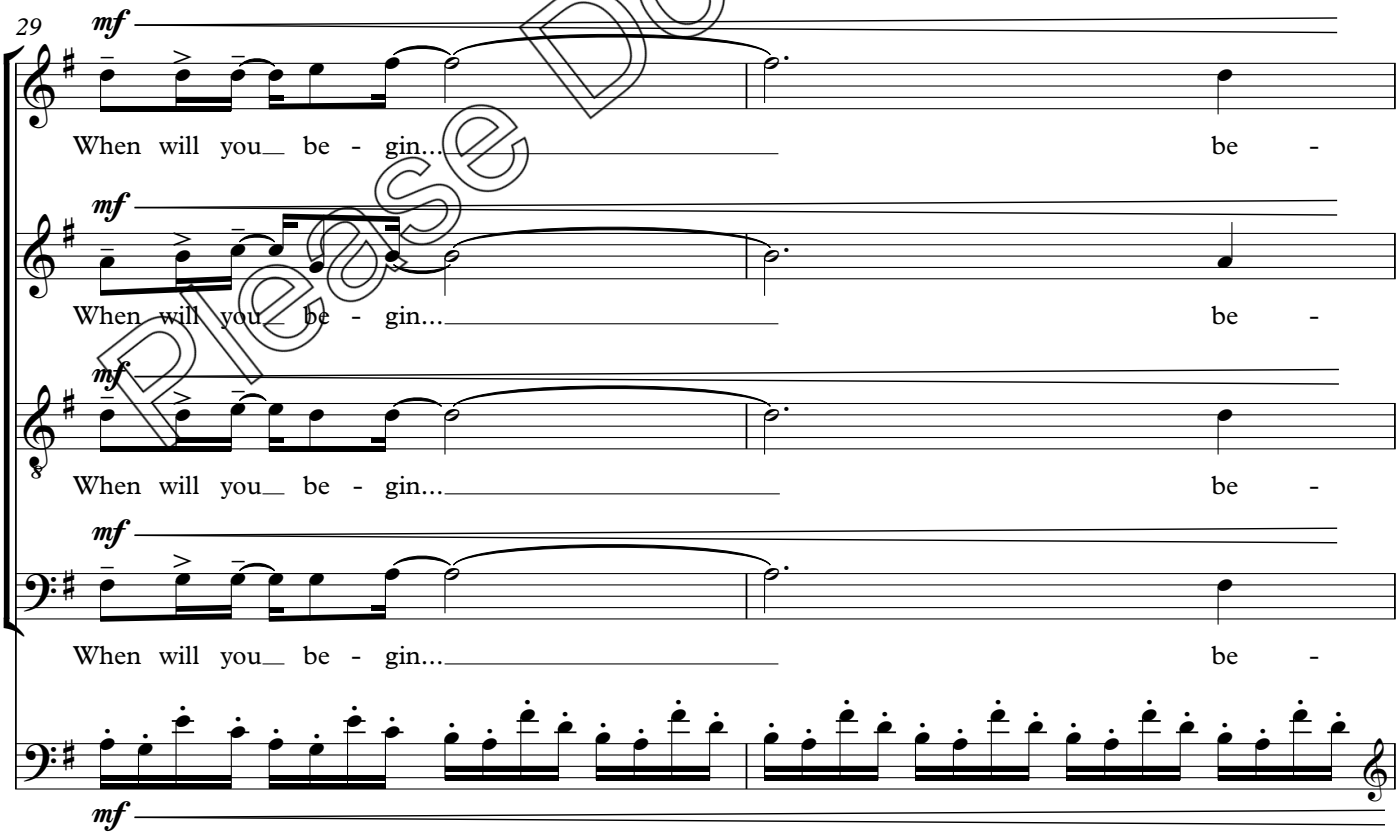

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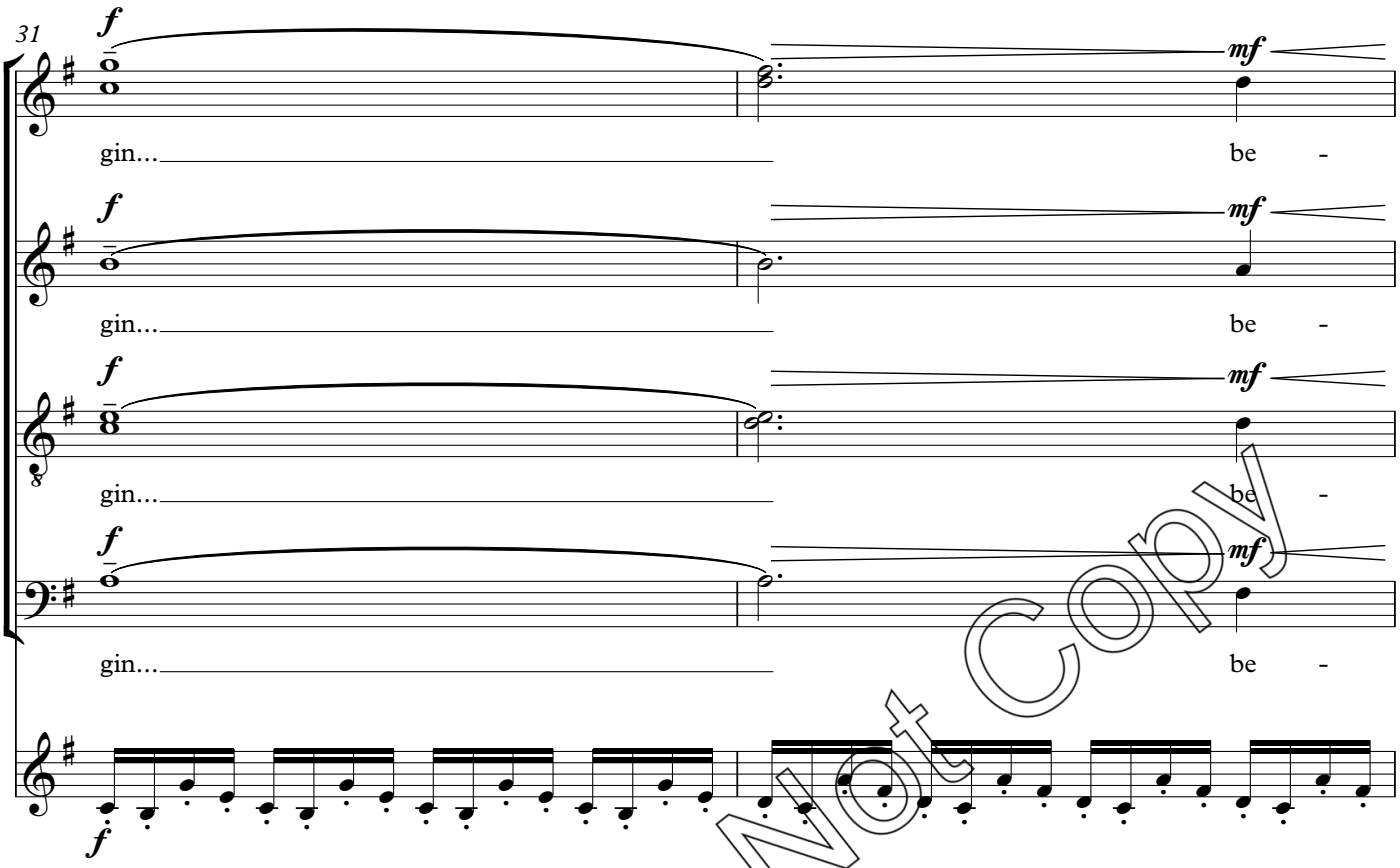

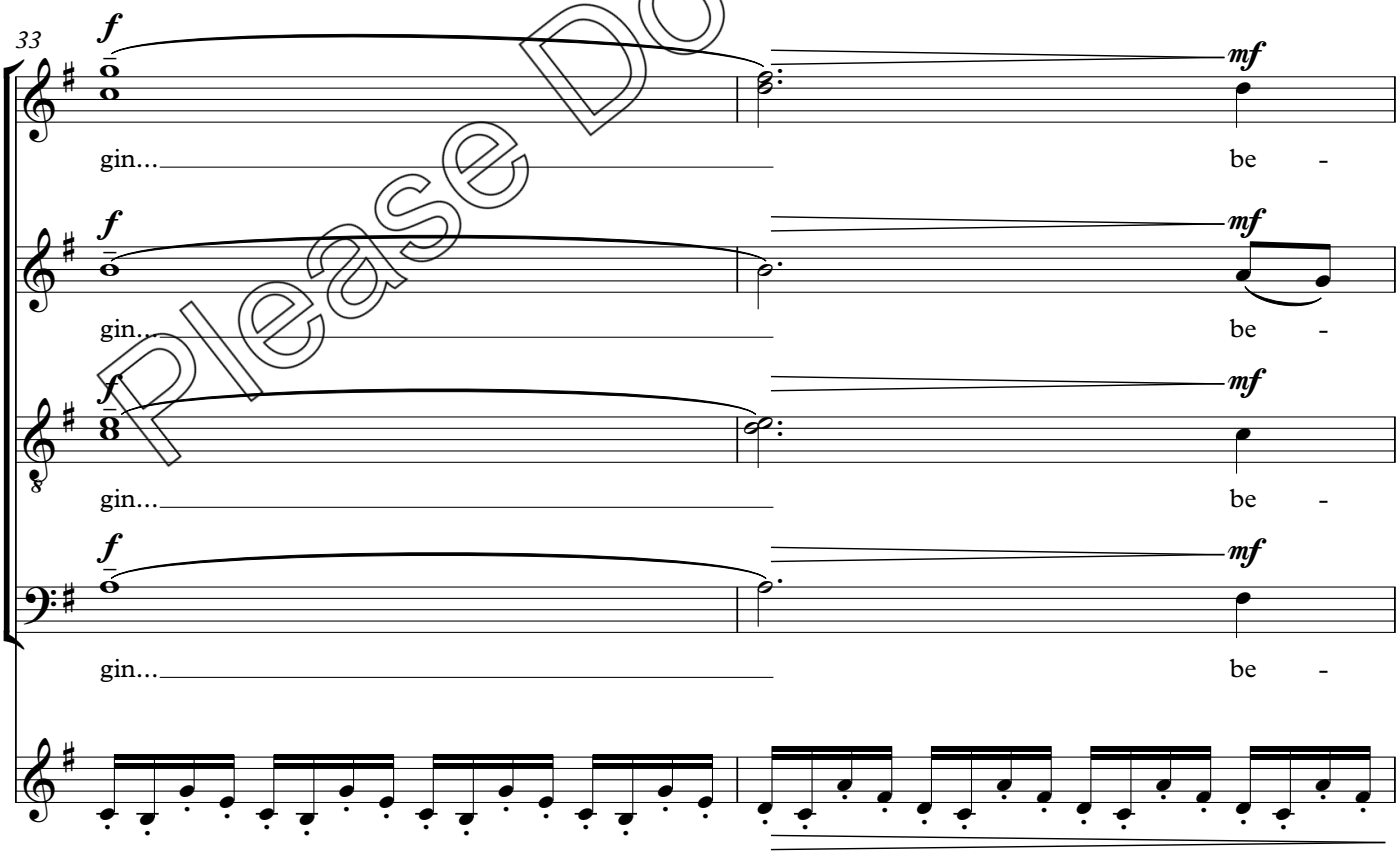

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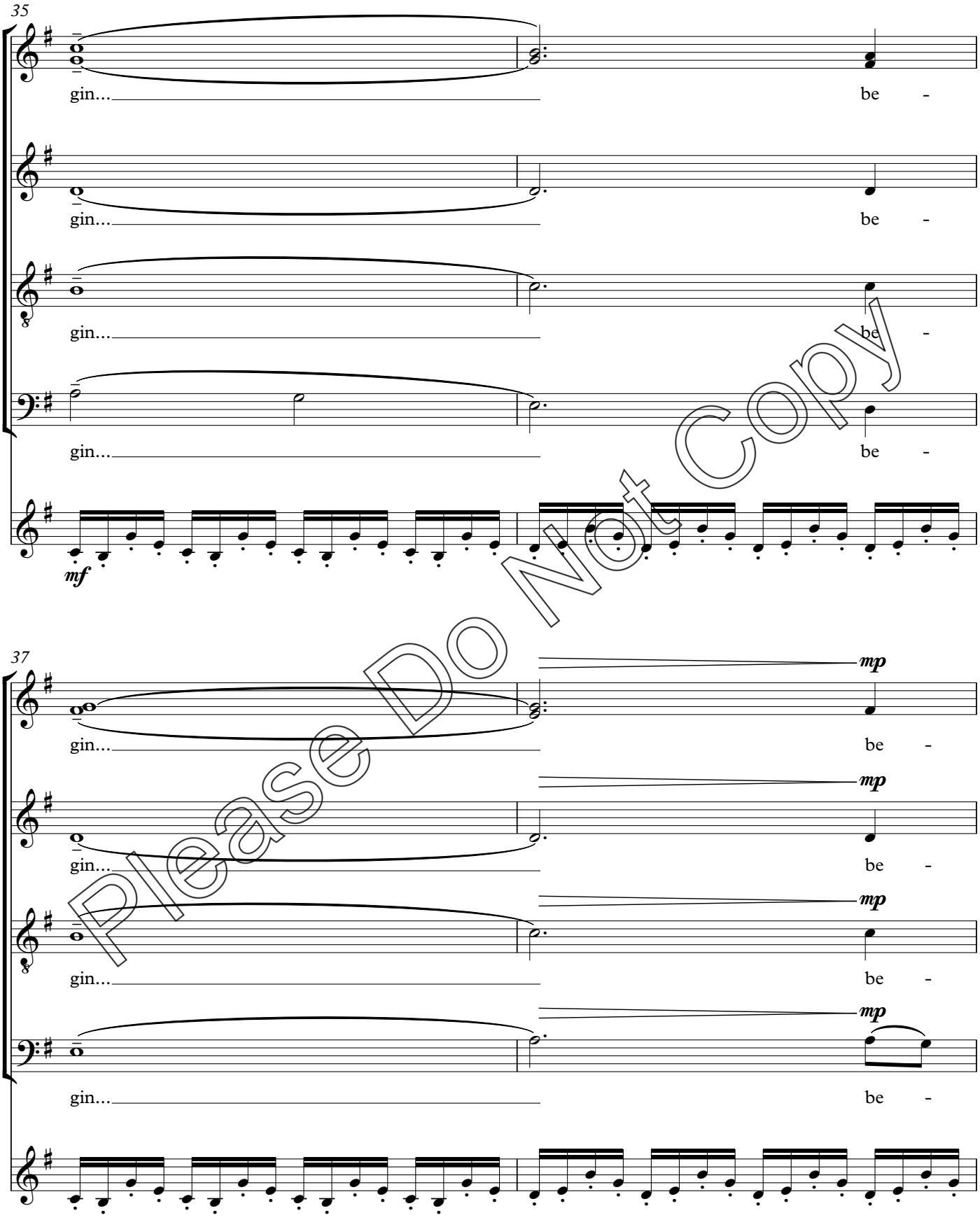

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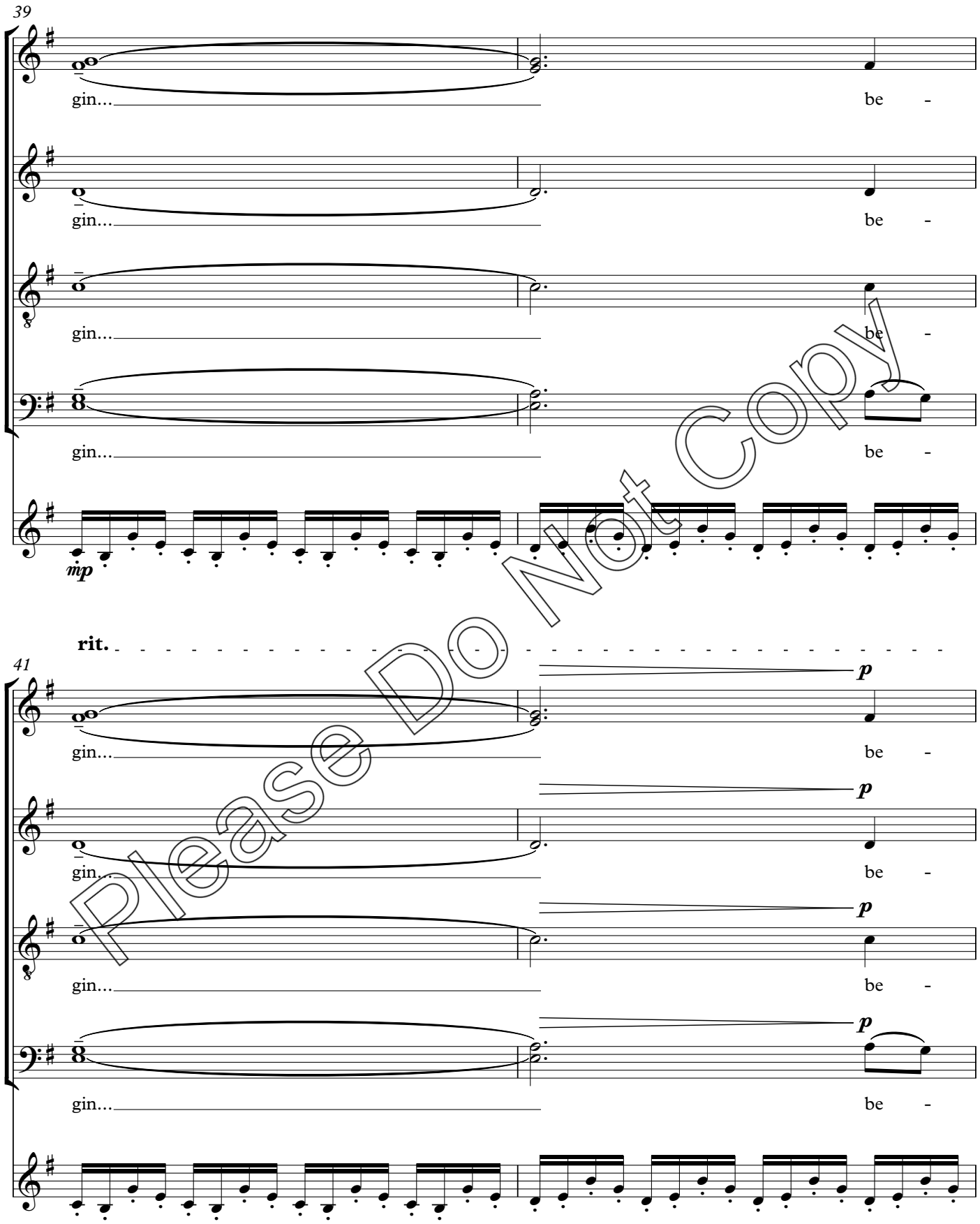

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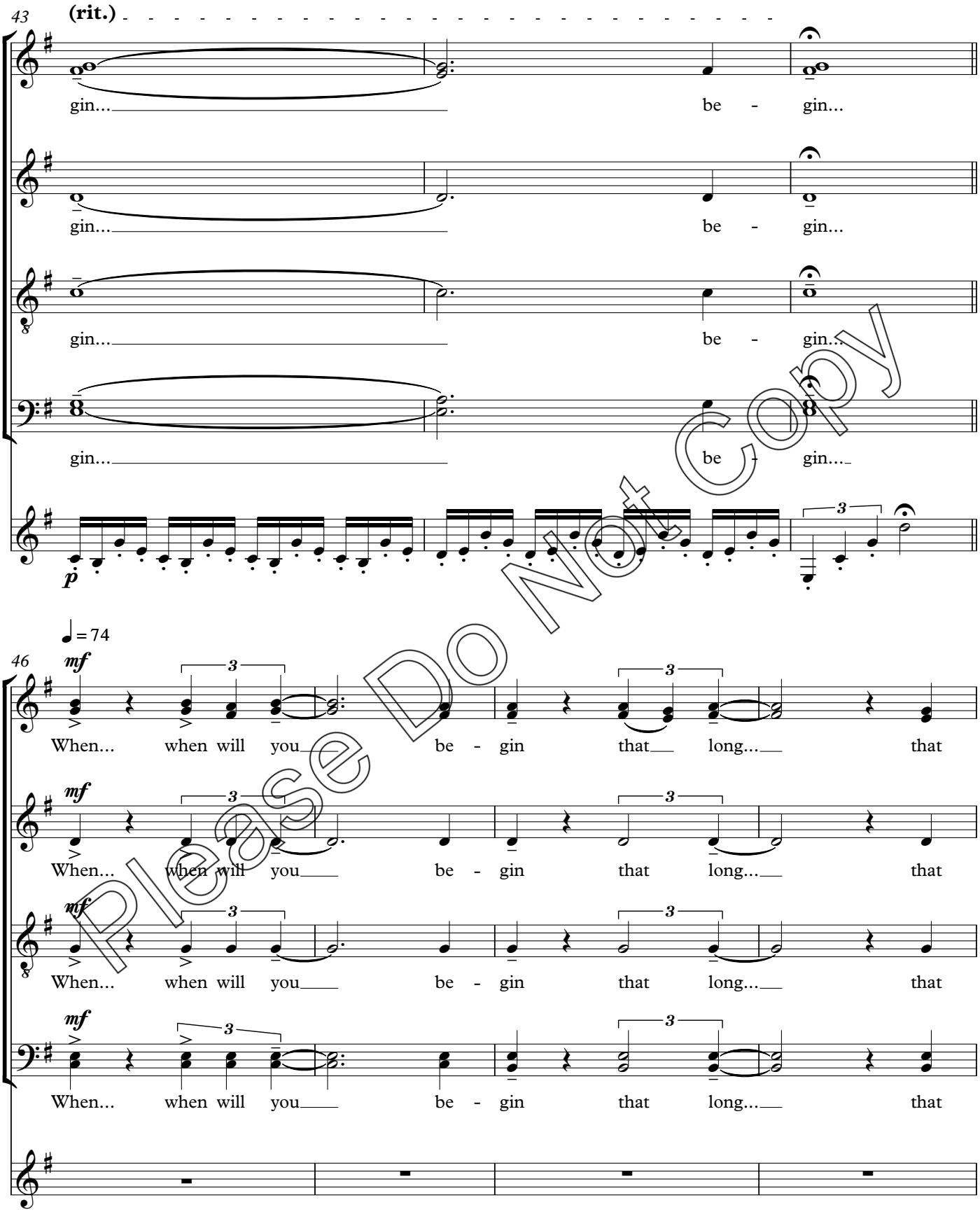

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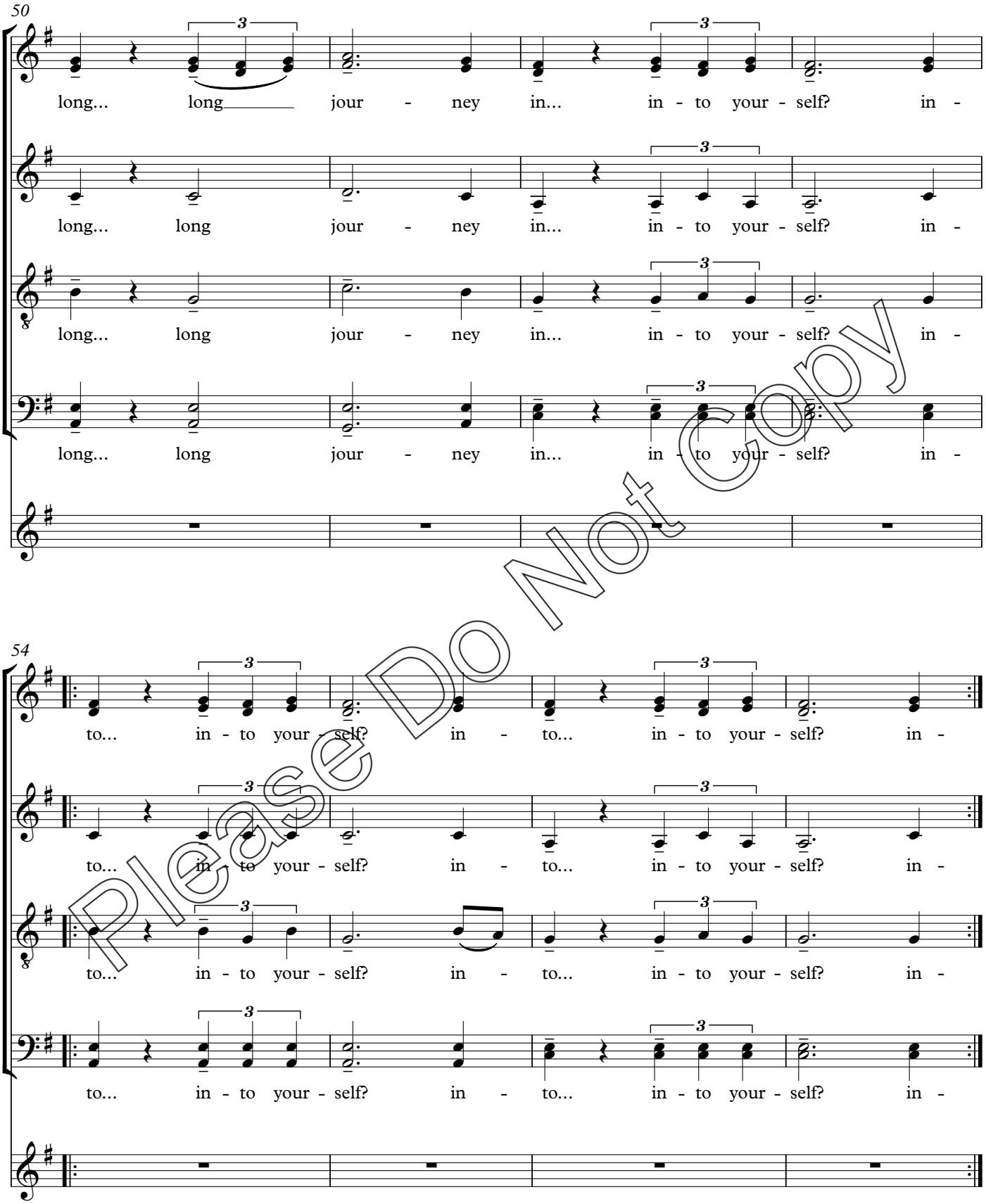

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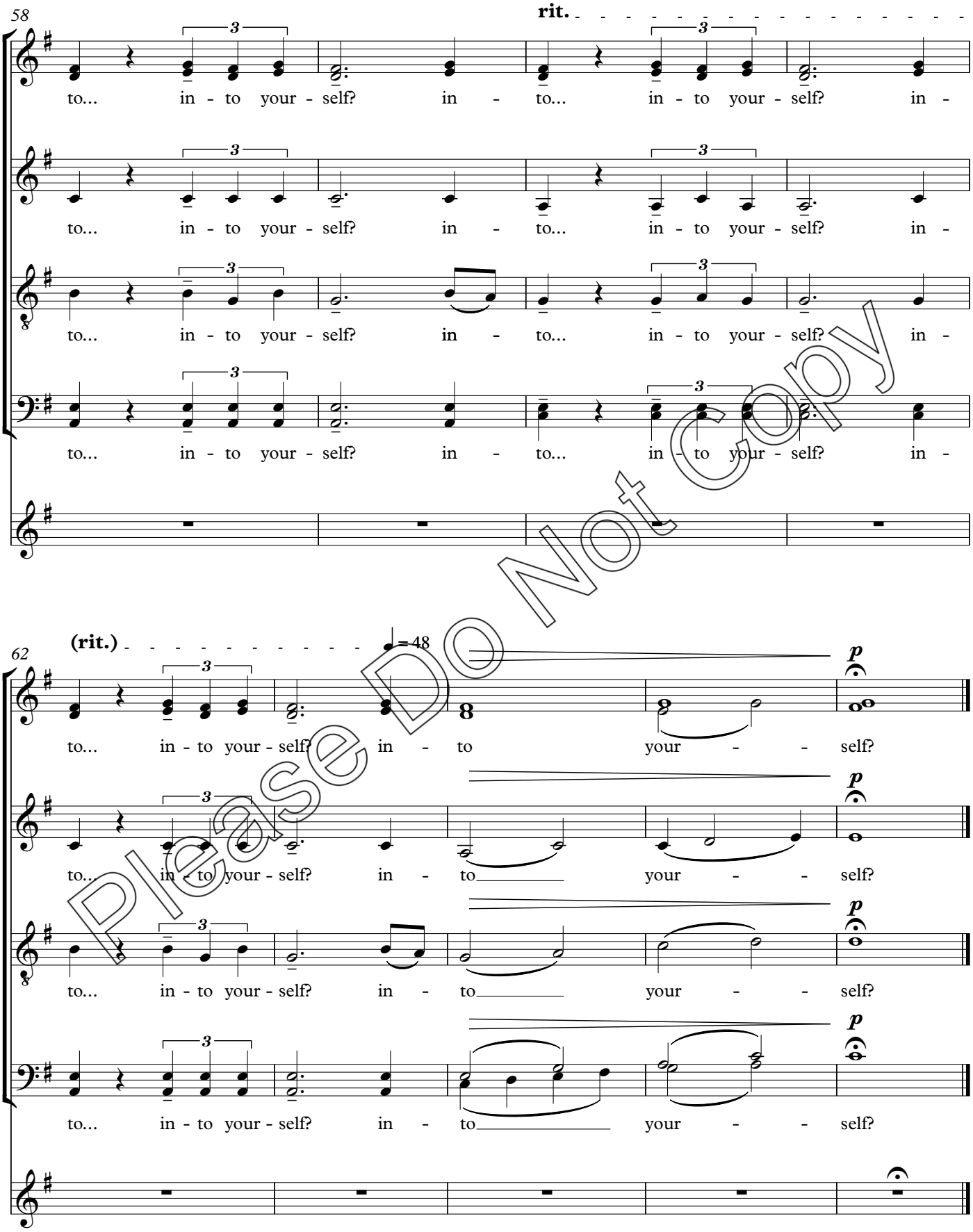

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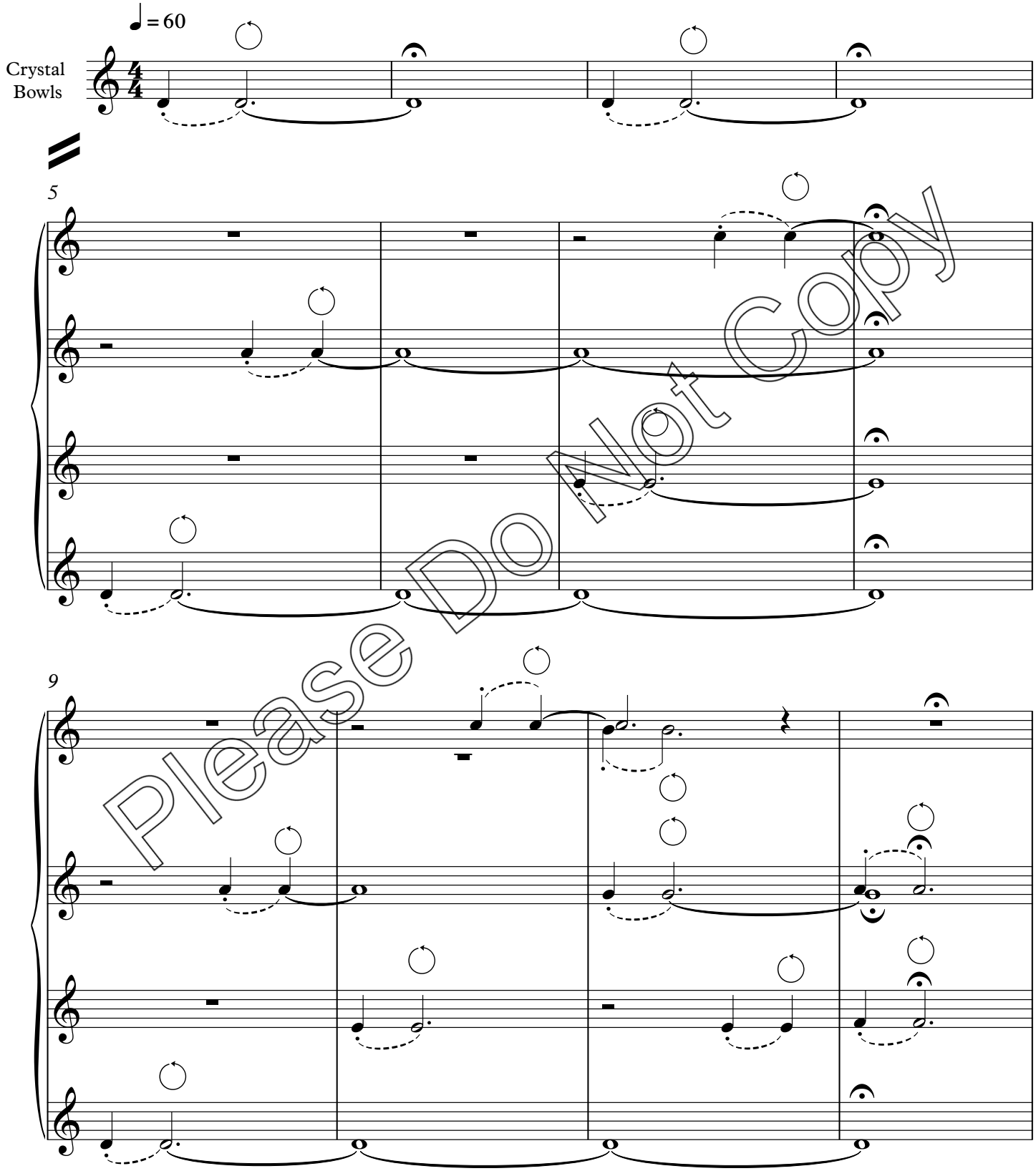
SACRAL

Emotions Chakra

For Crystal Singing Bowls

Music by Jeffrey M. Derus



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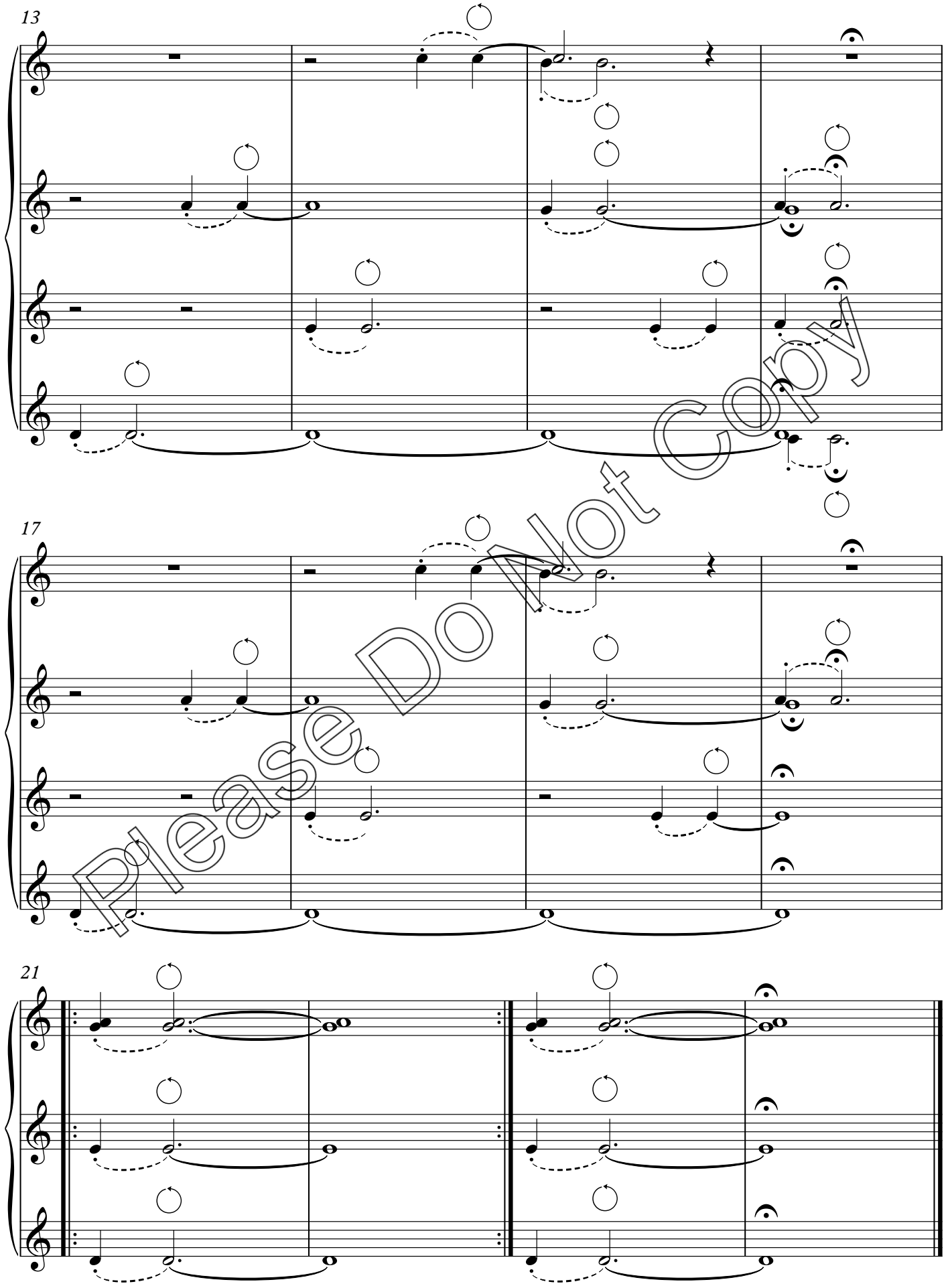

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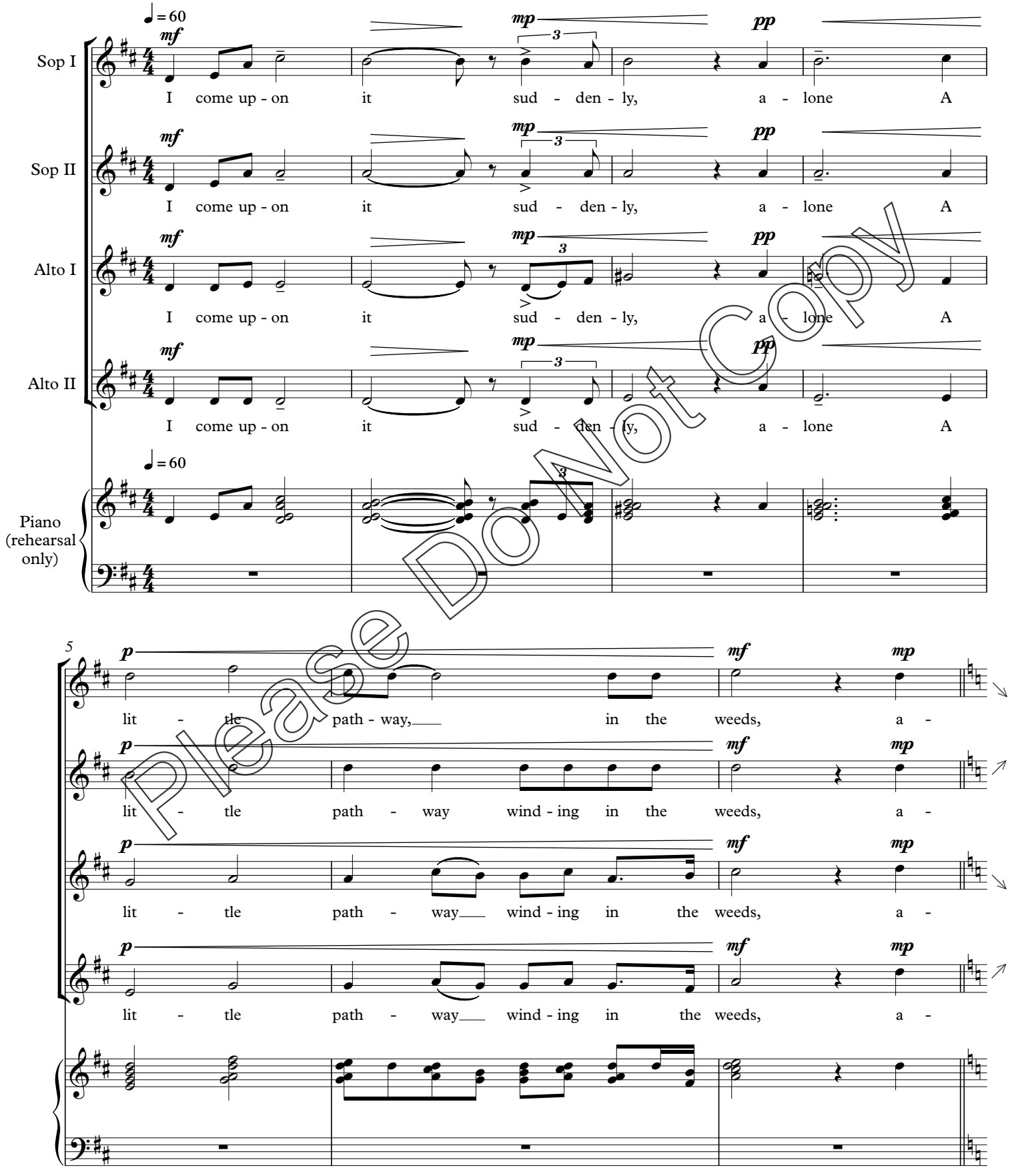
SOUTHERN CALIFORNIA

Campo: A Country Pathway

For SATB Chorus with Divisi

Text by James Whitcomb Riley

Music by Jeffrey M. Derus



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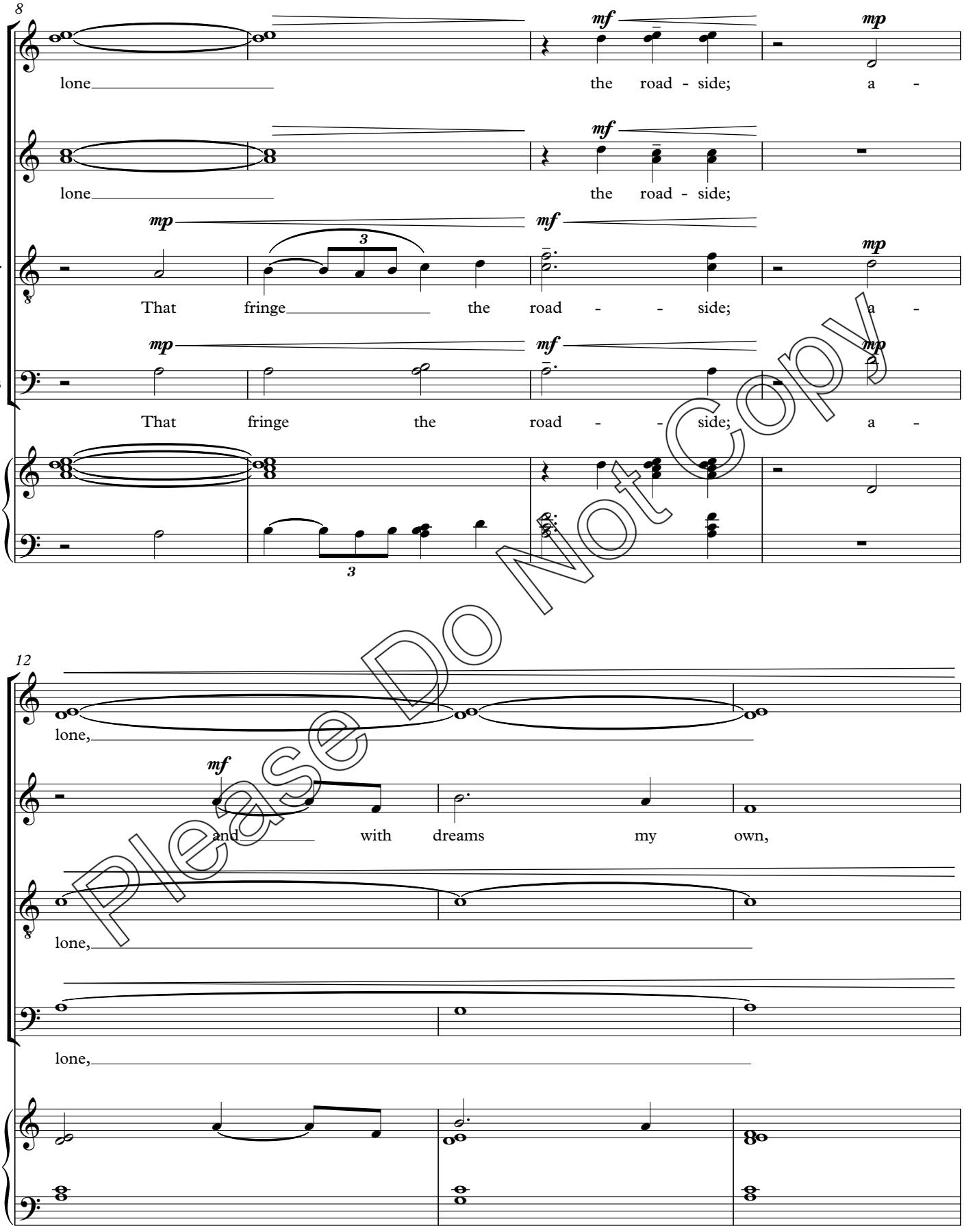

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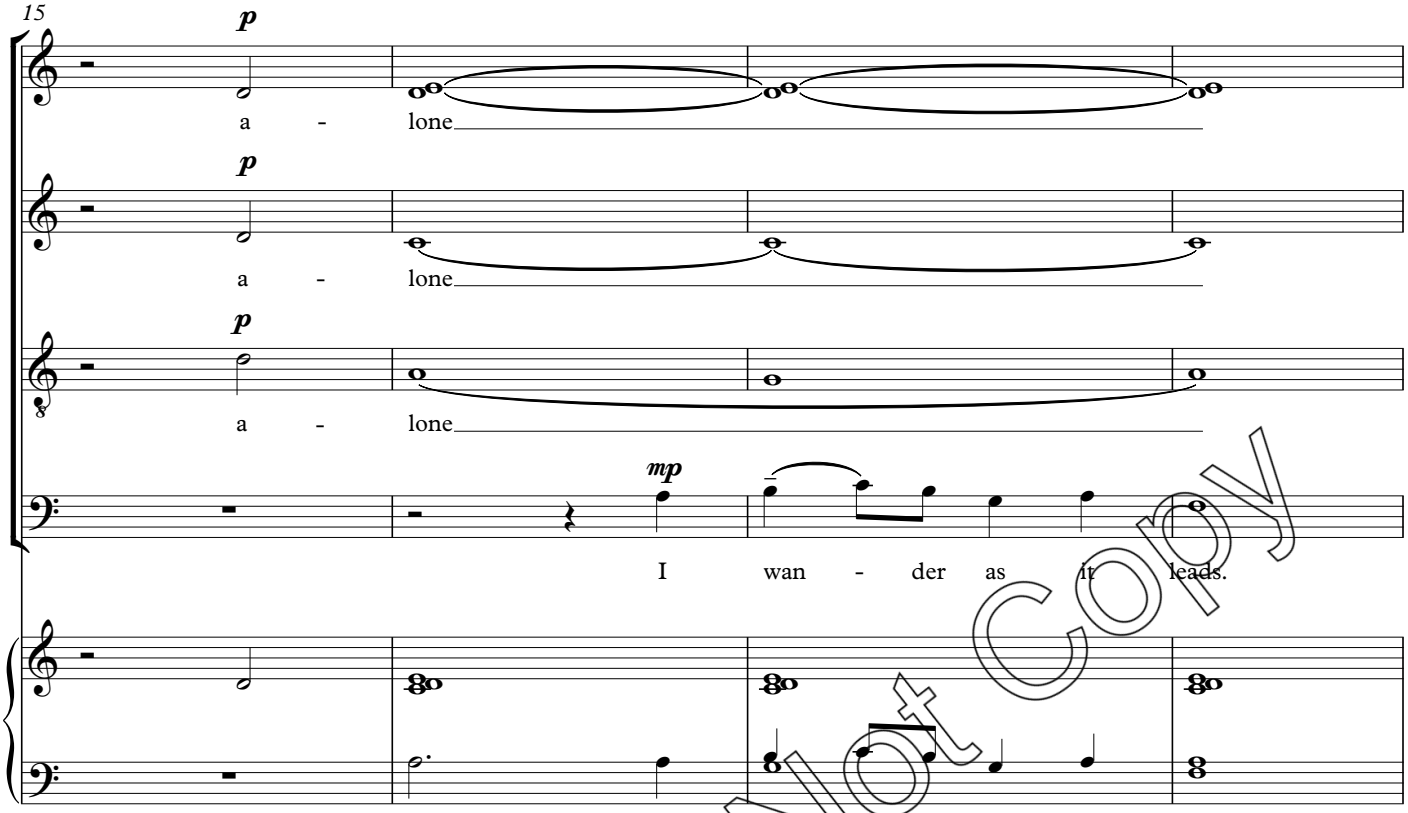

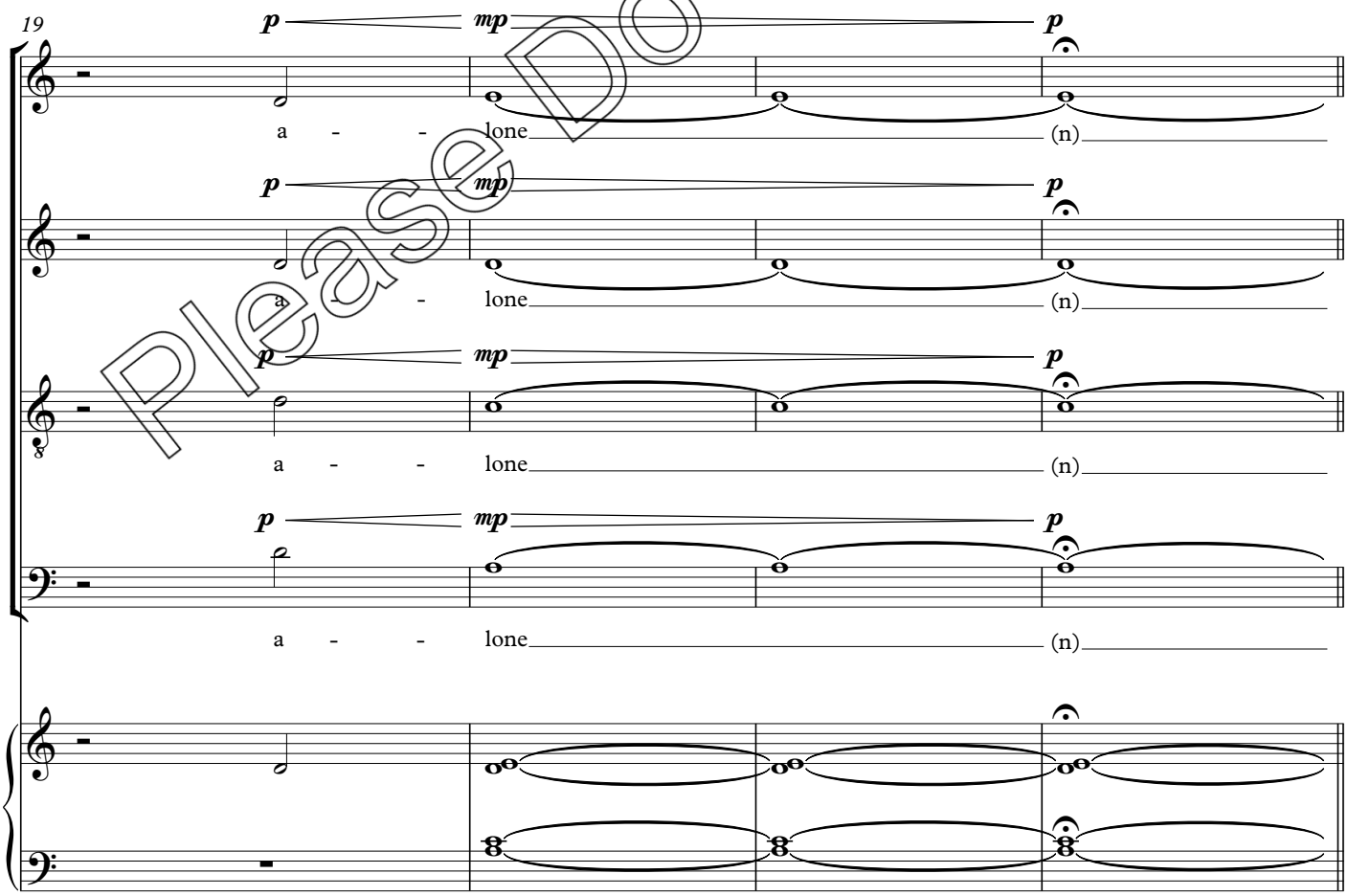

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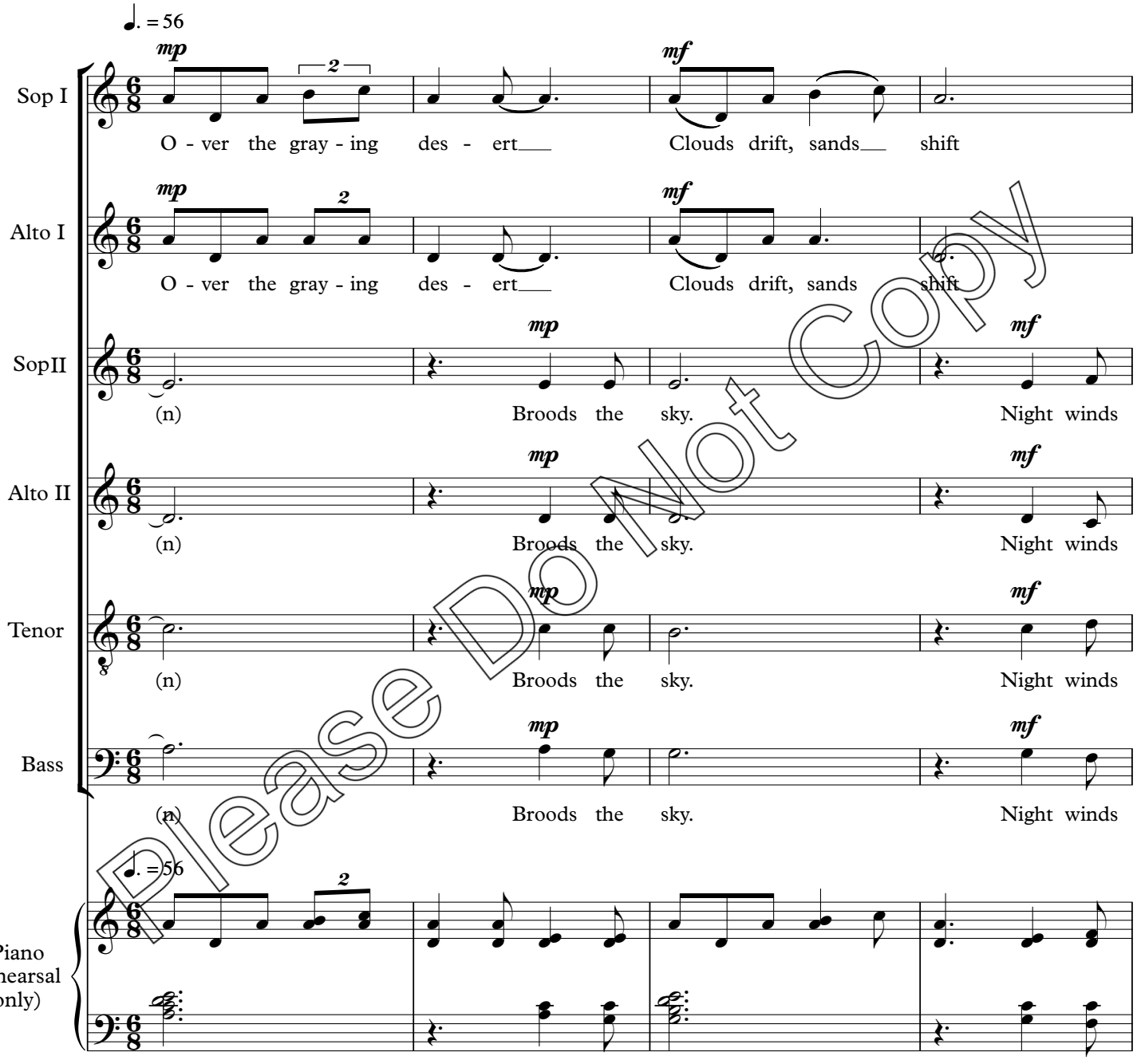
SOUTHERN CALIFORNIA

Warner Springs: The Singing Sands

For SATB Chorus with Divisi & Soli

Text by Lucy Eddy

Music by Jeffrey M. Derus



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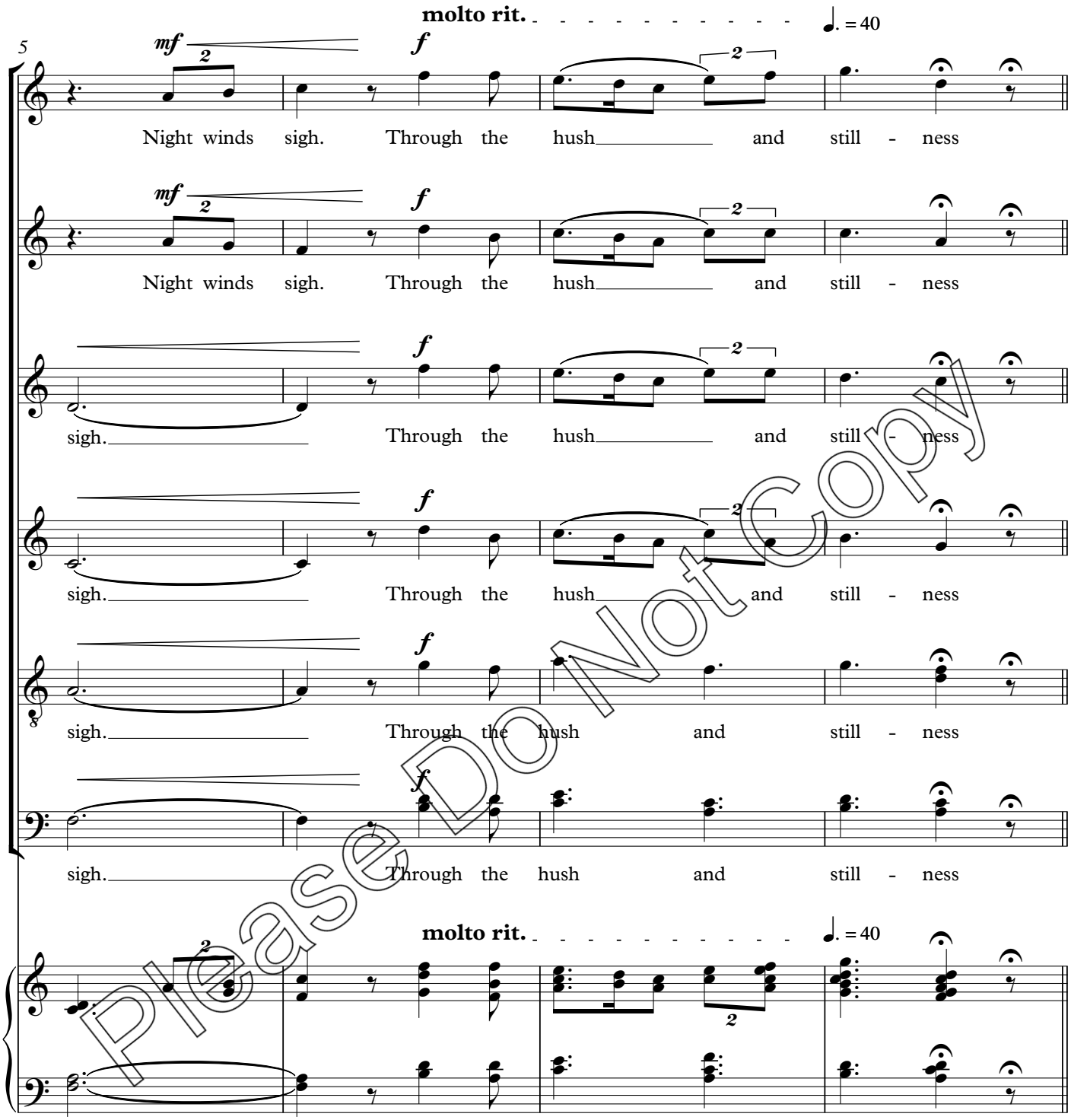

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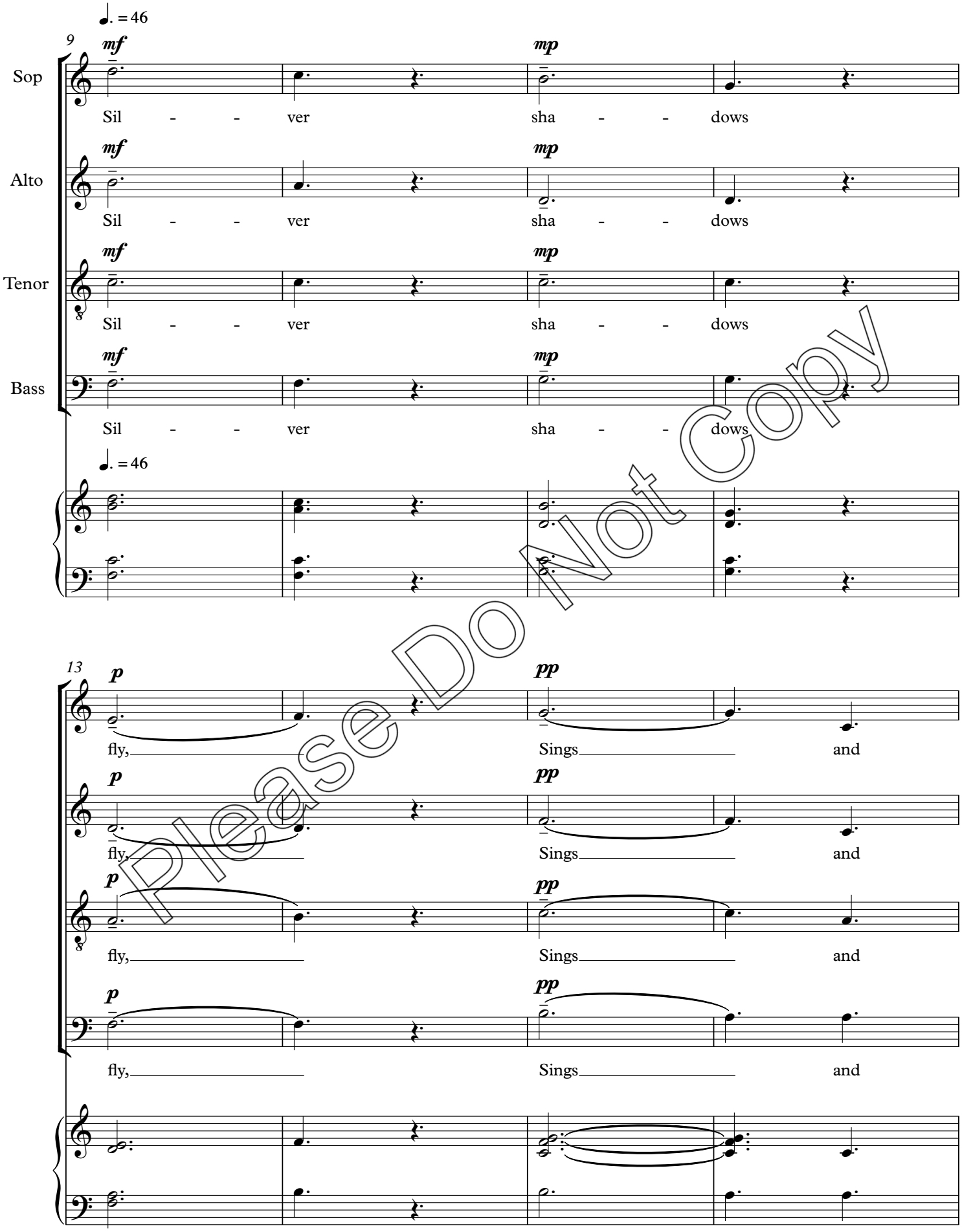

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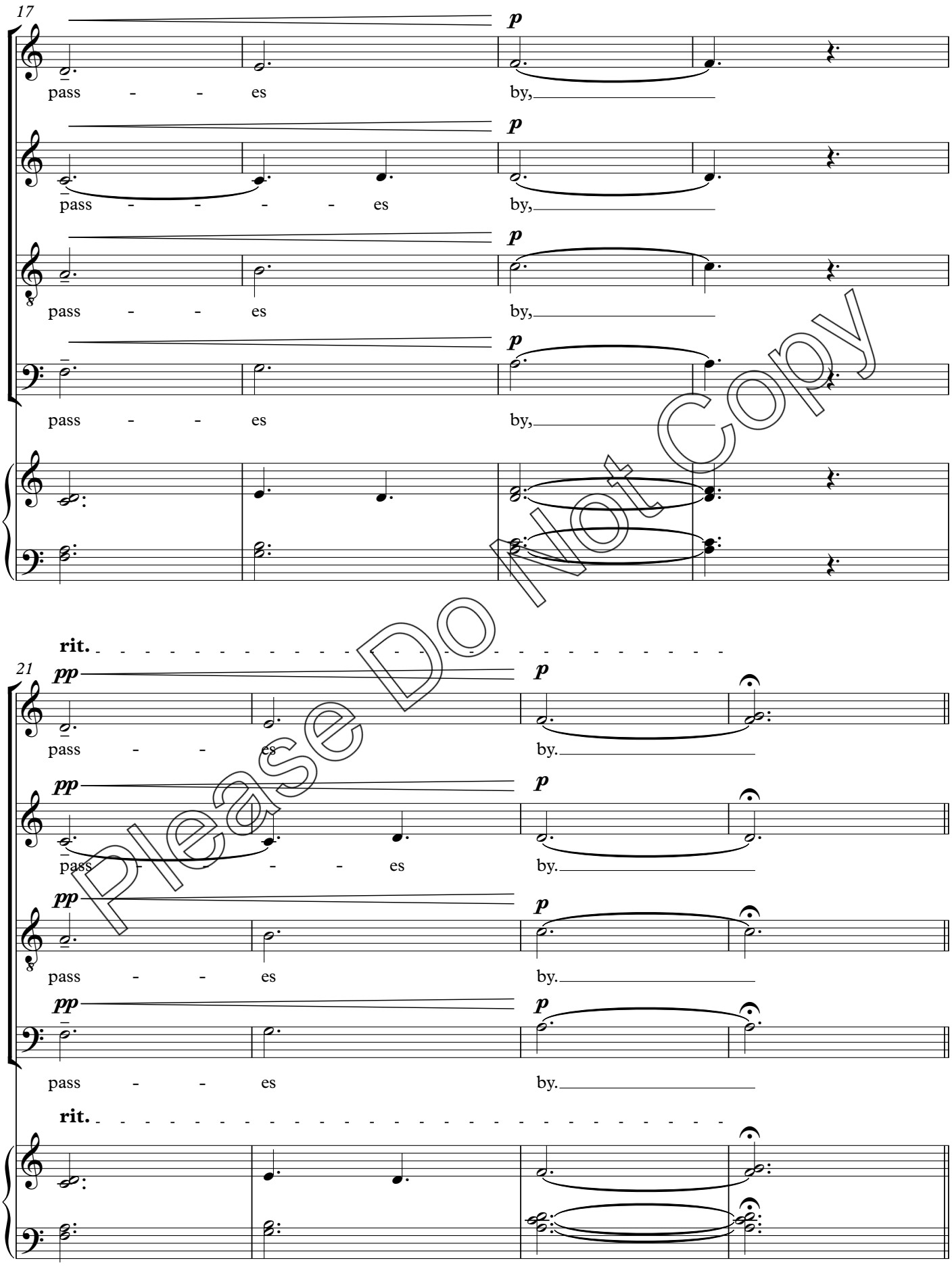

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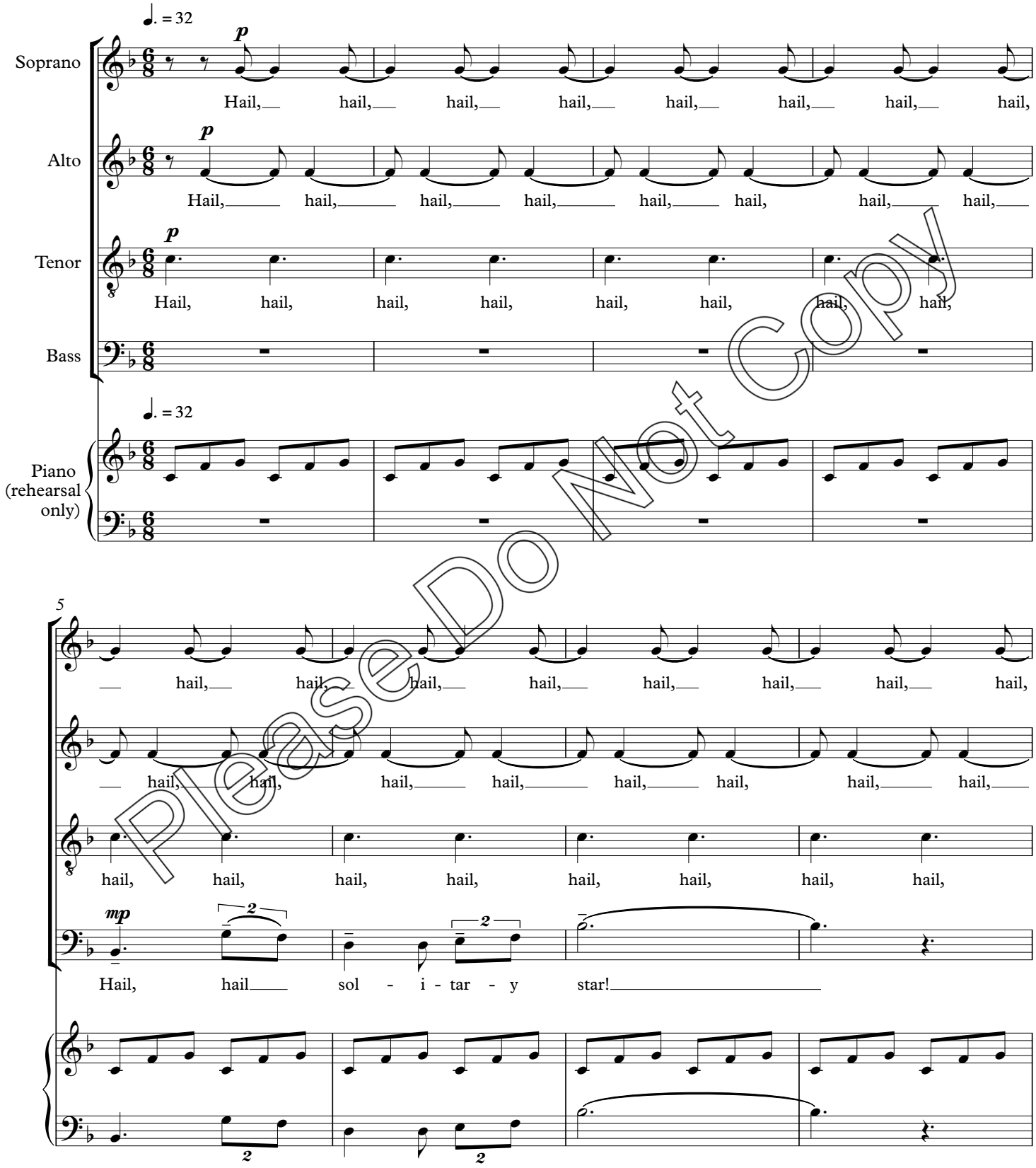
SOUTHERN CALIFORNIA

Cajon Pass: To a Star Seen at Twilight

For SATB Chorus

Words by John Rollin Ridge

Music by Jeffrey M. Derus



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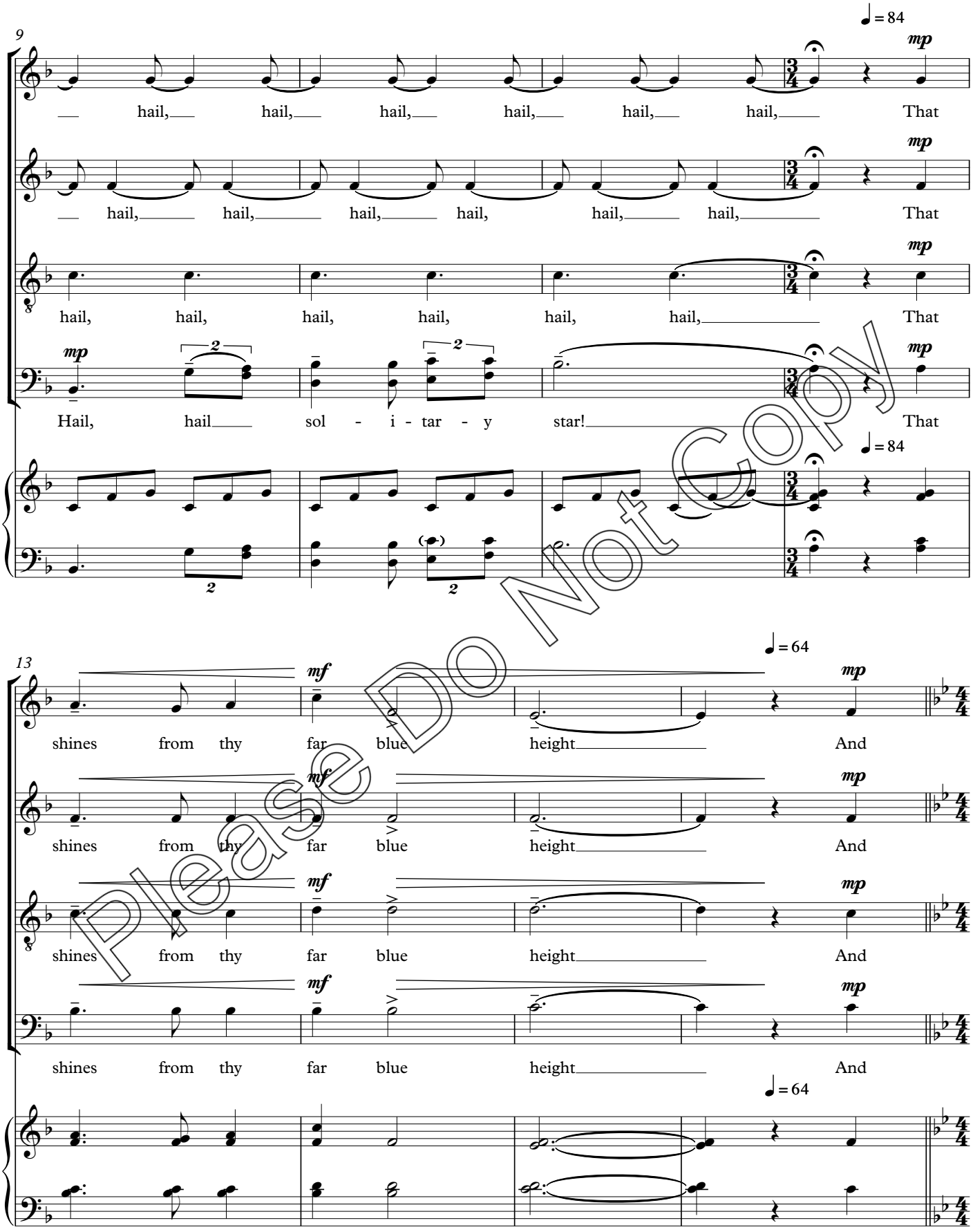

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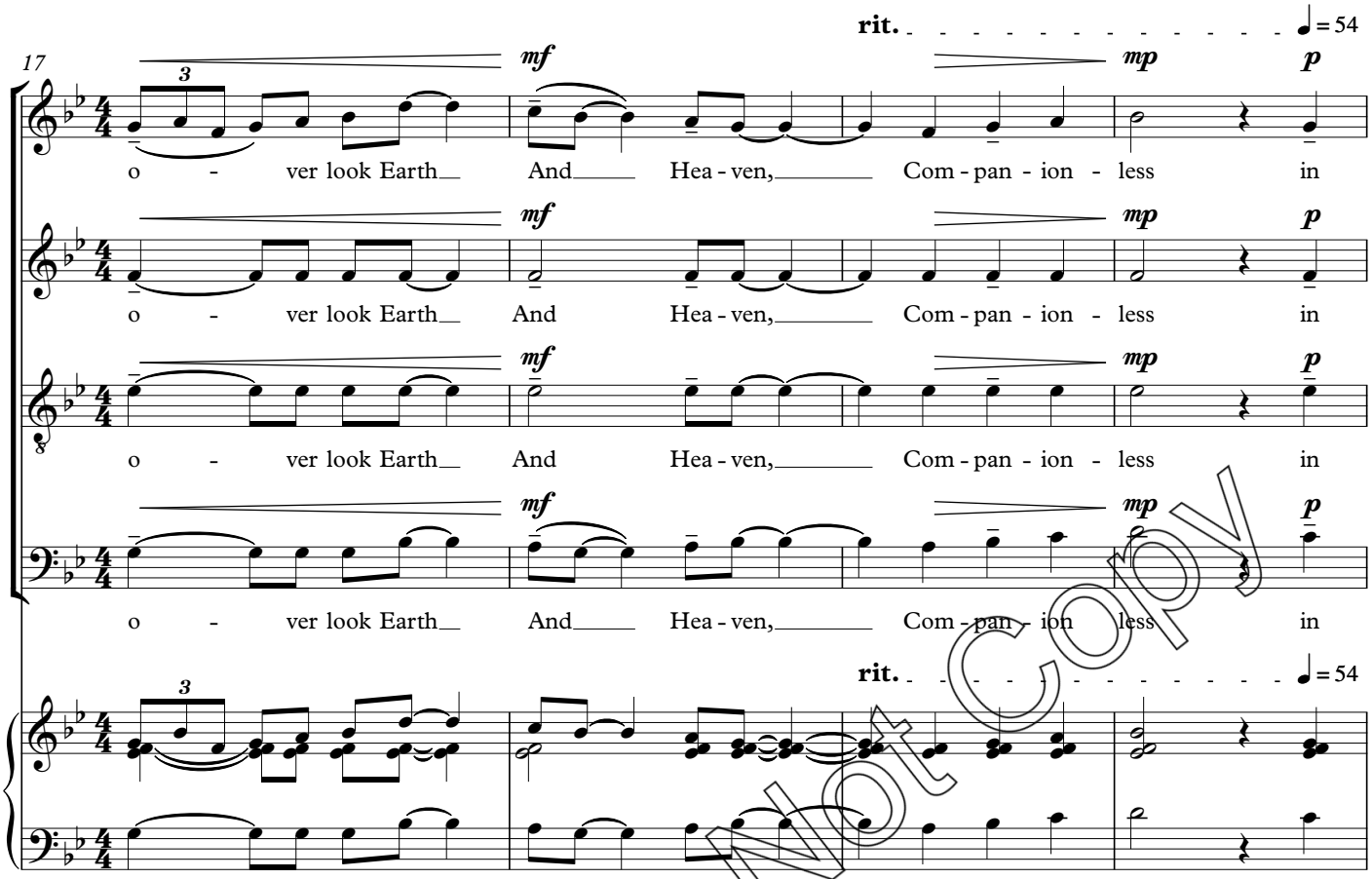

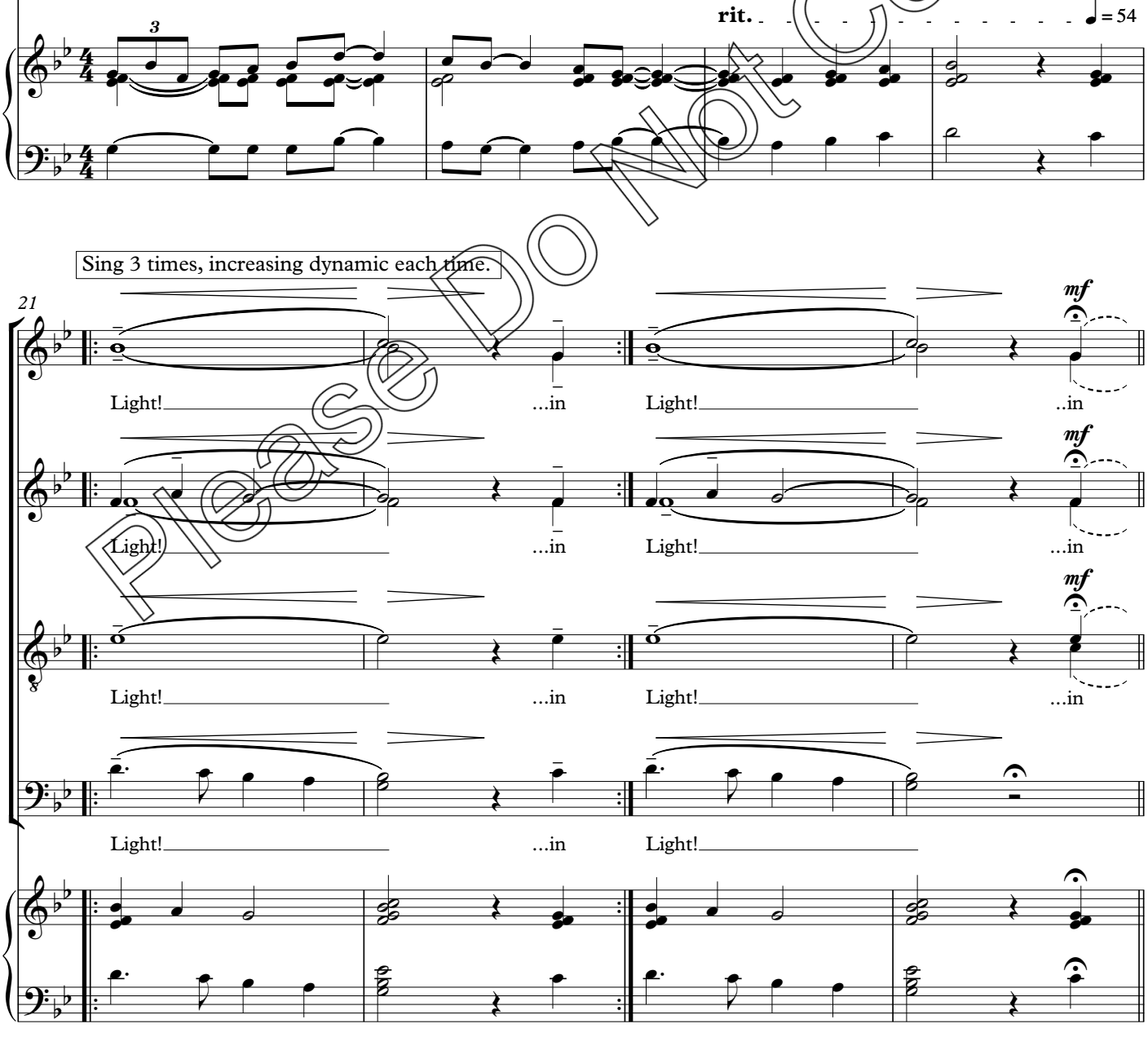

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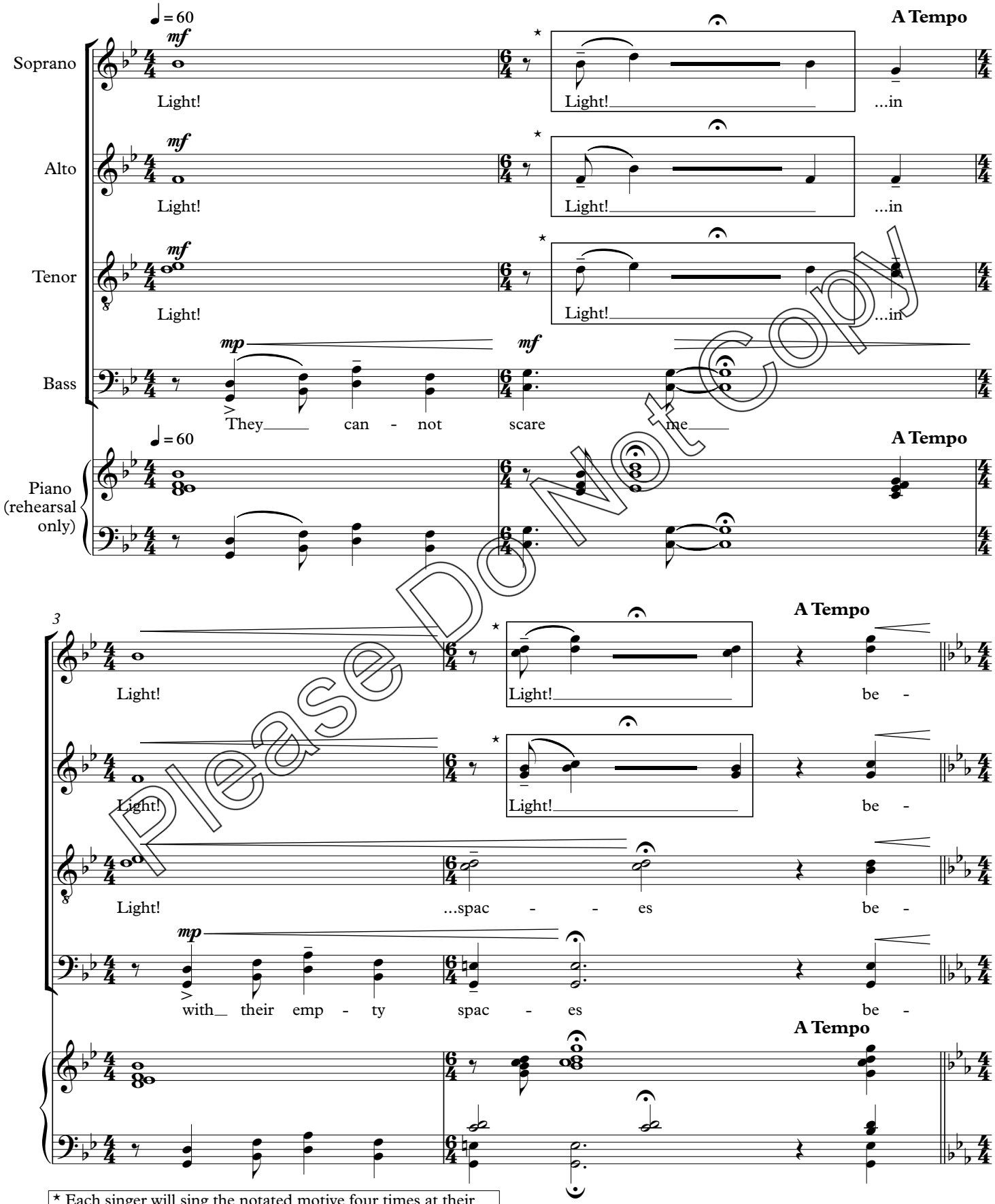
SOUTHERN CALIFORNIA

Agua Dolce: Places

For SATB Chorus with Divisi

Words by Robert Frost

Music by Jeffrey M. Derus



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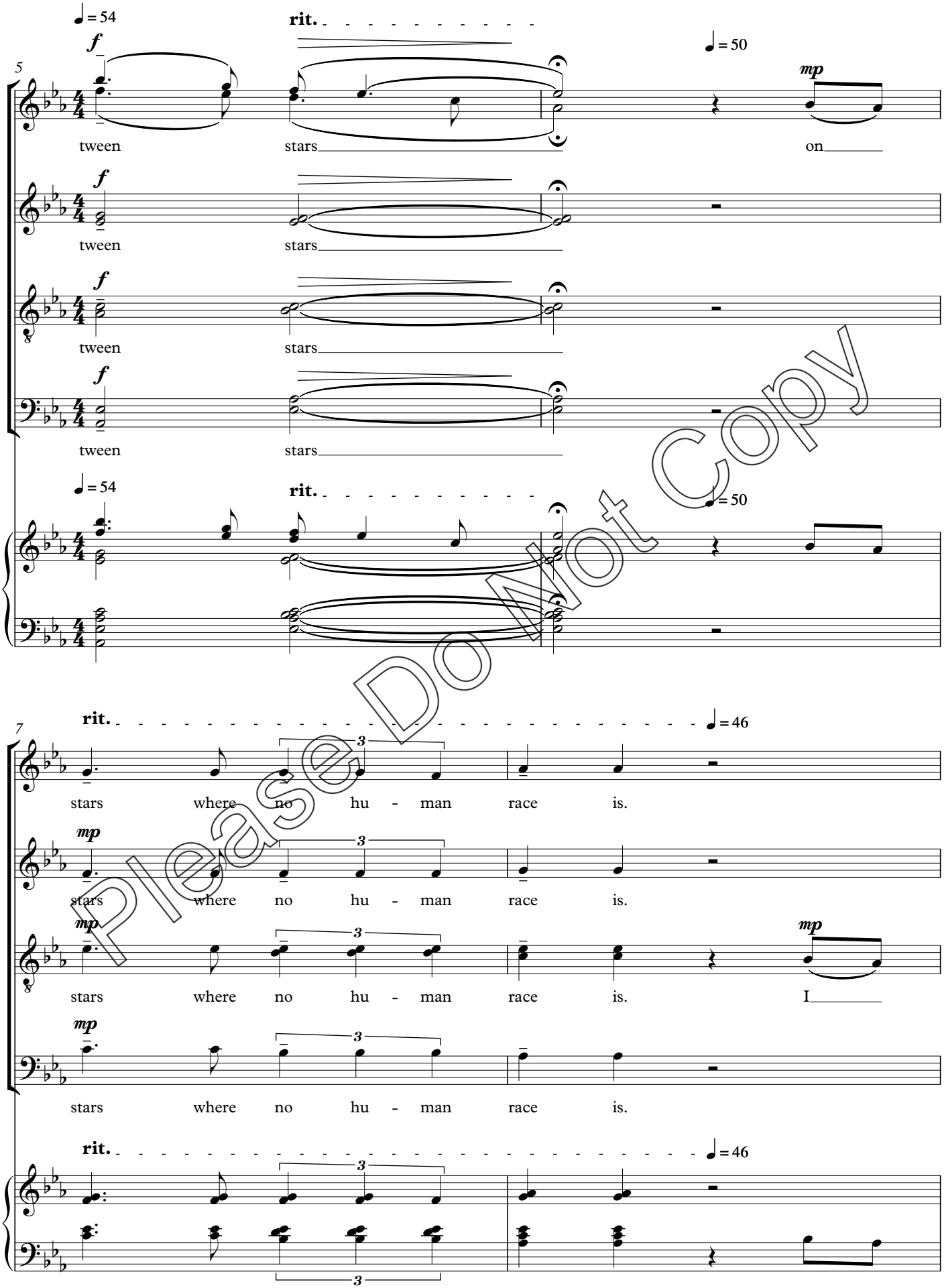

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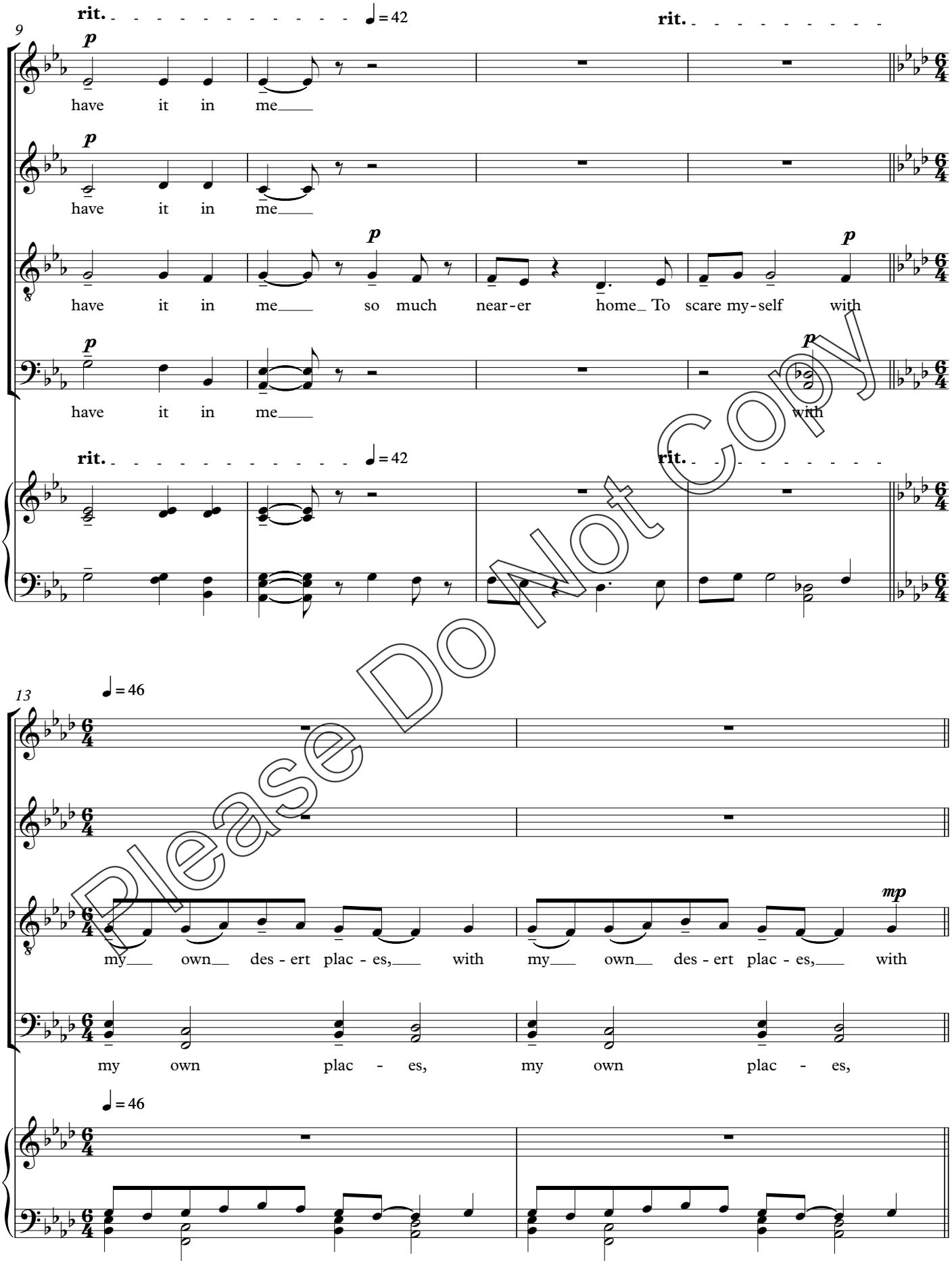

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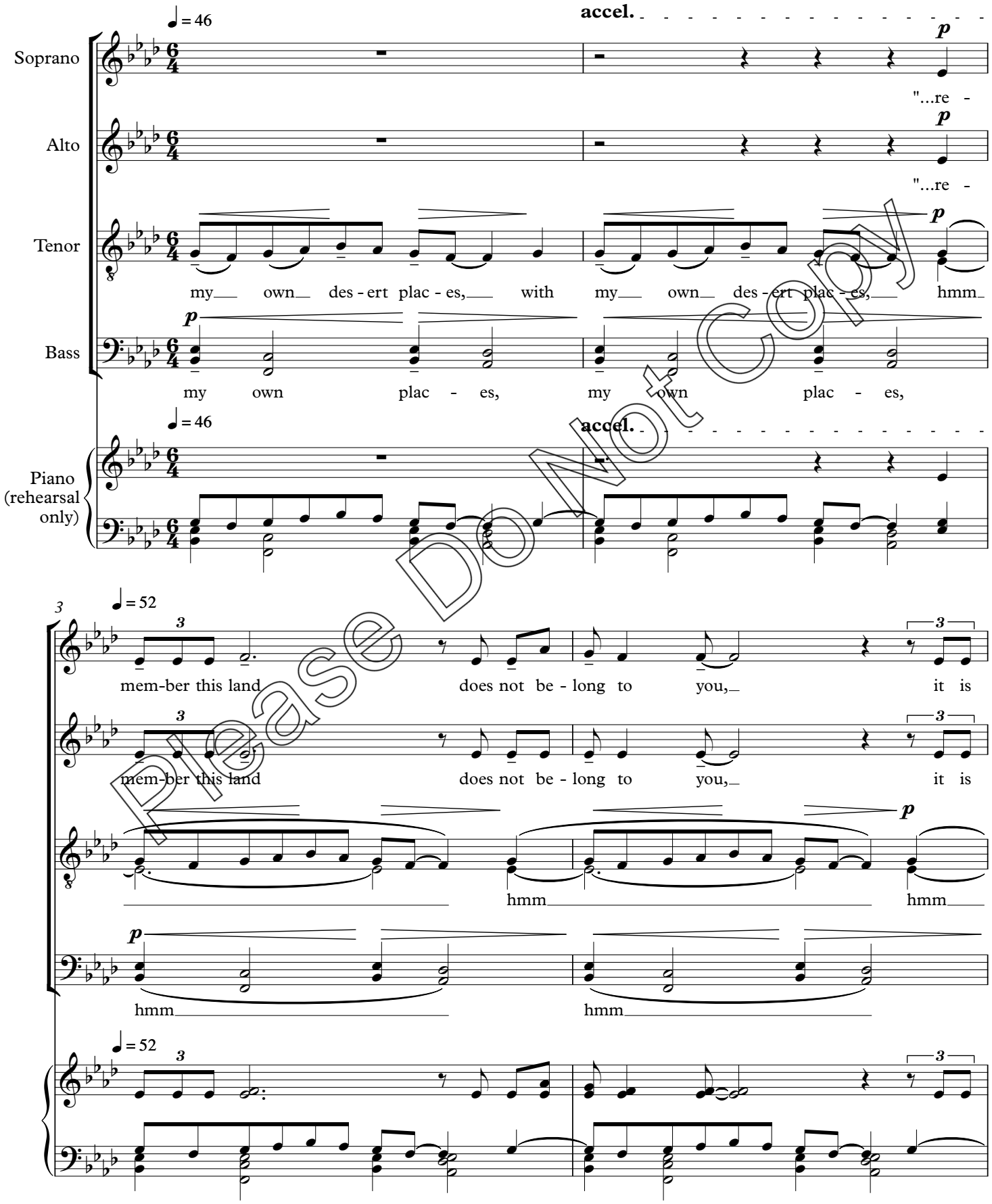
SOUTHERN CALIFORNIA

Tehachapi Pass: Native American Quote

For SATB Chorus with Divisi

Words by Unknown, Native American

Music by Jeffrey M. Derus



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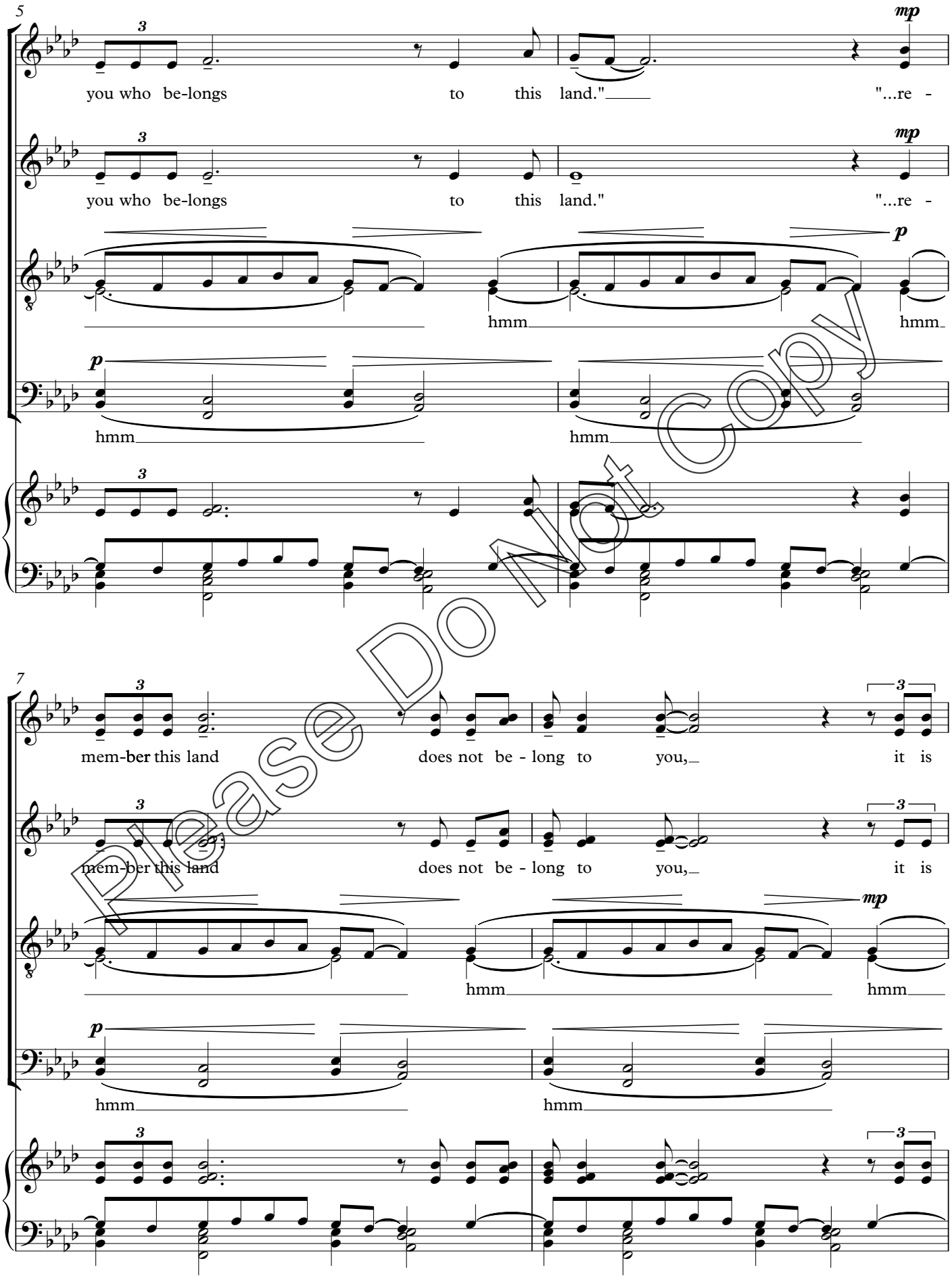

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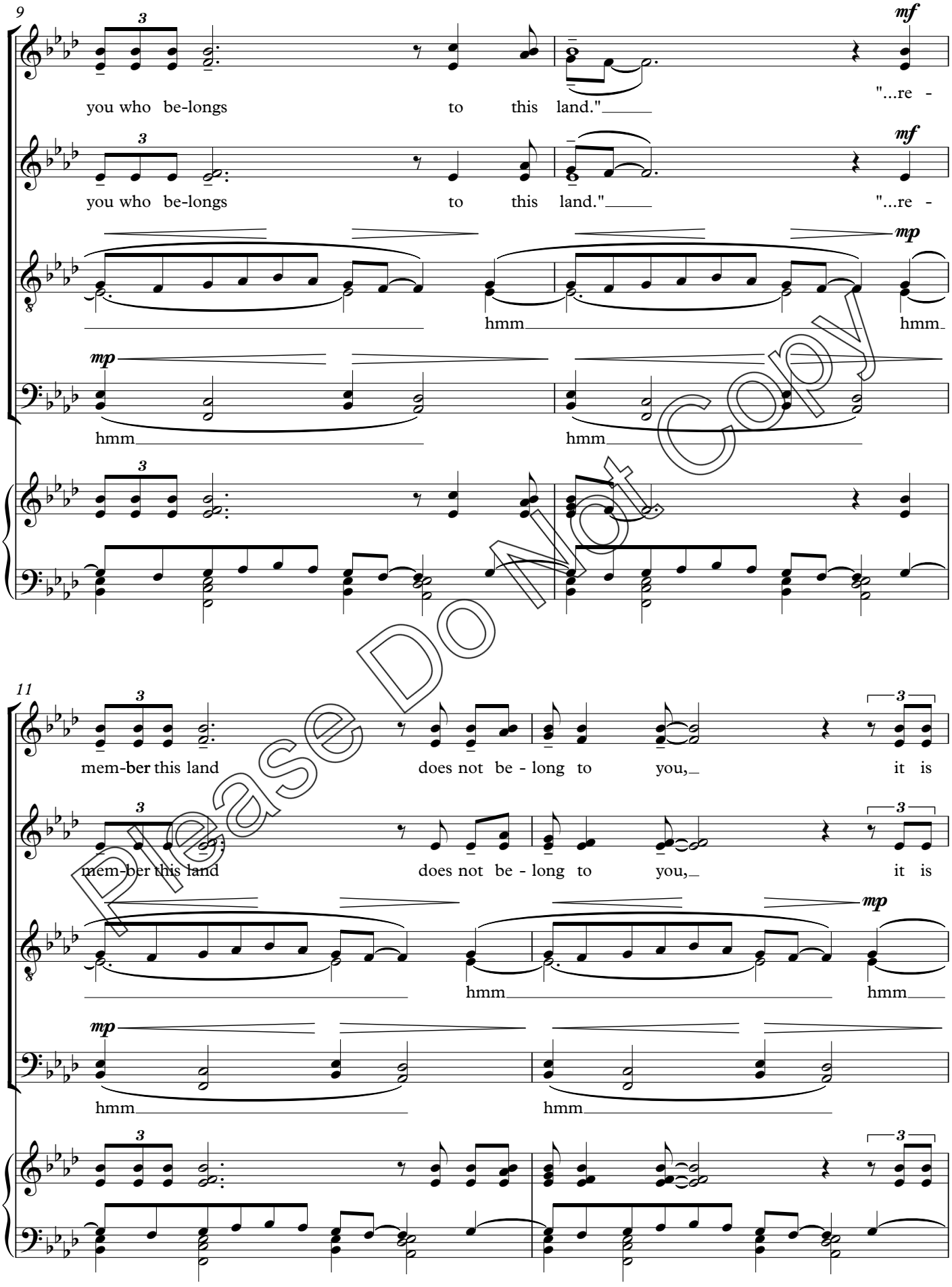

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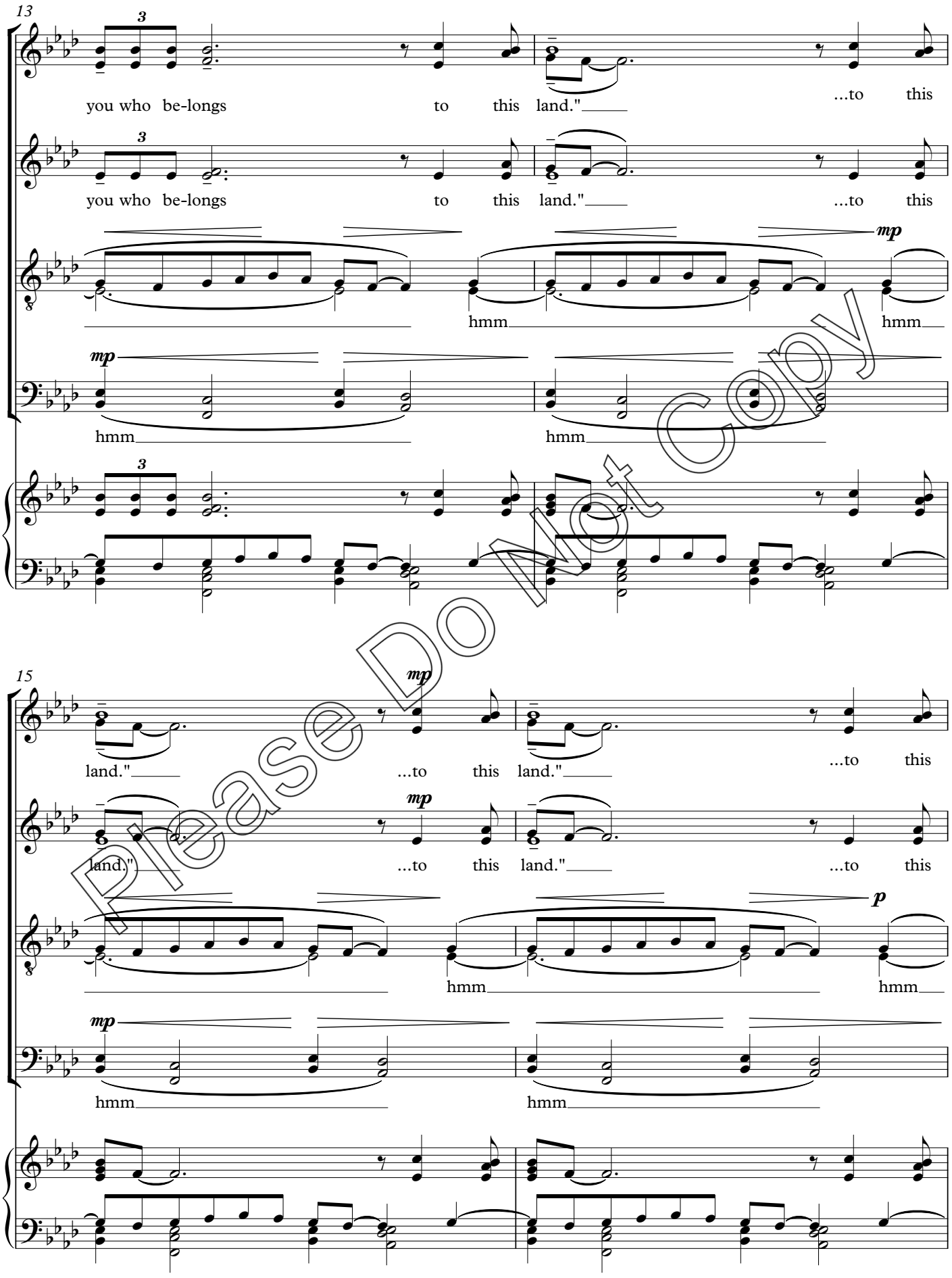

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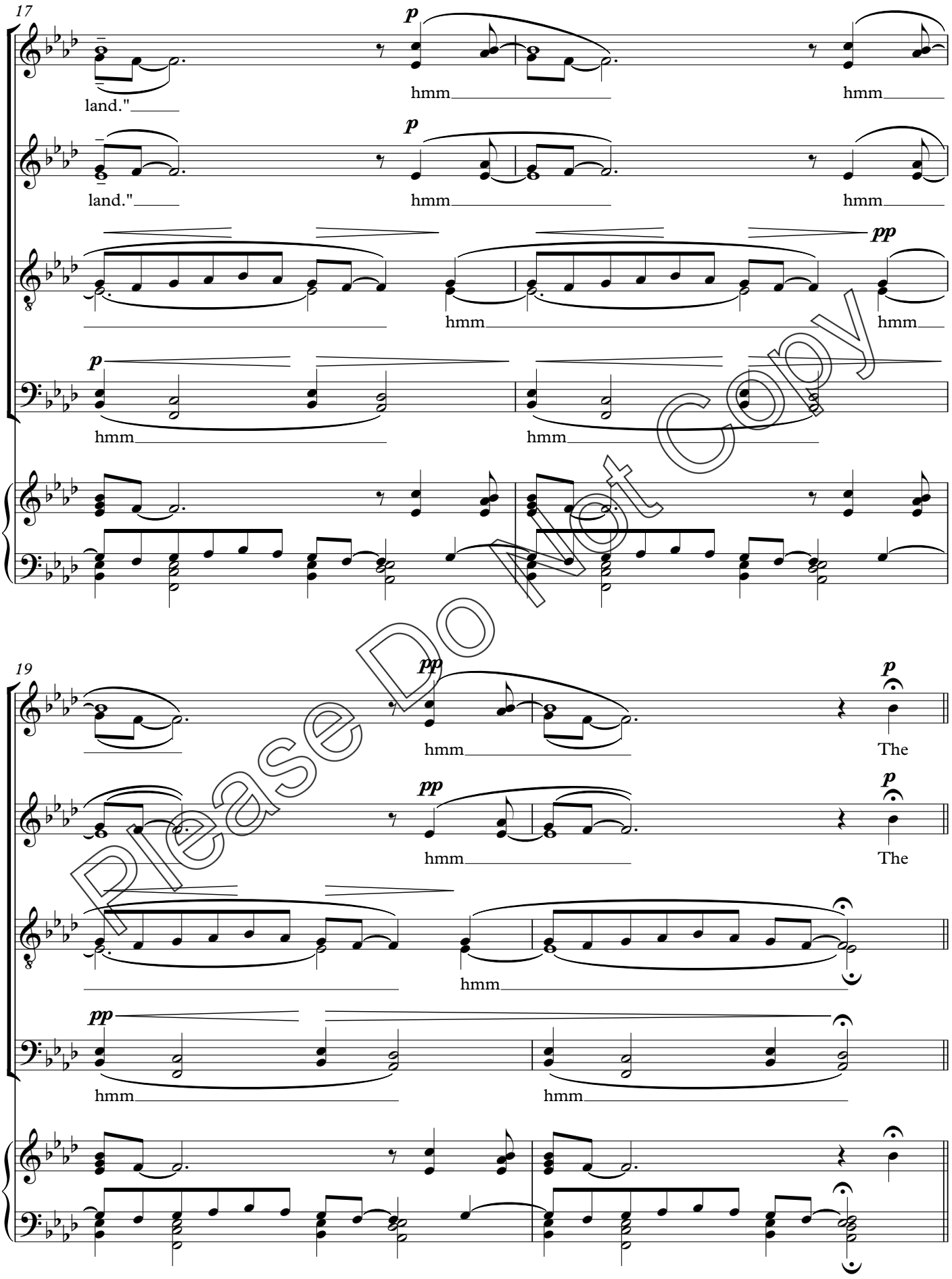

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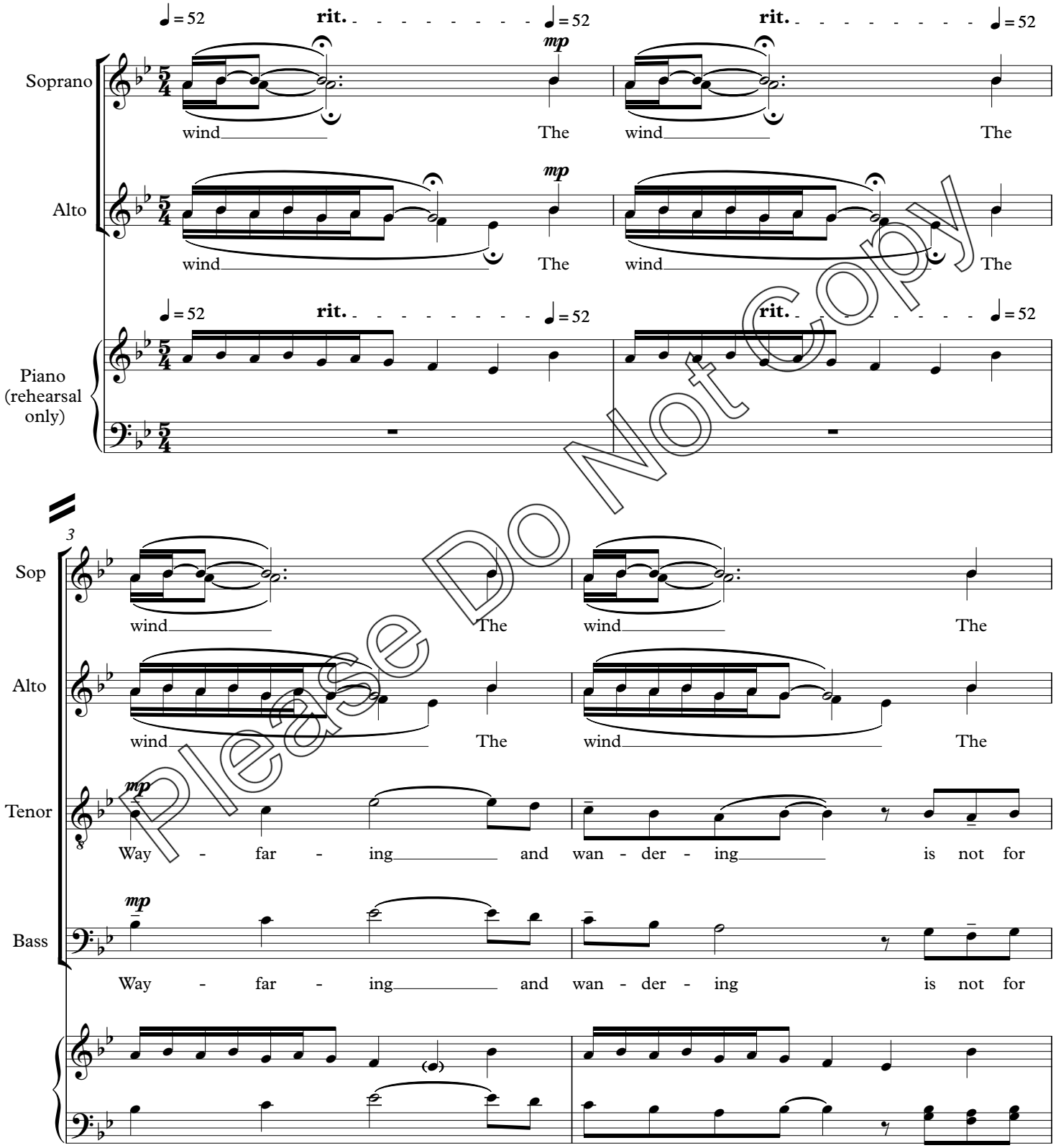
SOUTHERN CALIFORNIA

Walker Pass: Joshua Tree

For SATB Chorus with Divisi

Text by A. R. Ammons

Music by Jeffrey M. Derus



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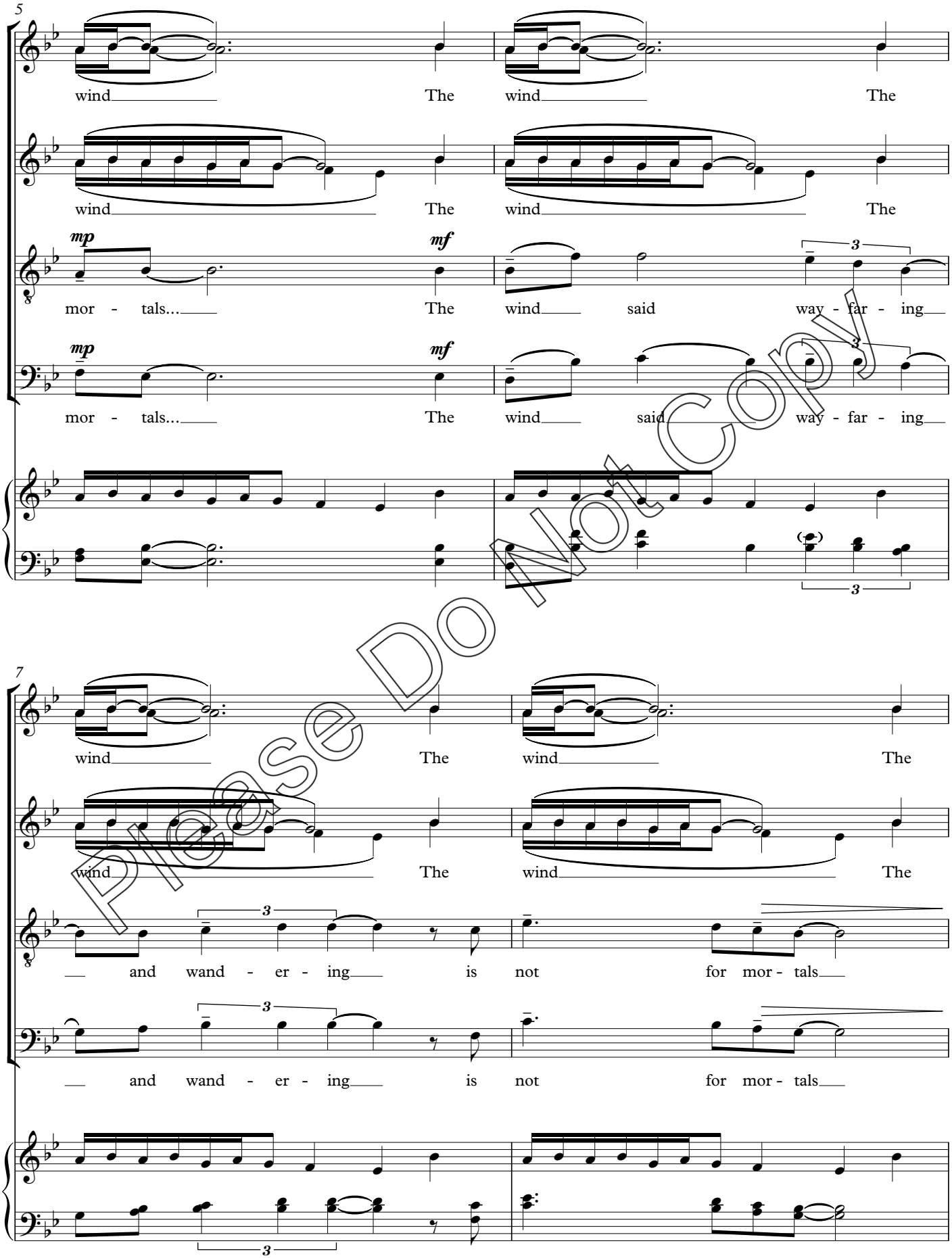

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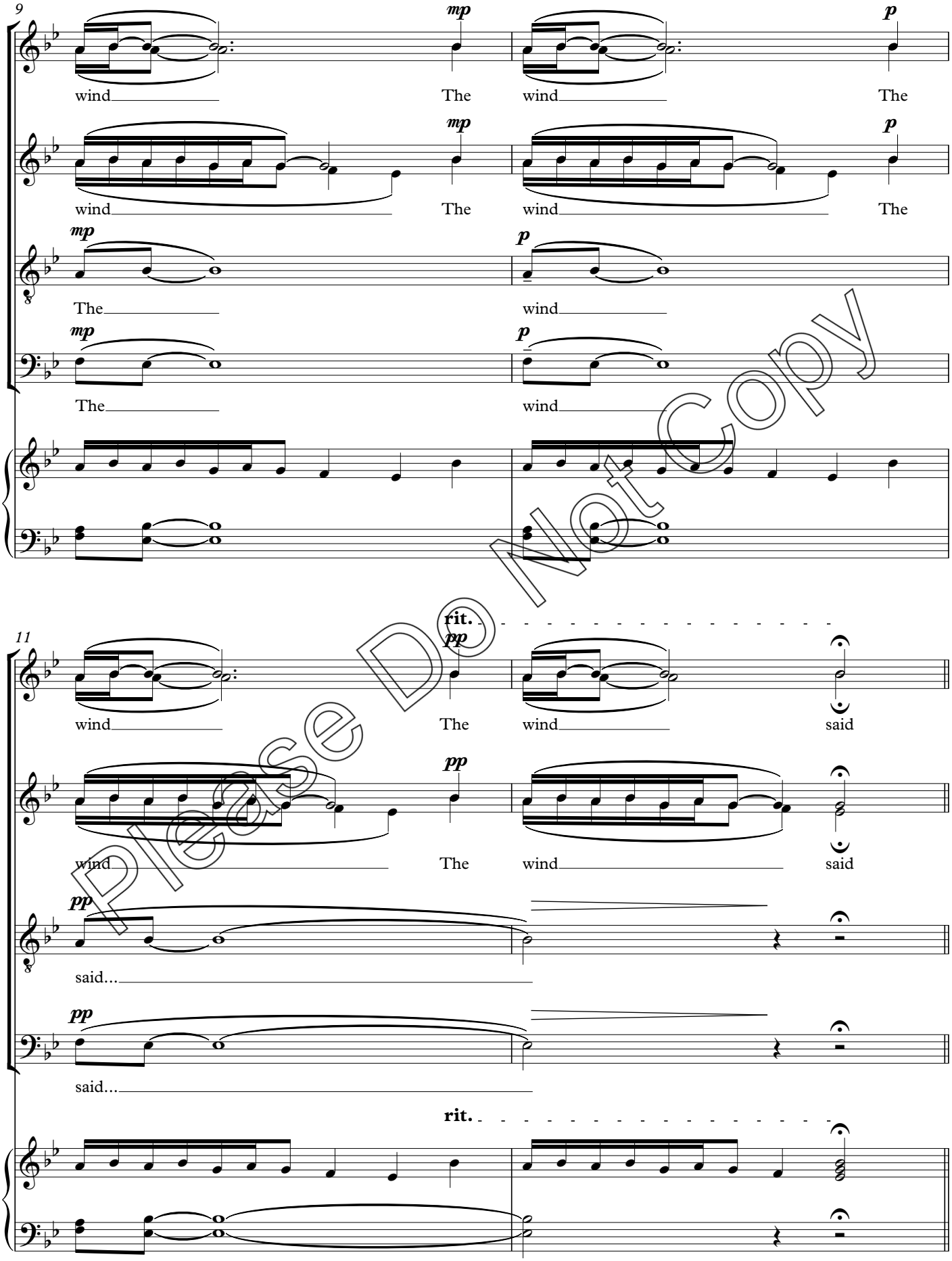

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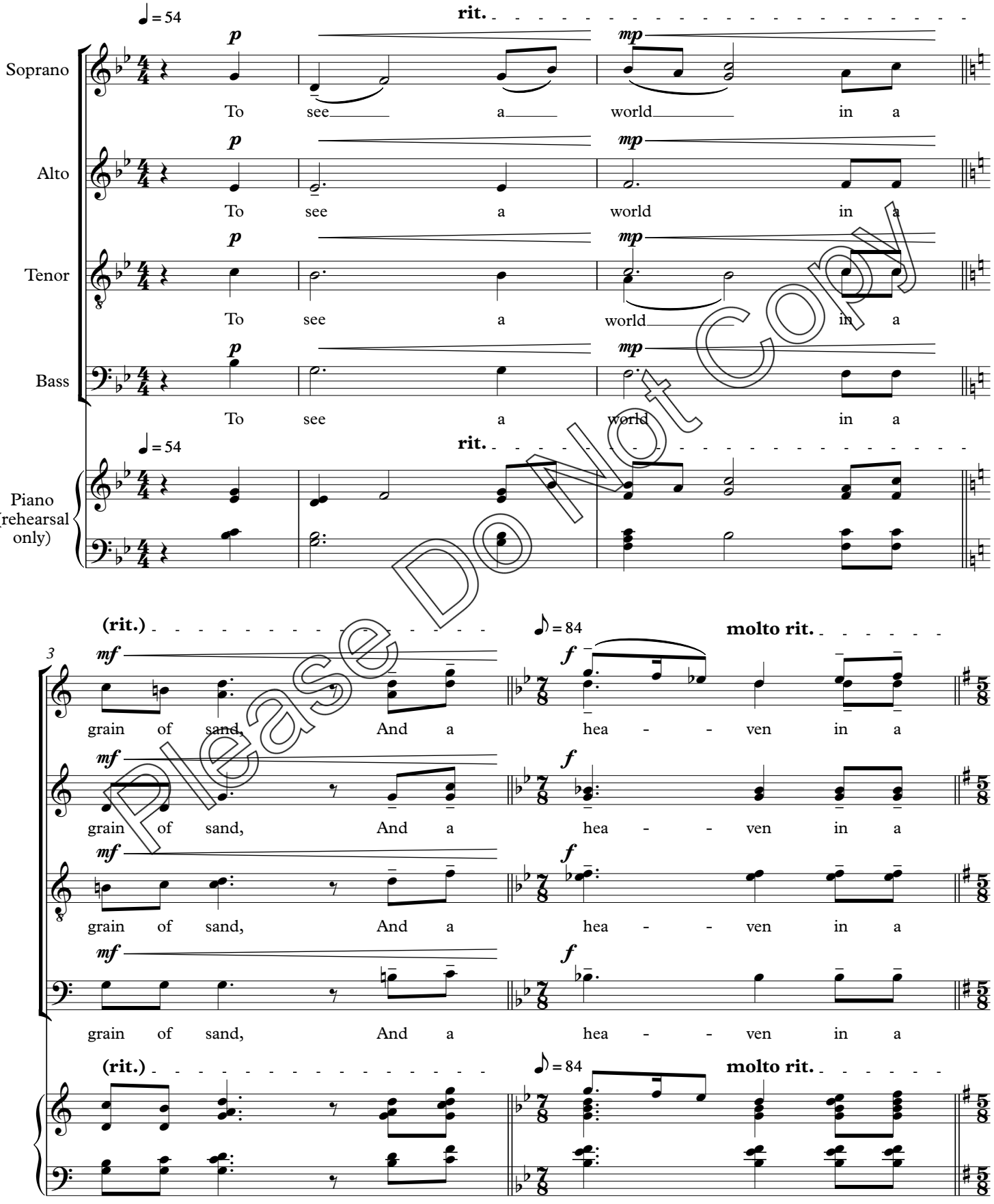
SOUTHERN CALIFORNIA

Kennedy Meadows: Auguries of Innocence

For SATB Chorus with Divisi

Words by William Blake

Music by Jeffrey M. Derus



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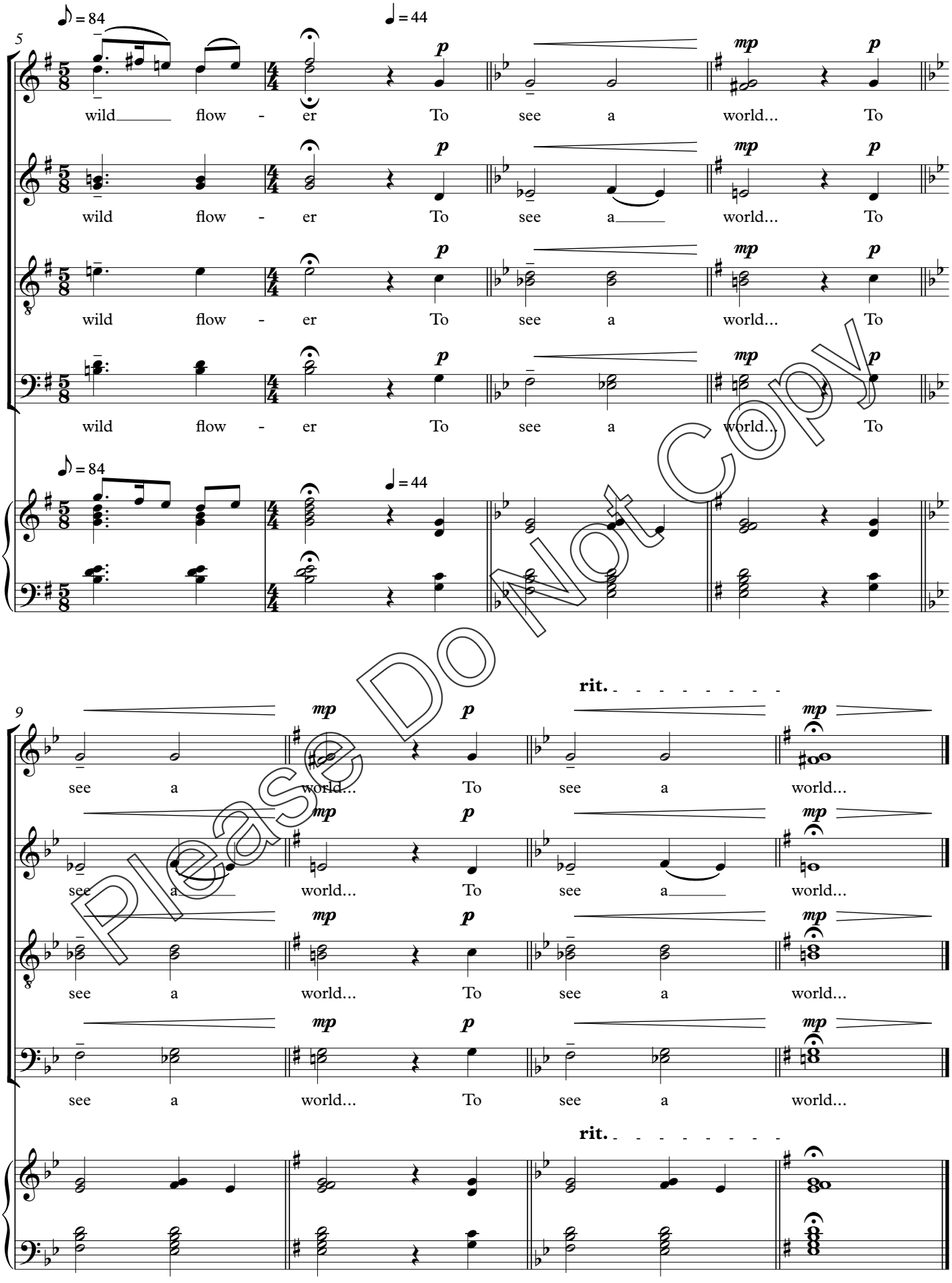

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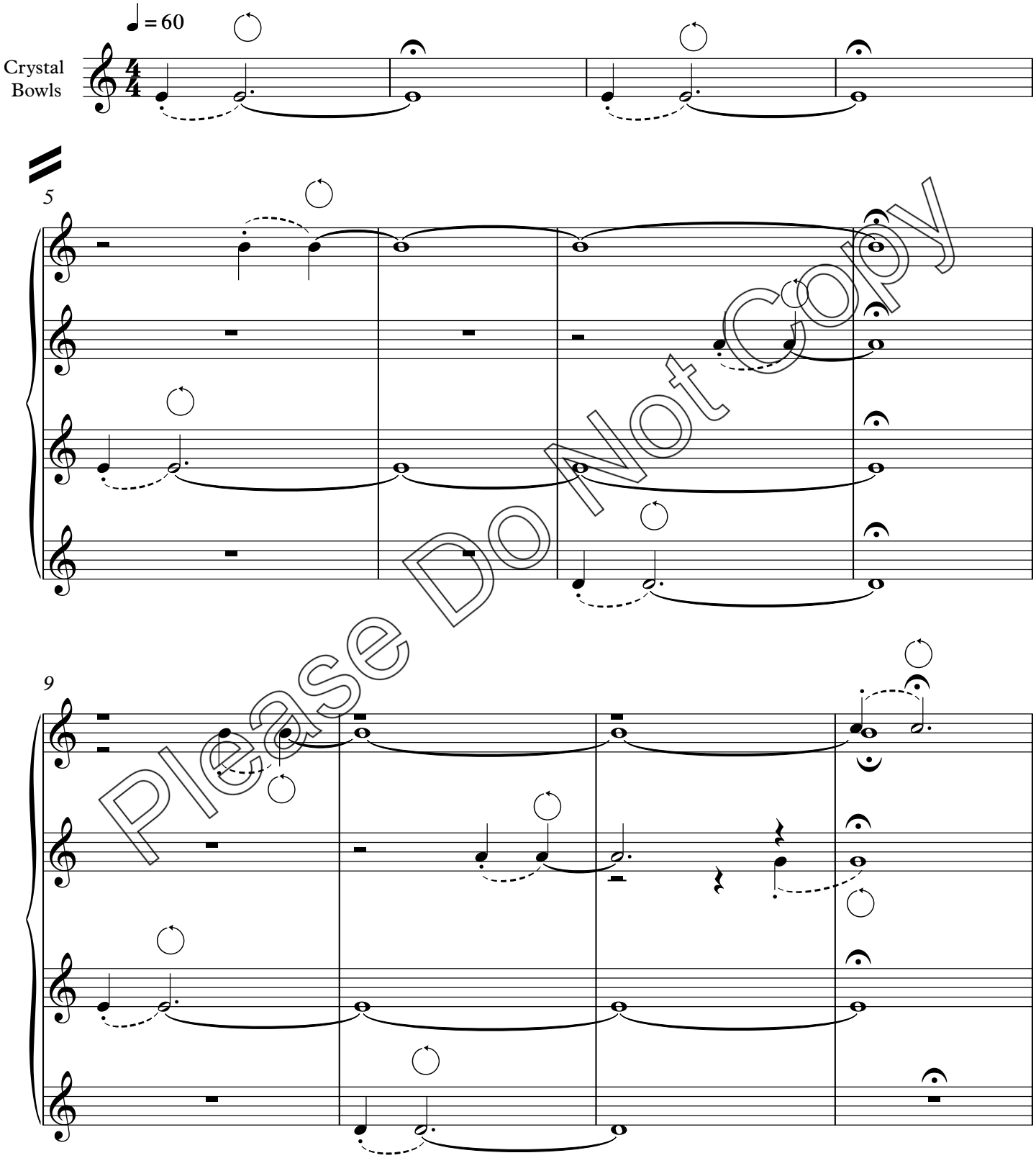
SOLAR PLEXUS

Vitality Chakra

For Crystal Singing Bowls

Music by Jeffrey M. Derus



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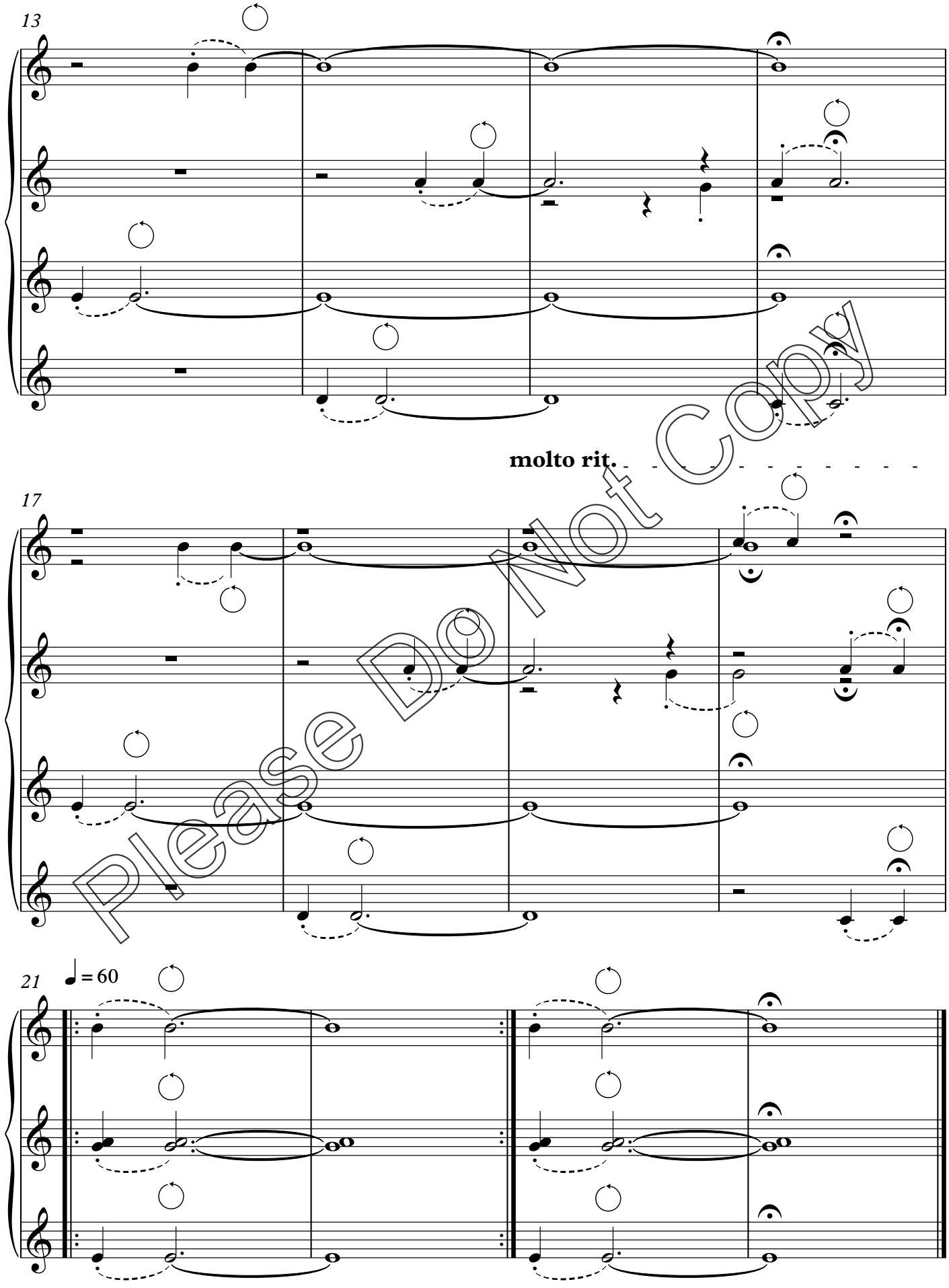

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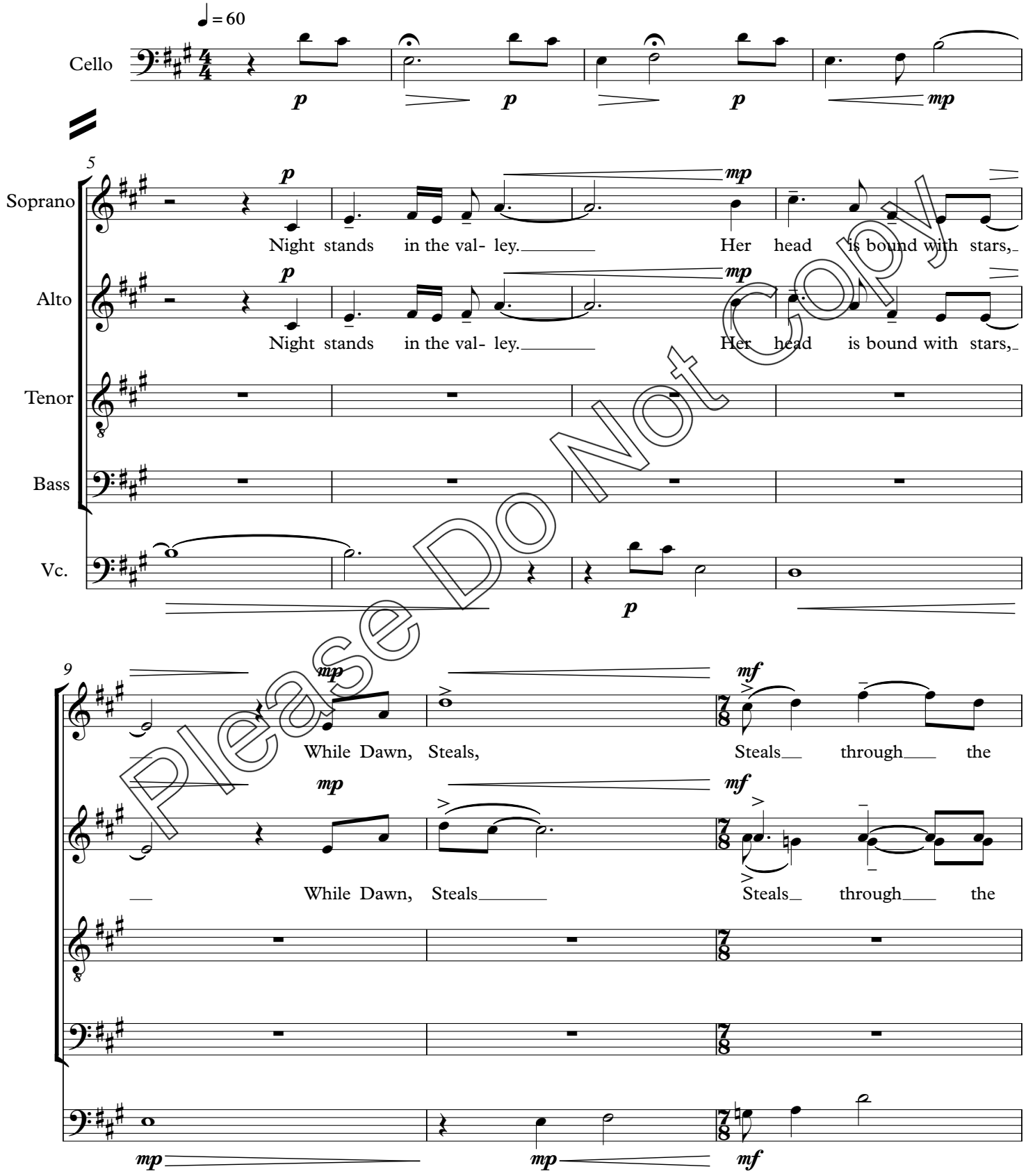
SIERRAS

Crabtree Meadows: Moutain Trails I

For SATB Chorus & Cello

Words by Marjorie Allen Seiffert

Music by Jeffrey M. Derus



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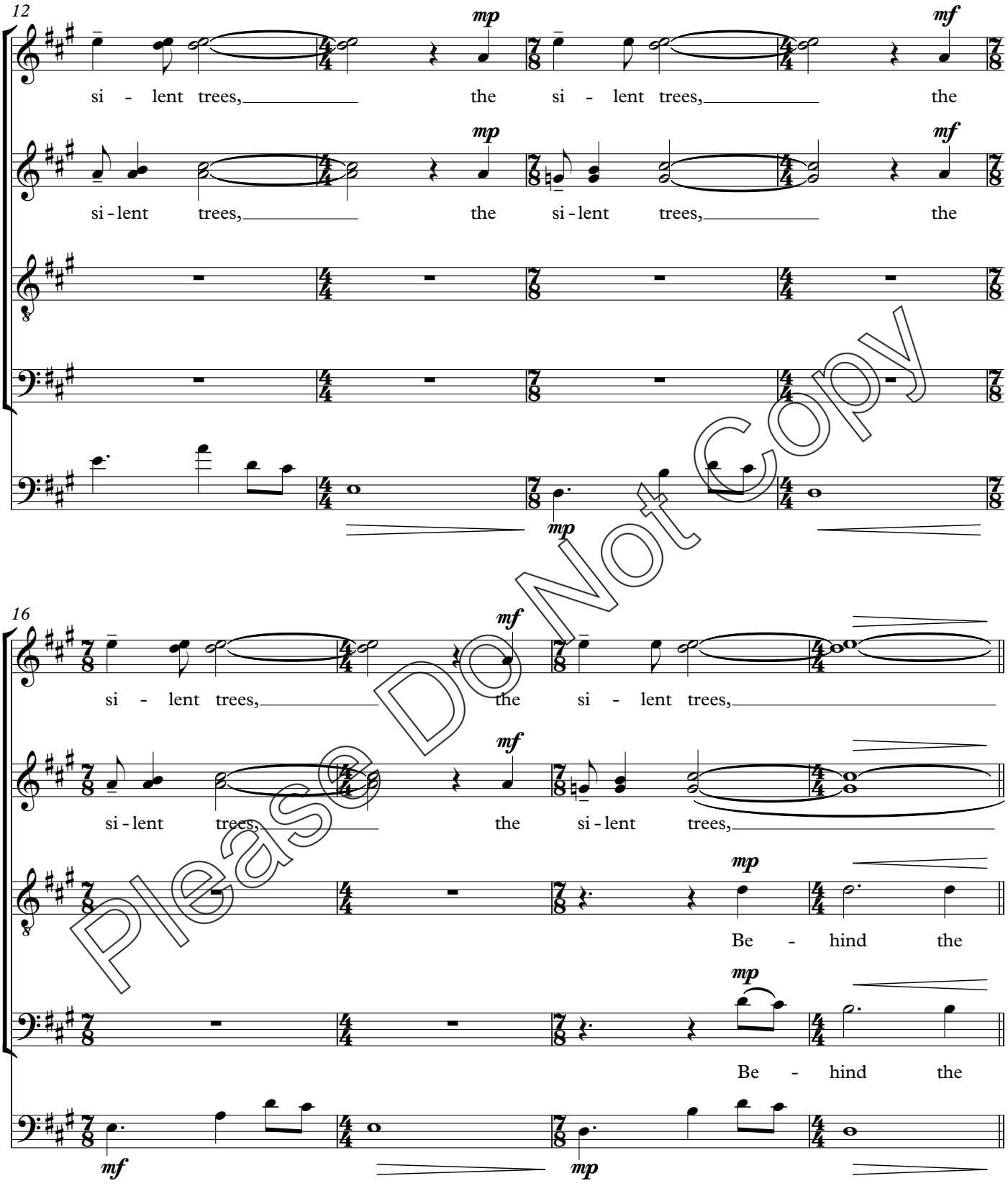

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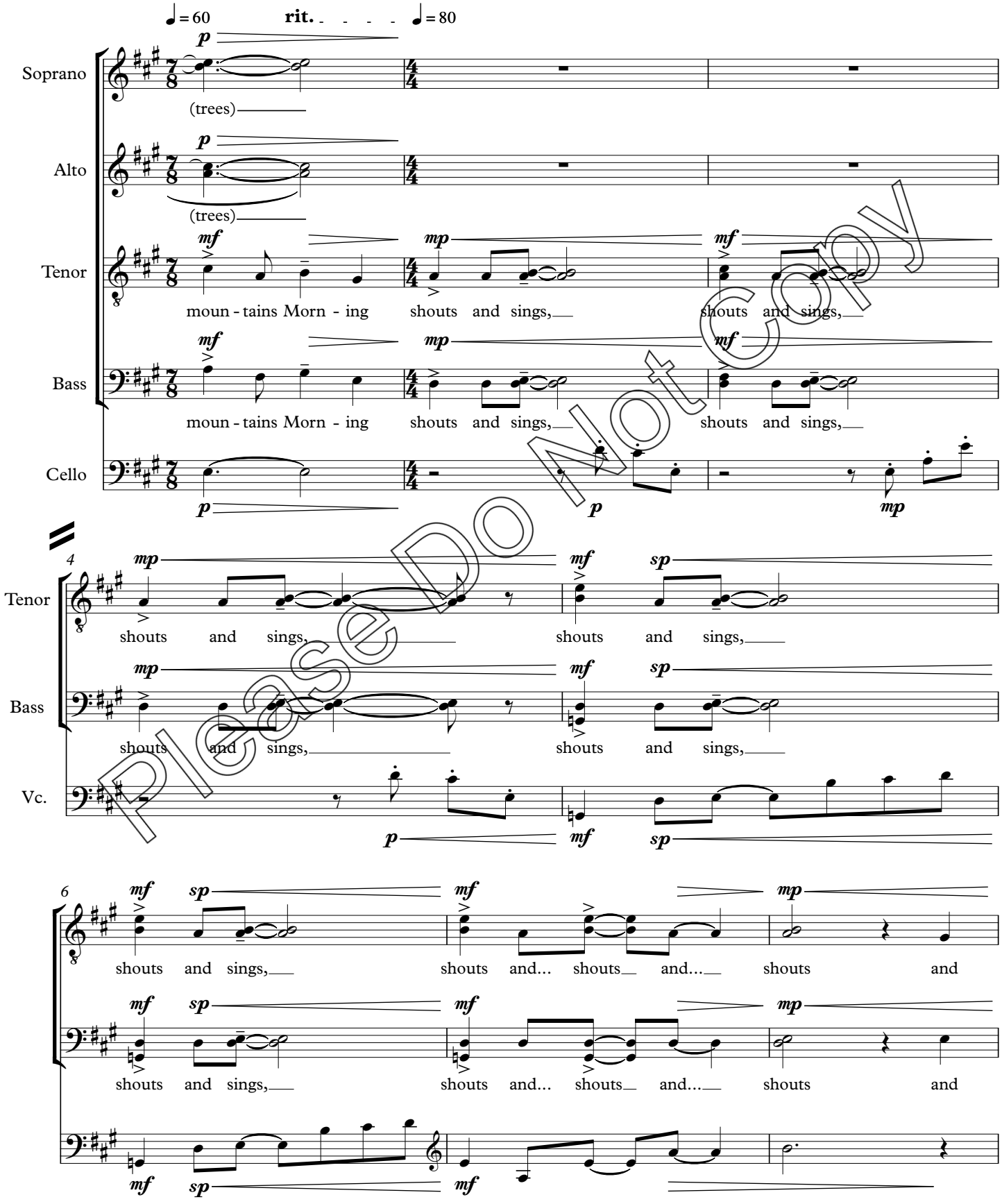
SIERRAS

Muir Pass: Moutain Trails I

For SATB Chorus & Cello

Words by Marjorie Allen Seiffert

Music by Jeffrey M. Derus



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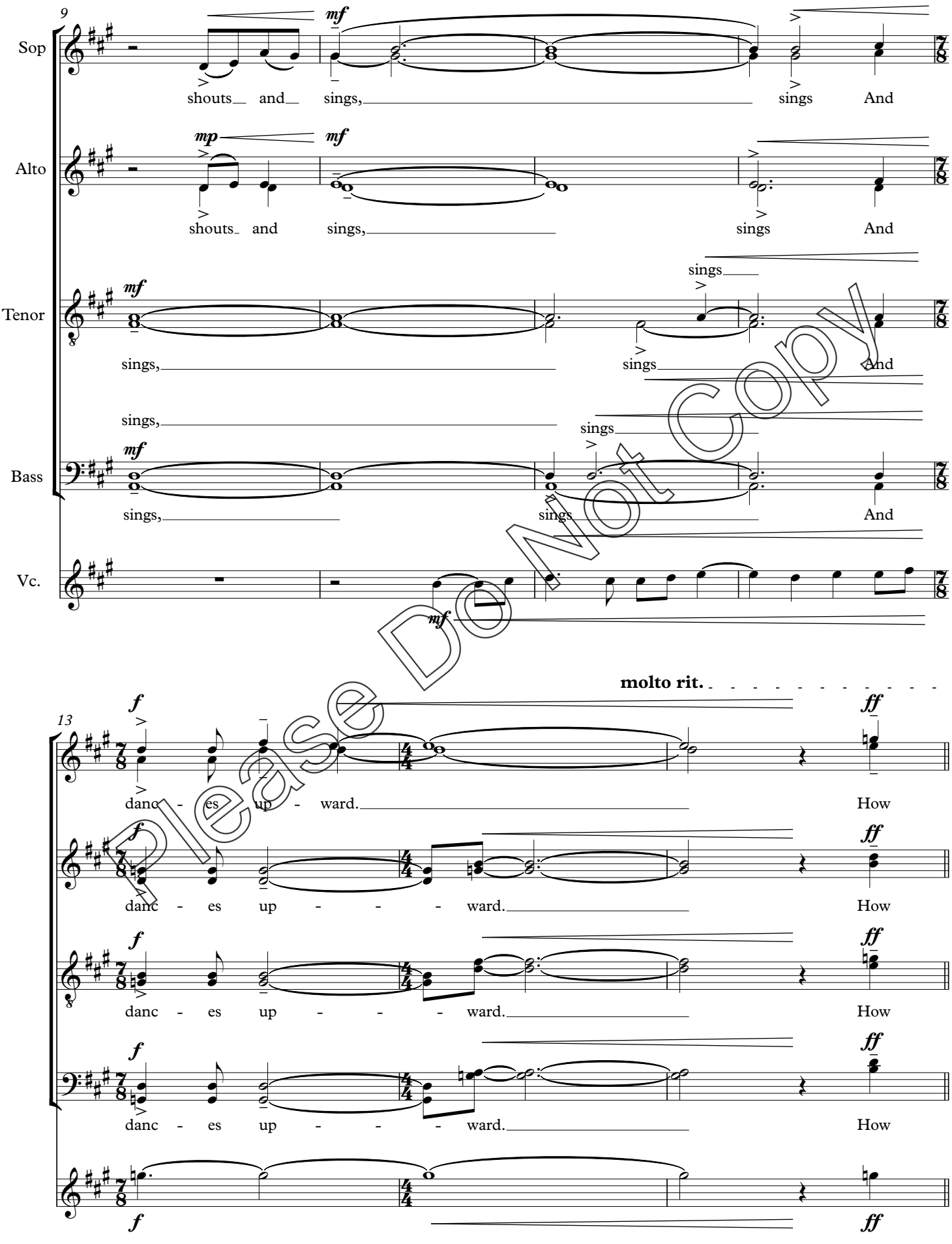

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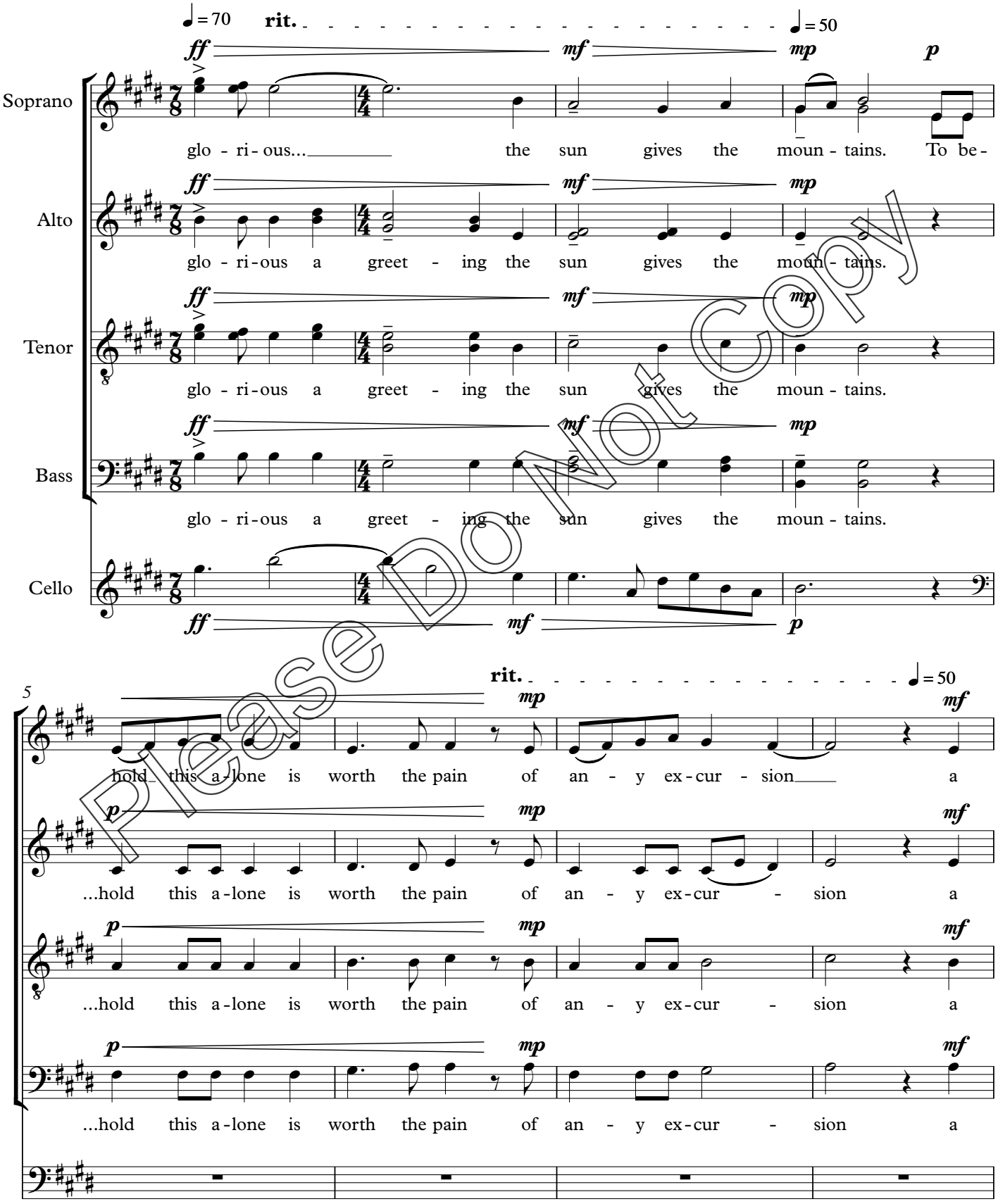
SIERRAS

Tuolumne Meadows: Quote

For SATB Chorus & Cello

Words by John Muir

Music by Jeffrey M. Derus



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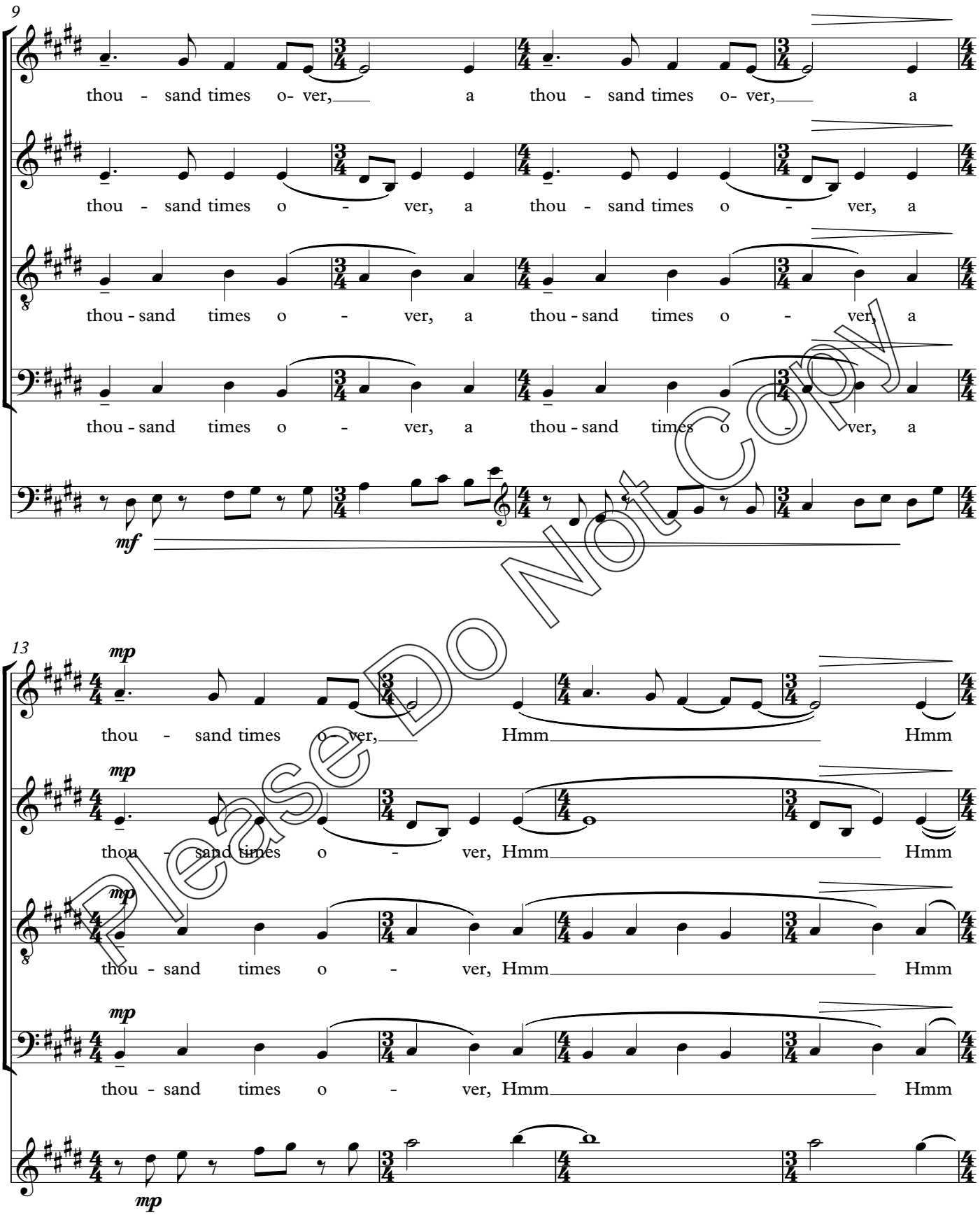

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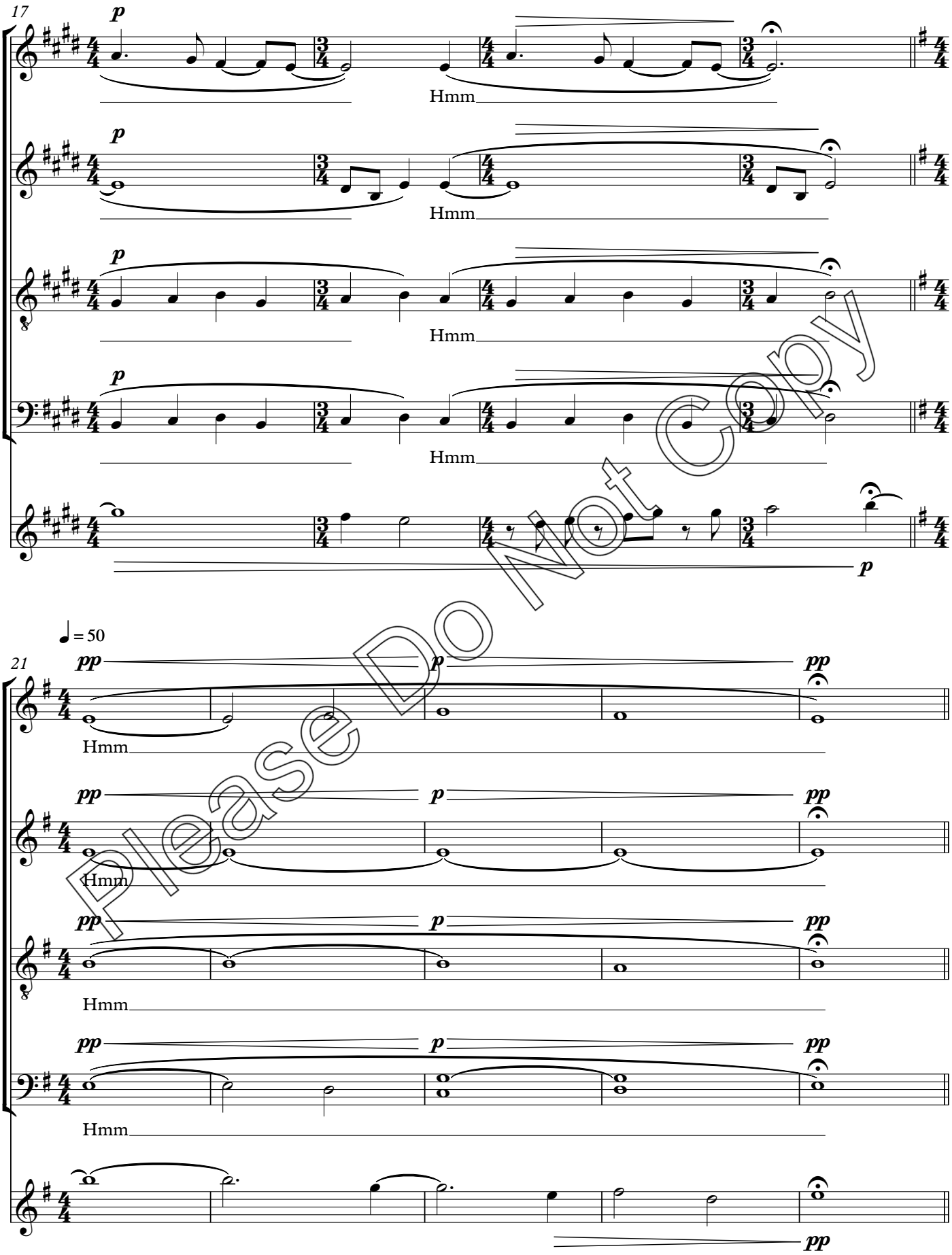

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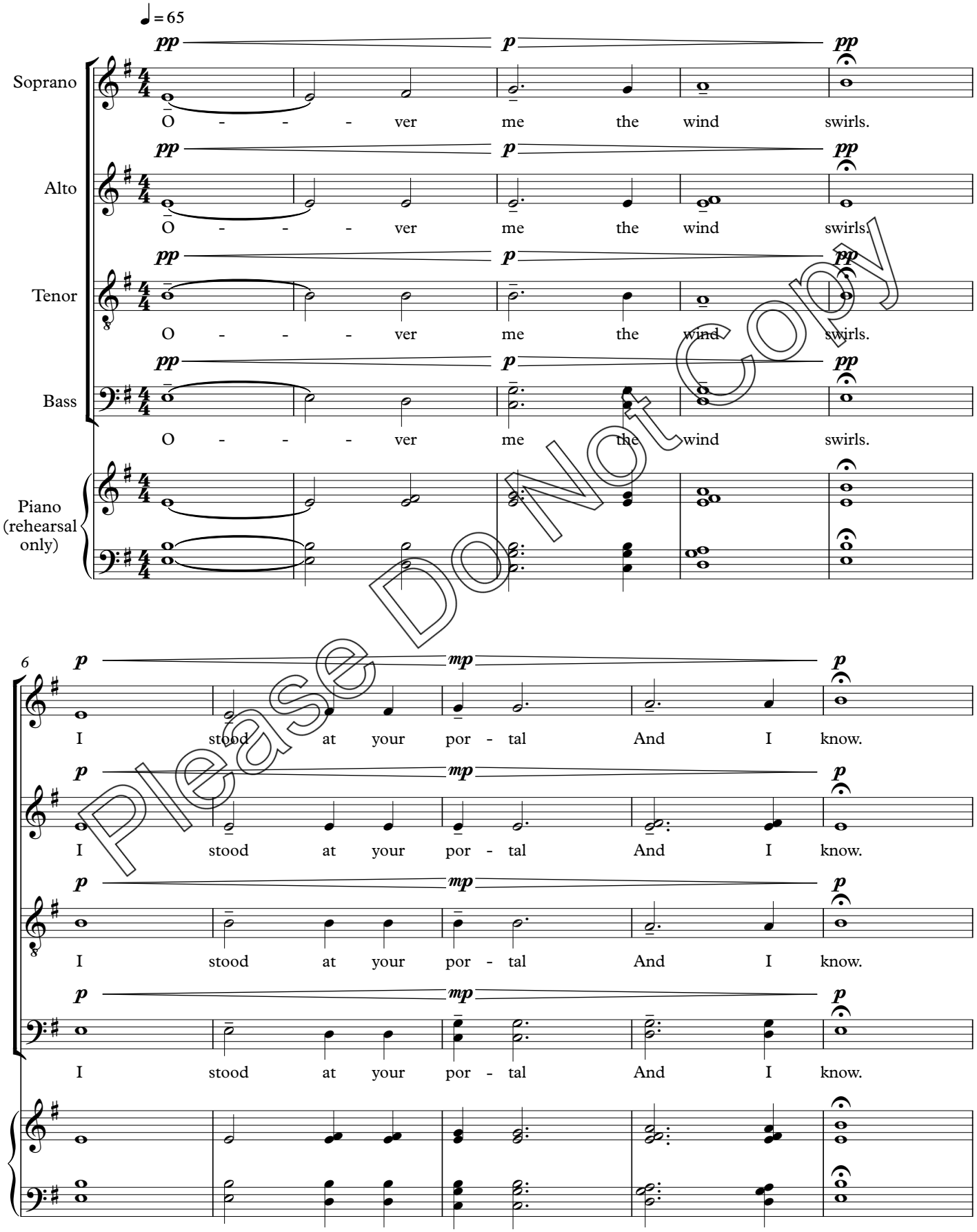
SIERRAS

Sonora Pass: The Cliff Temple

For SATB Chorus

Words by Hilda Doolittle

Music by Jeffrey M. Derus



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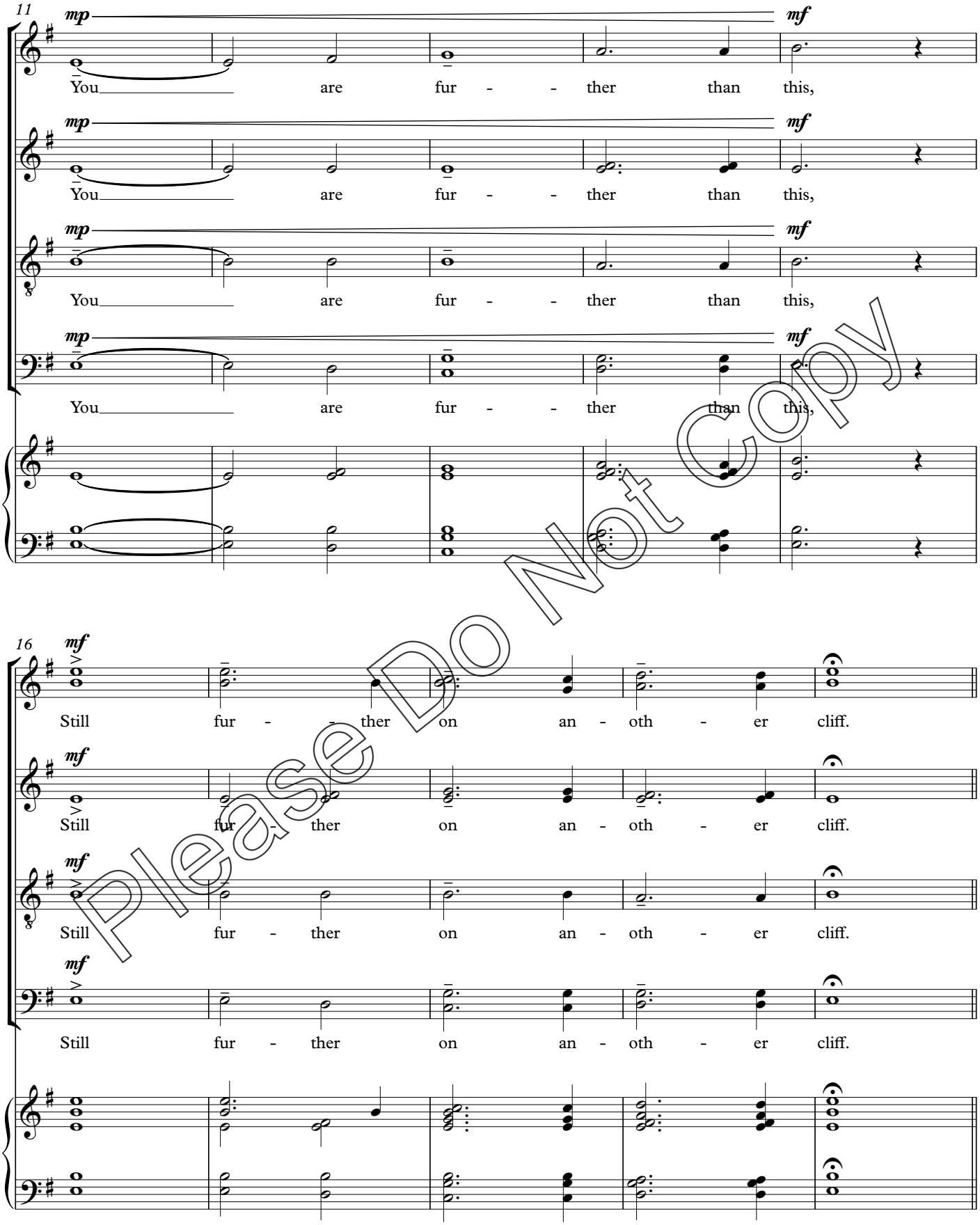

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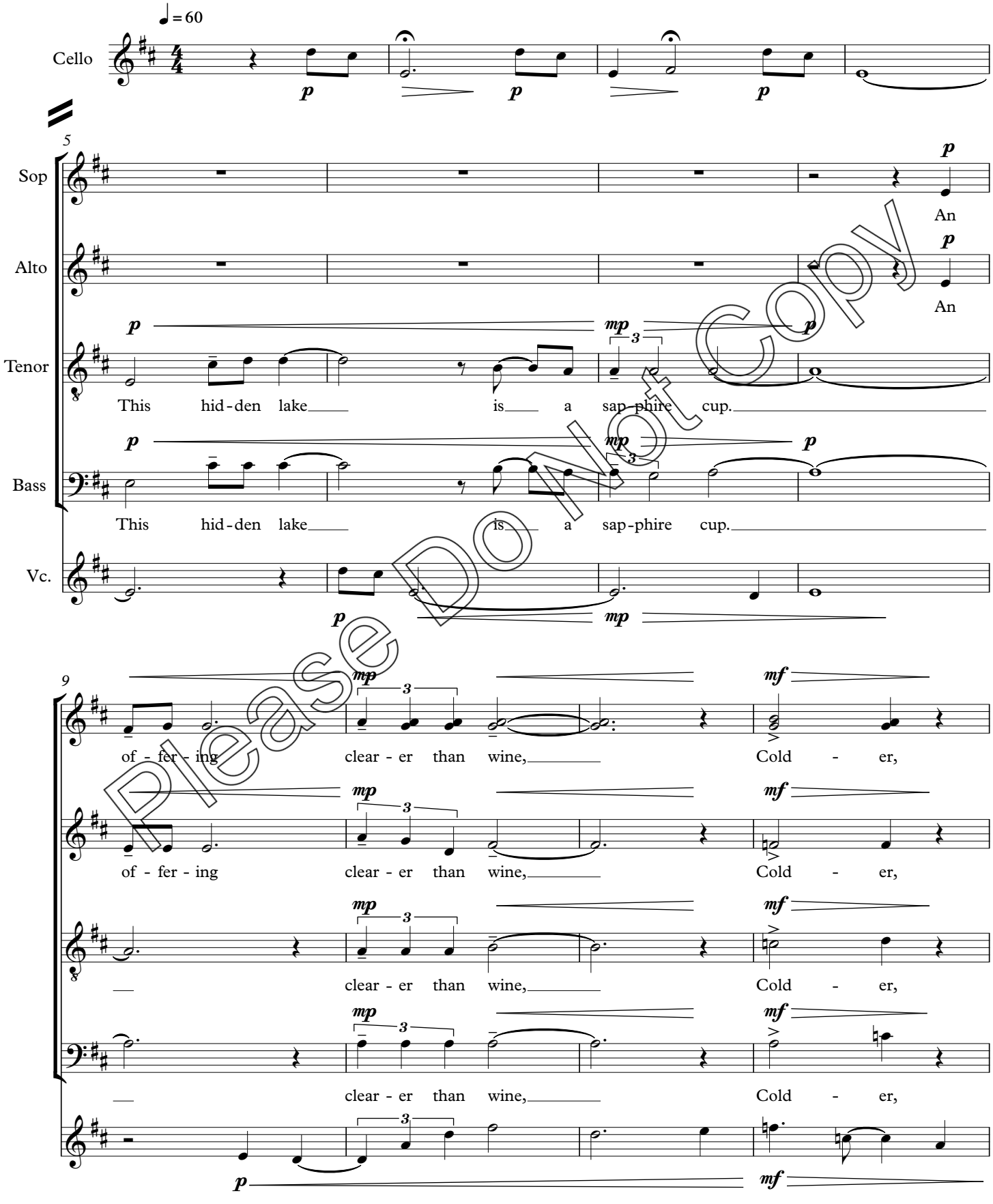
SIERRAS

Echo Lake: Mountain Trails VIII

For SATB Chorus & Cello

Words by Marjorie Allen Seiffert

Music by Jeffrey M. Derus



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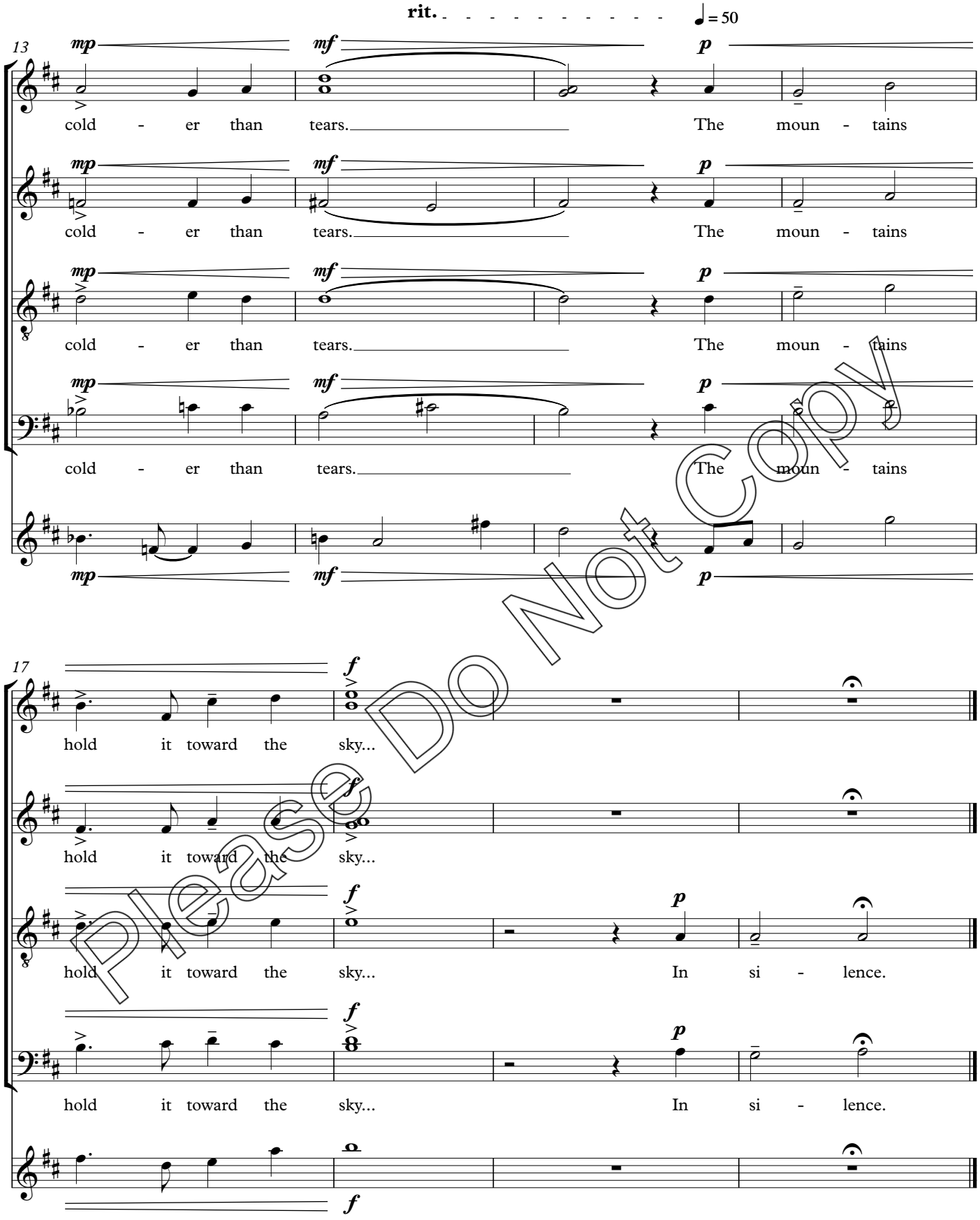

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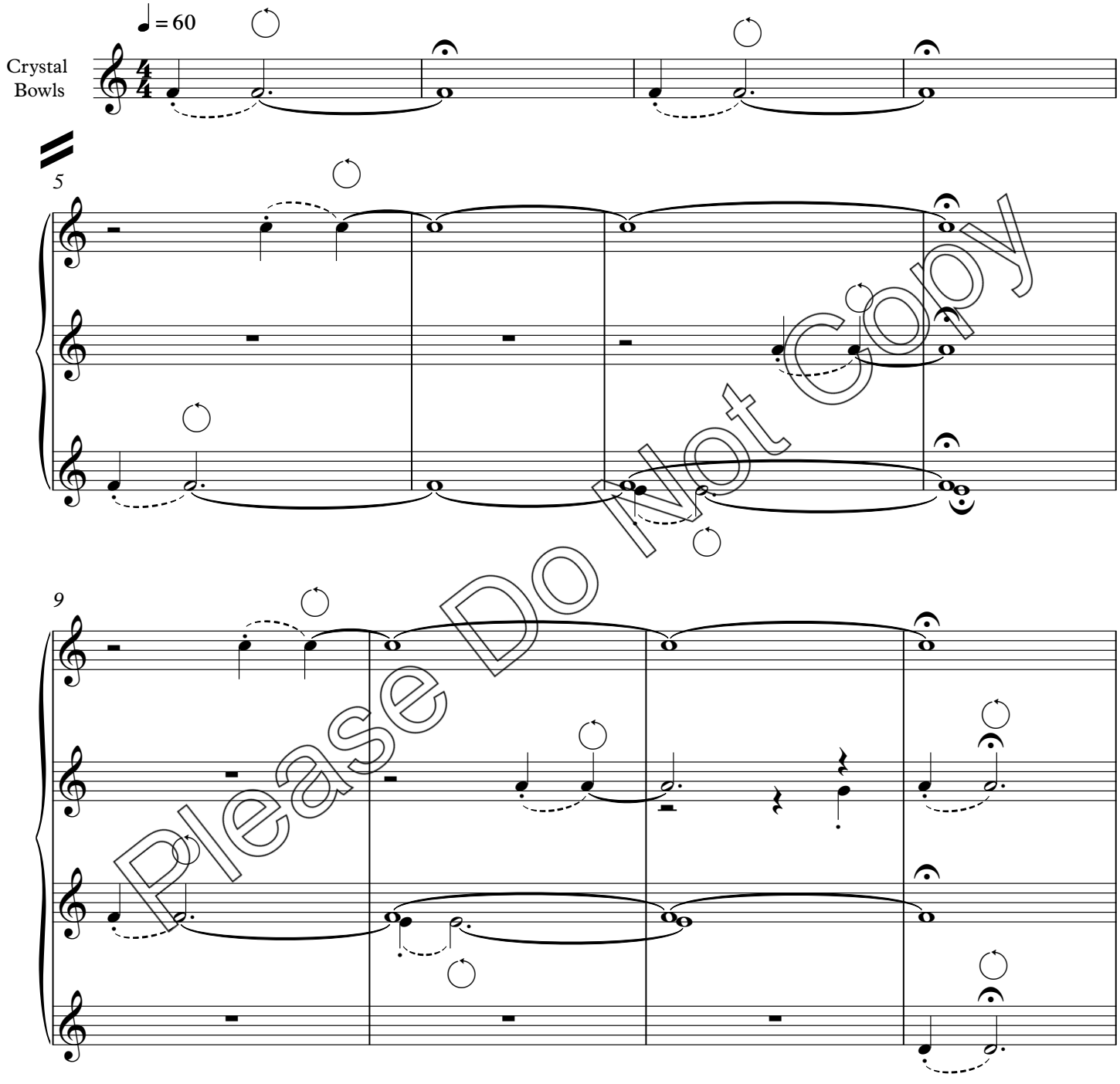
HEART

Love Chakra

For Crystal Singing Bowls

Music by Jeffrey M. Derus



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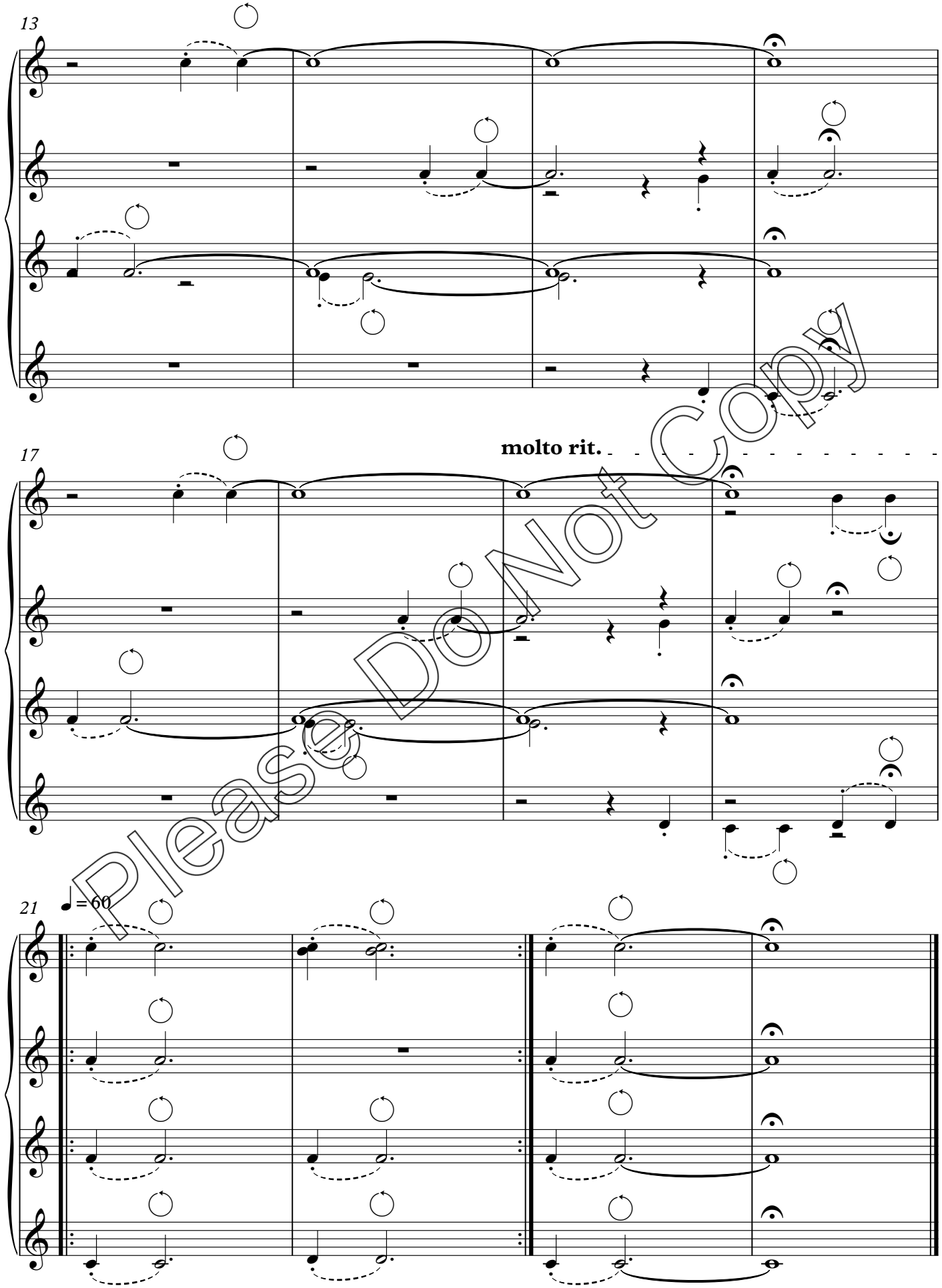

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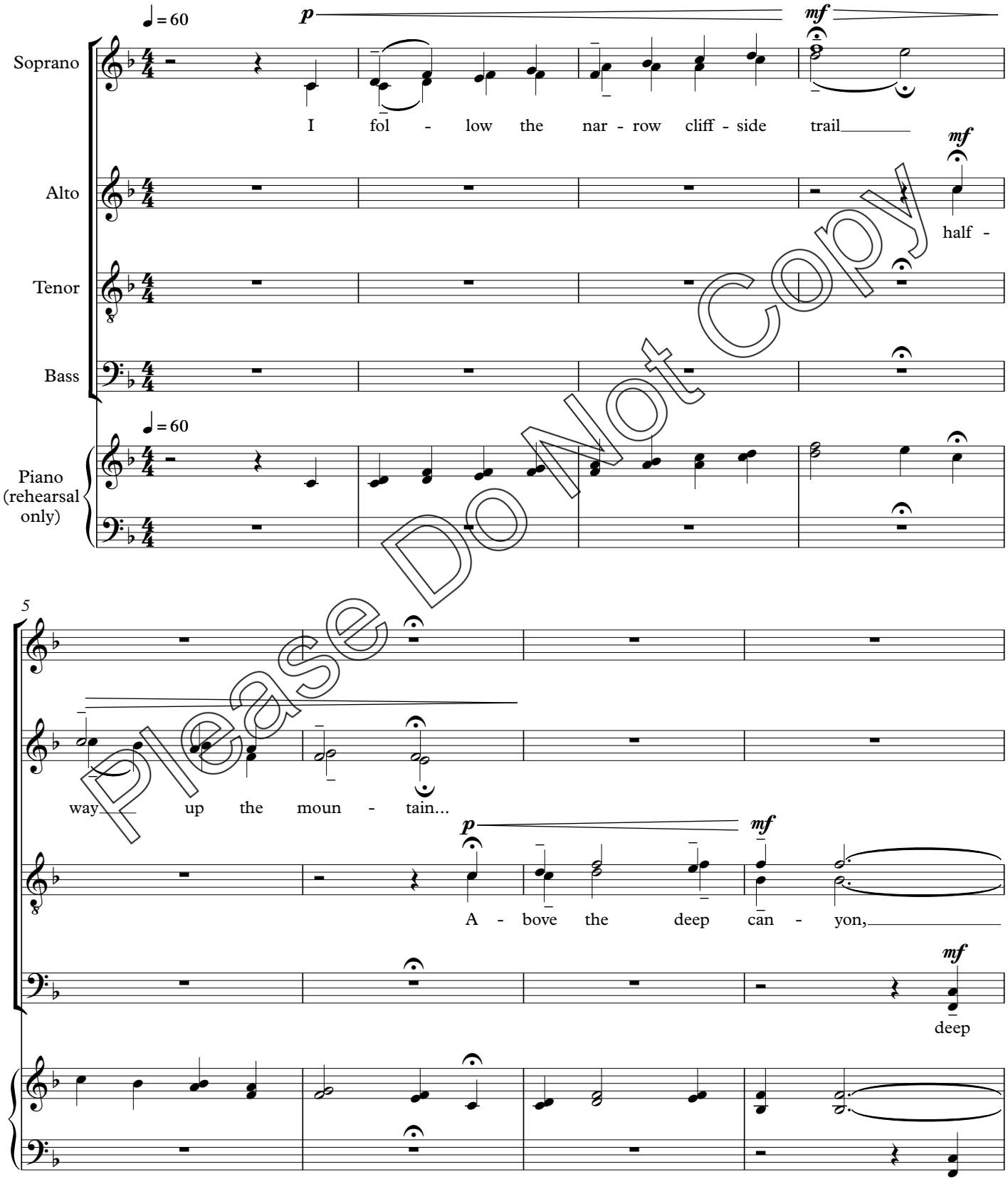
NORTHERN CALIFORNIA

Donner Summit: The Deer Lay Down Their Bones

For SATB Chorus with Divisi

Words by Robinson Jeffers

Music by Jeffrey M. Derus



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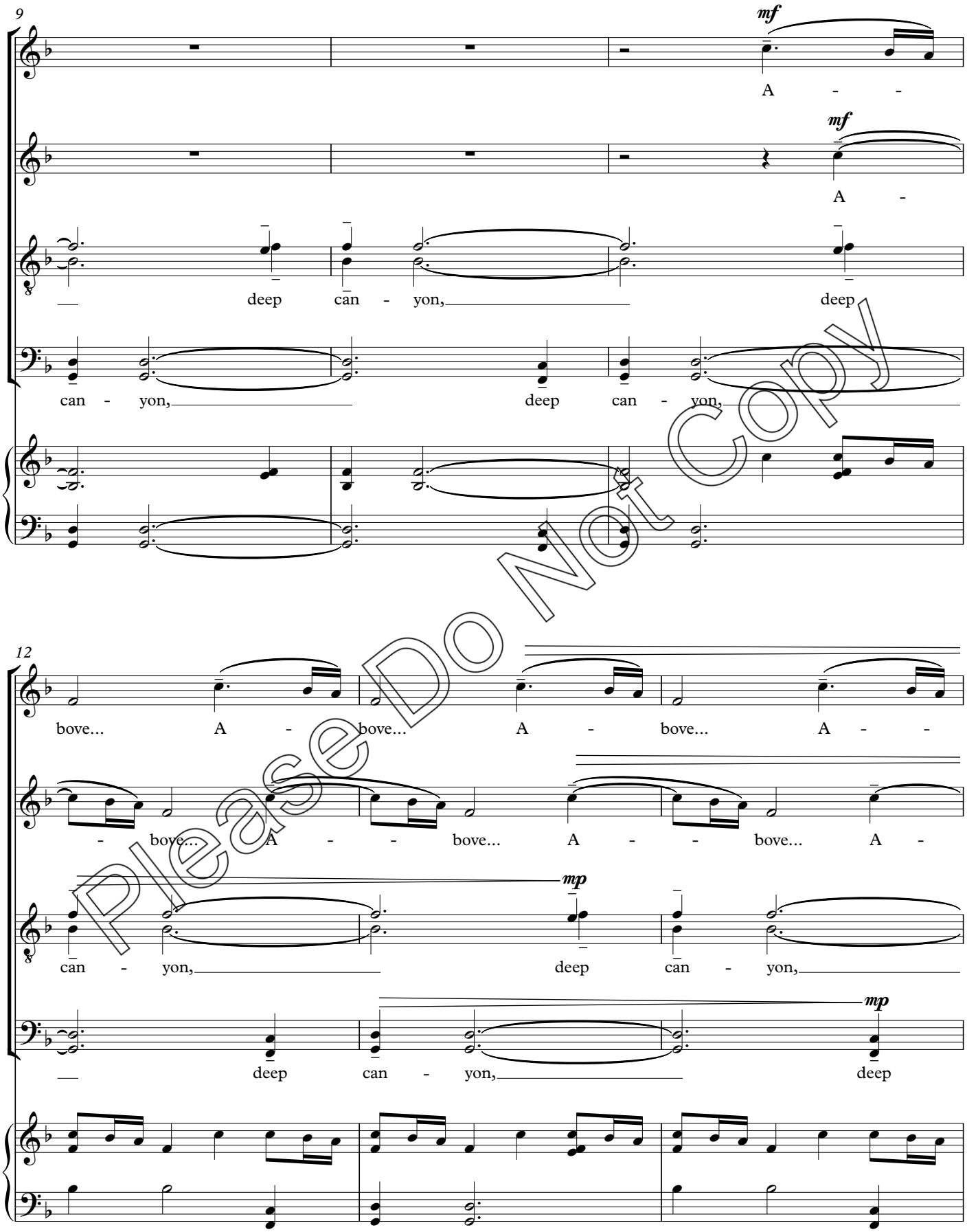

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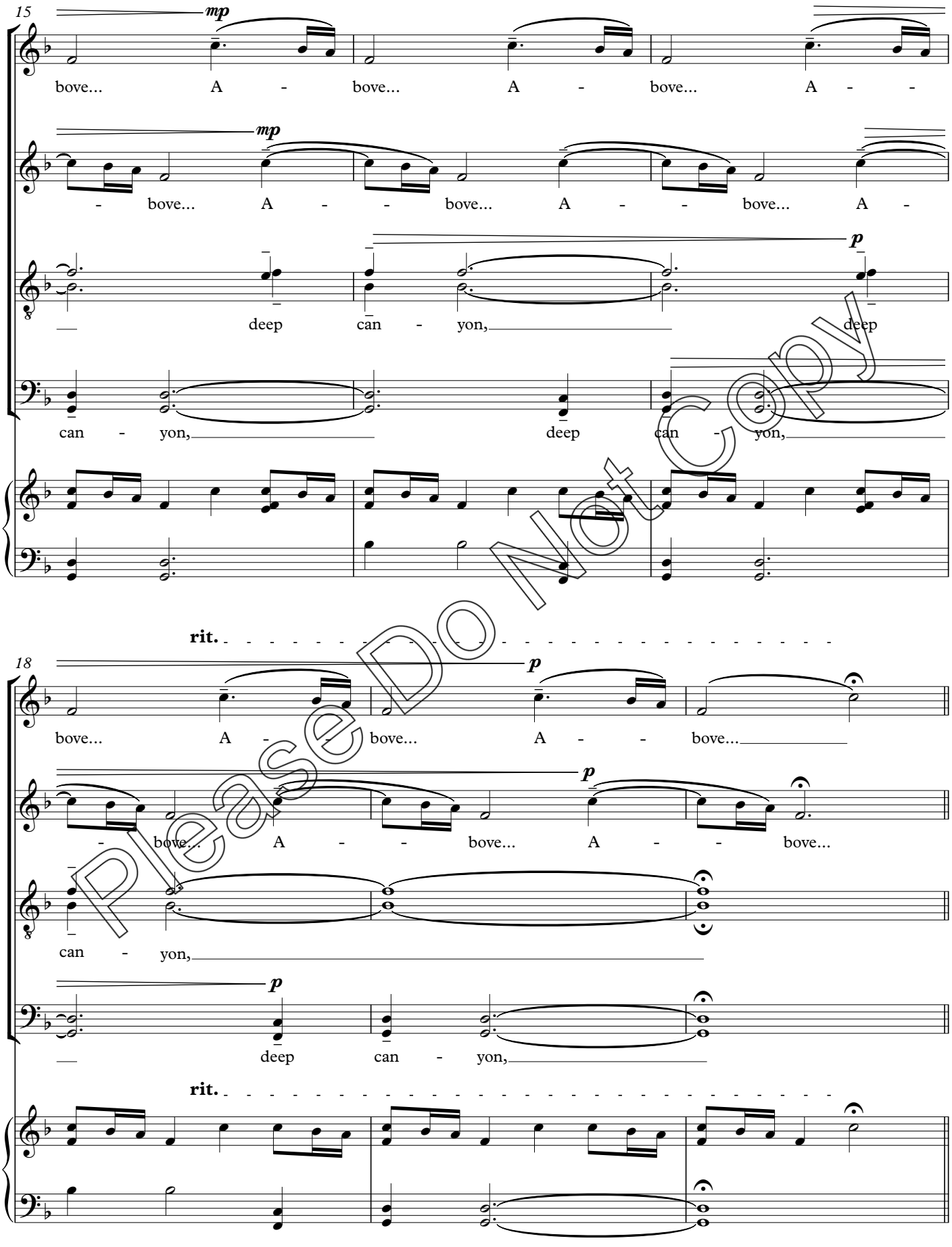

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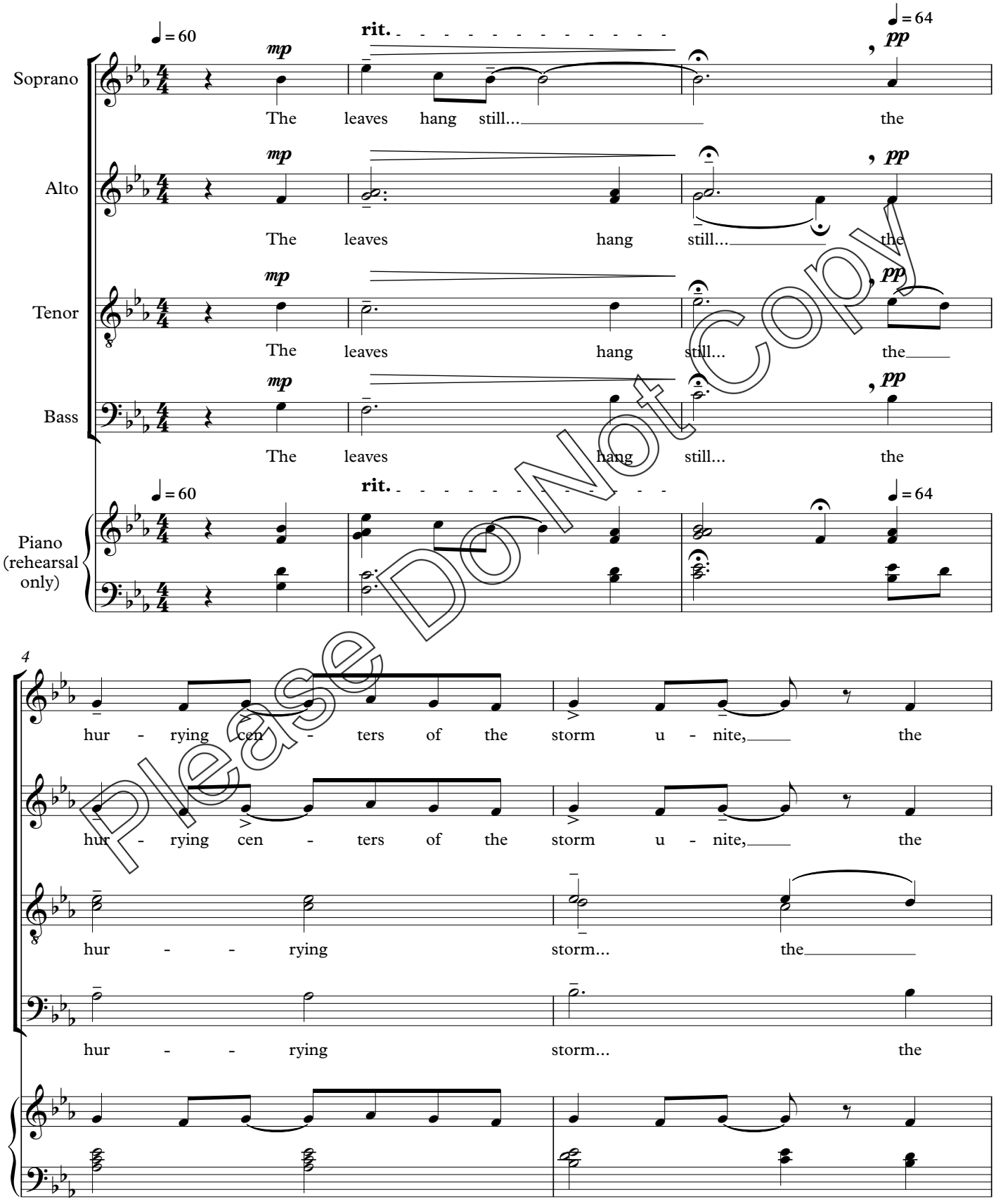
NORTHERN CALIFORNIA

Belden: A Thunderstorm

For SATB Chorus with Divisi

Words by Archibald Lampman

Music by Jeffrey M. Derus



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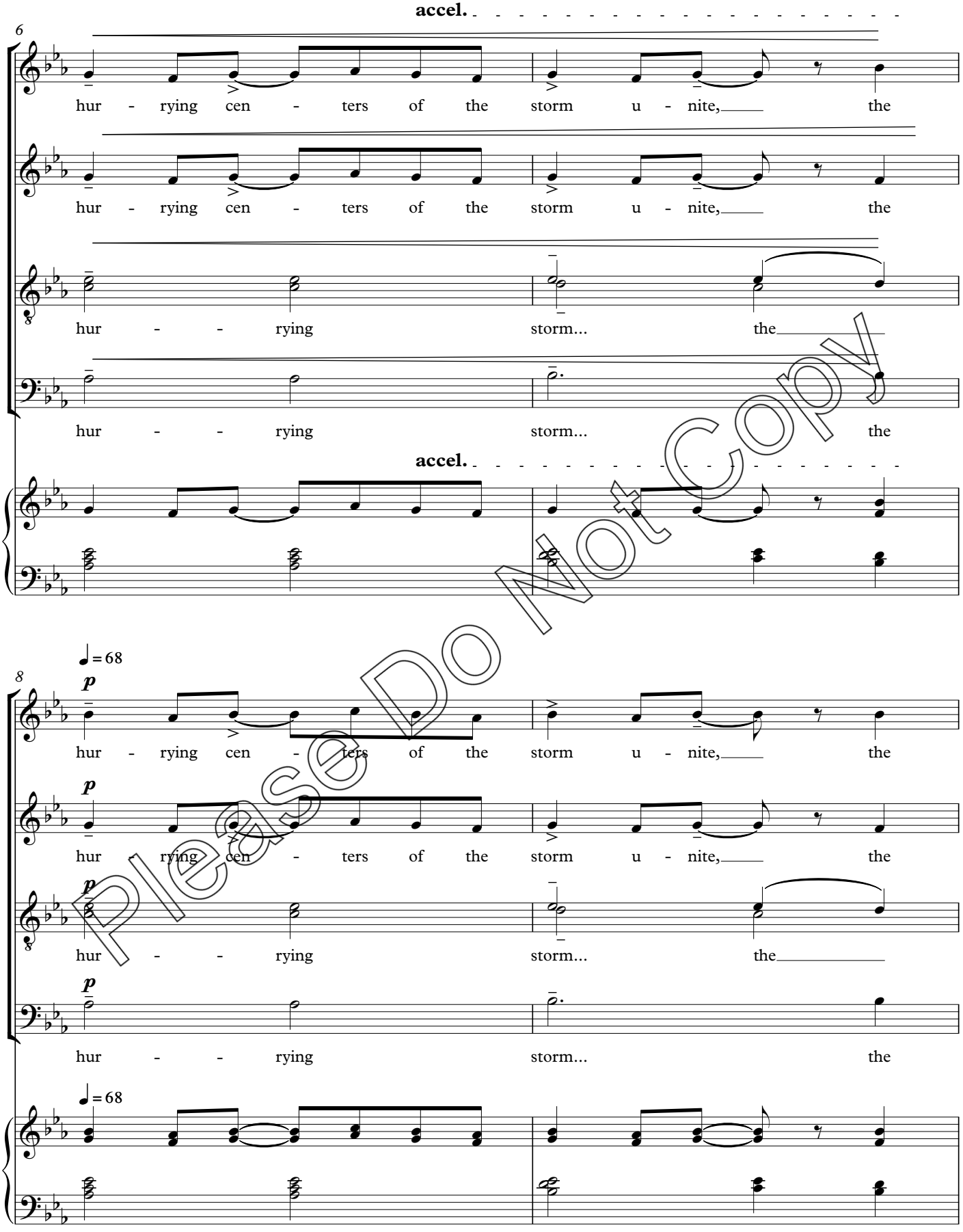

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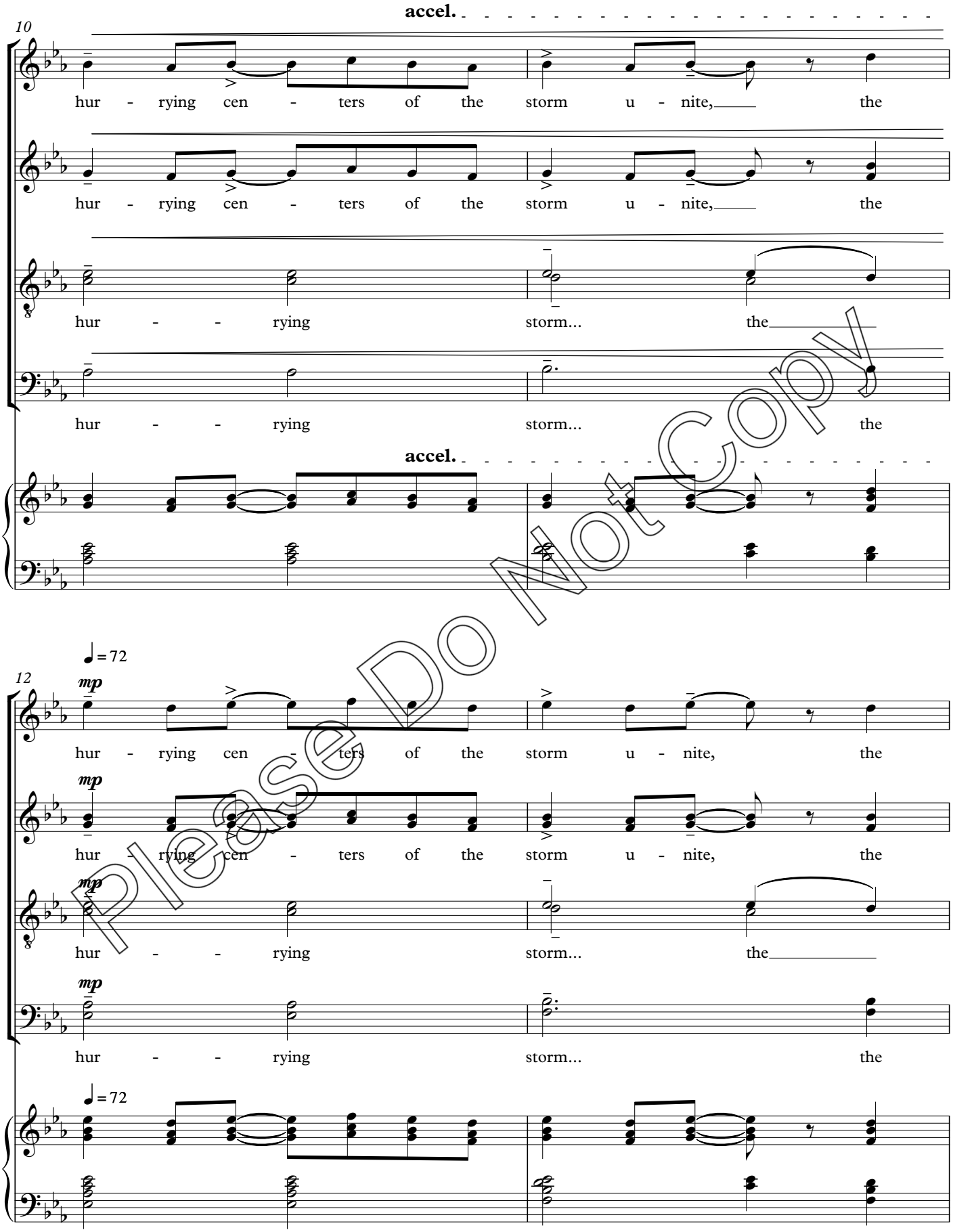

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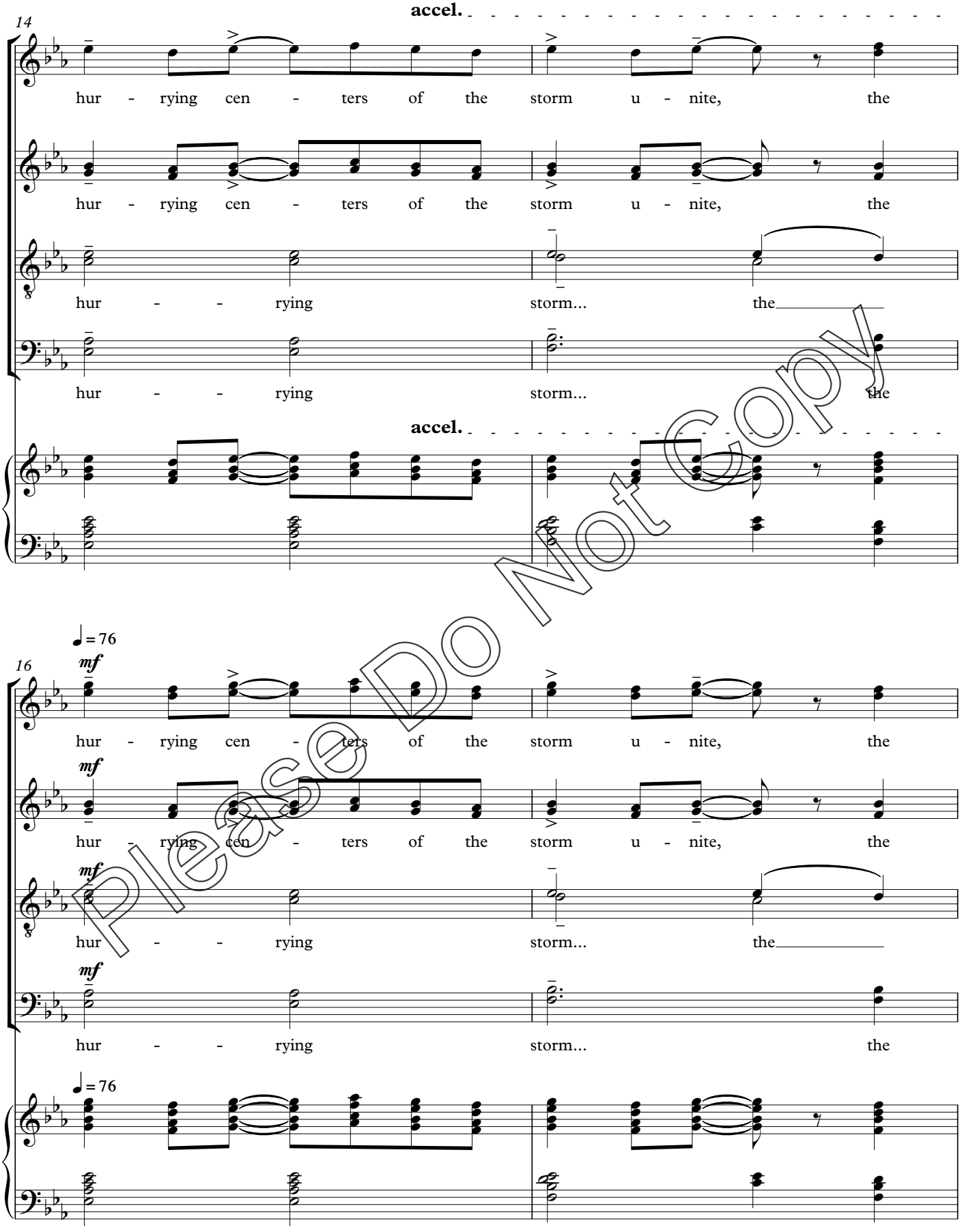

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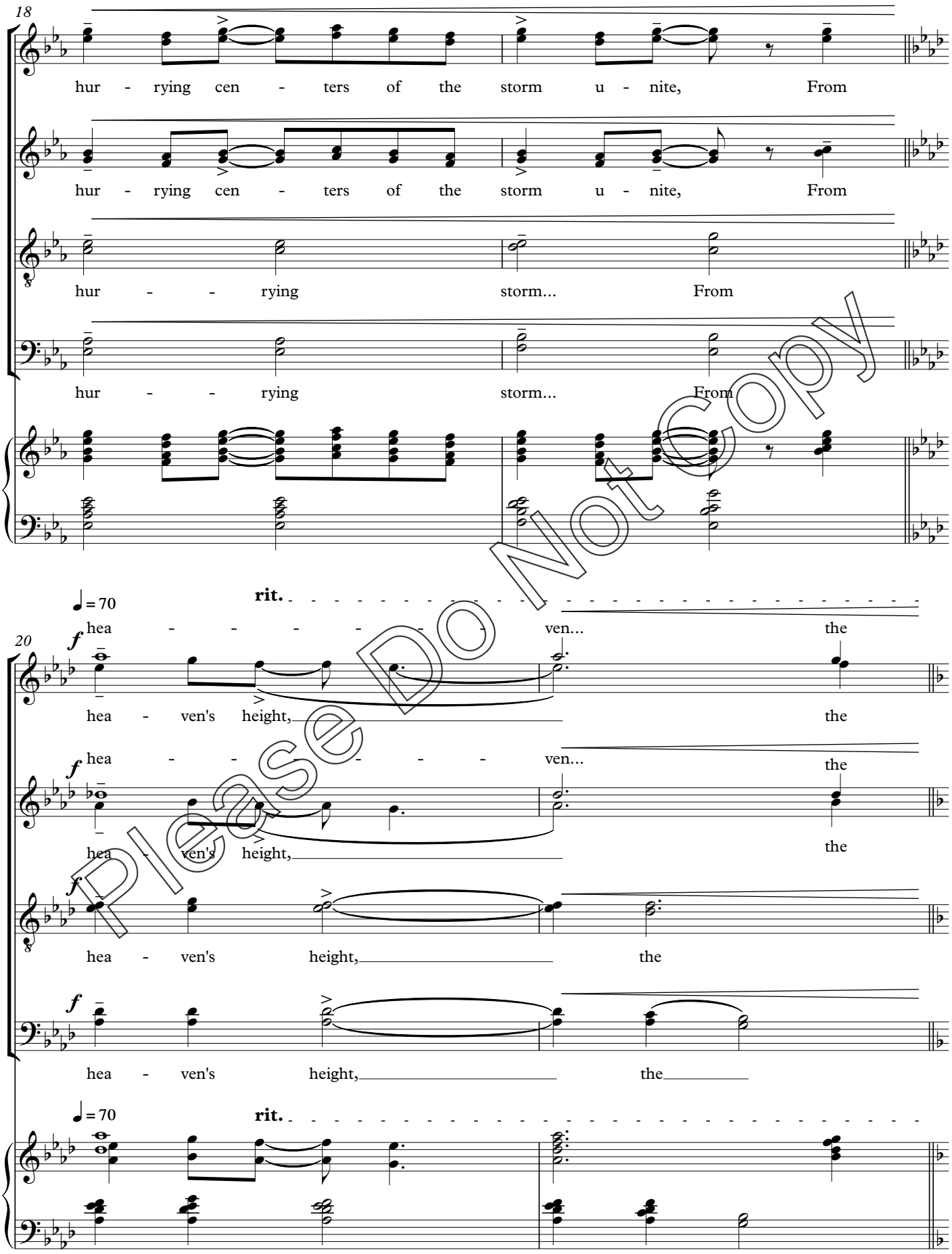

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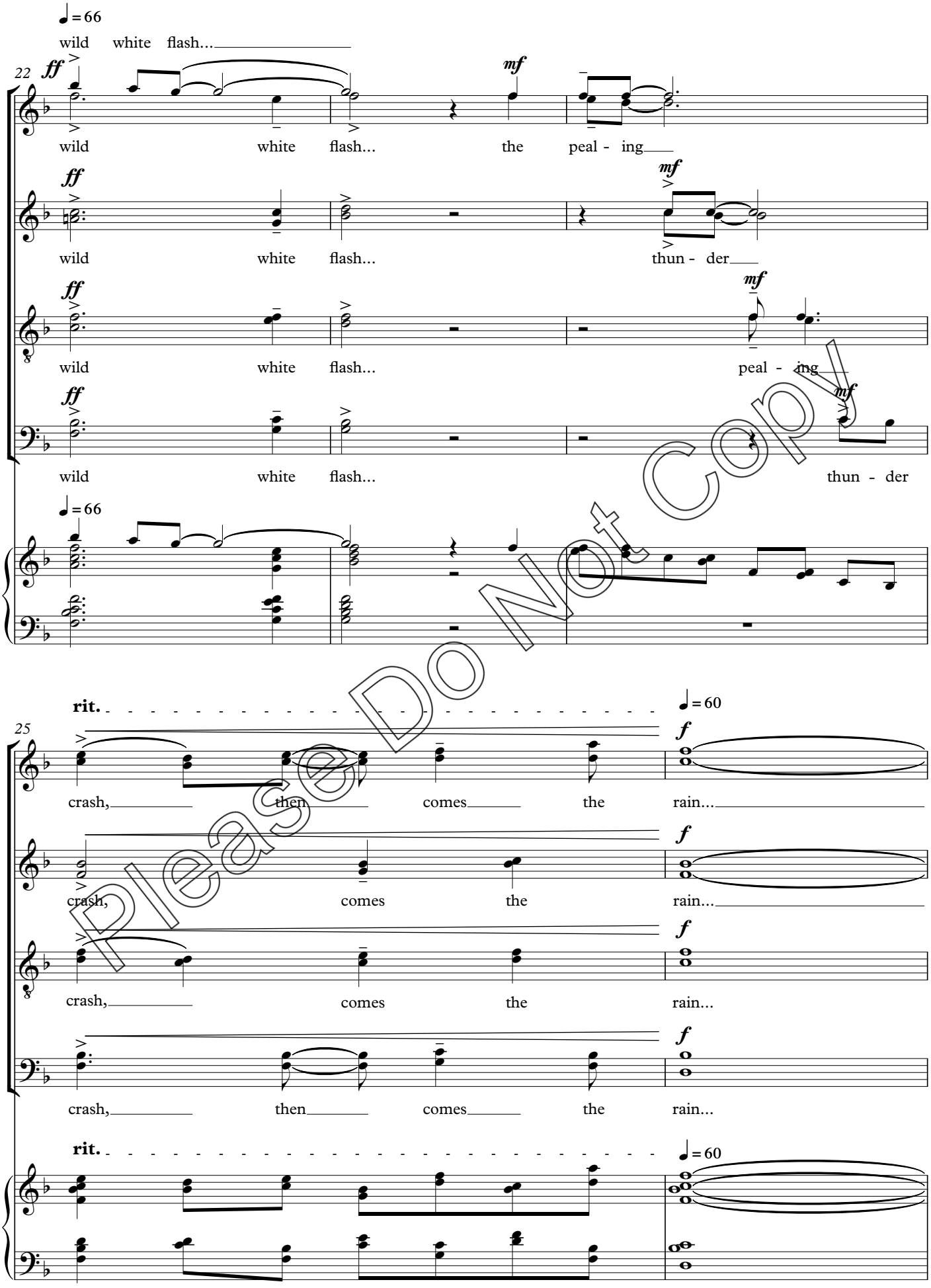

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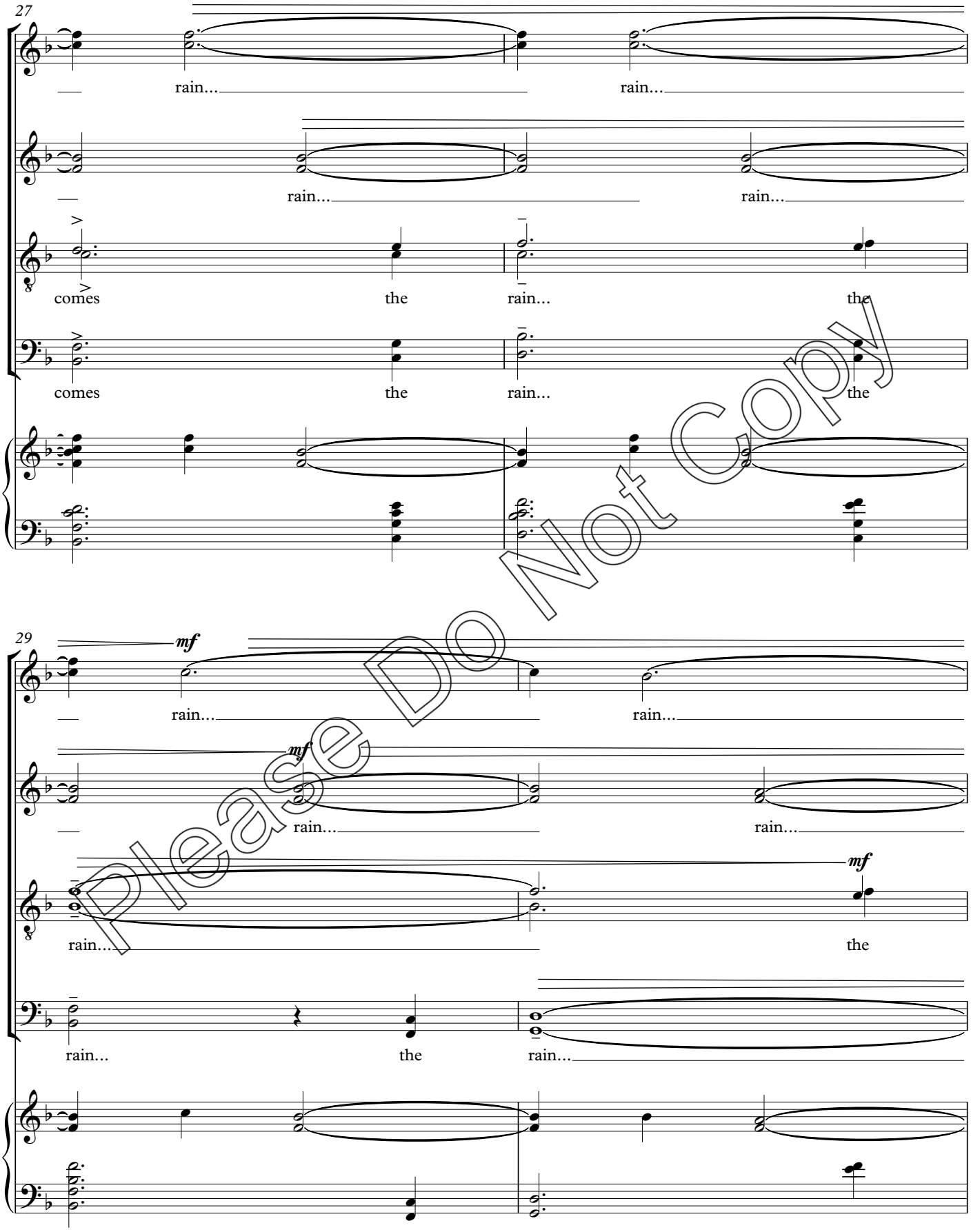

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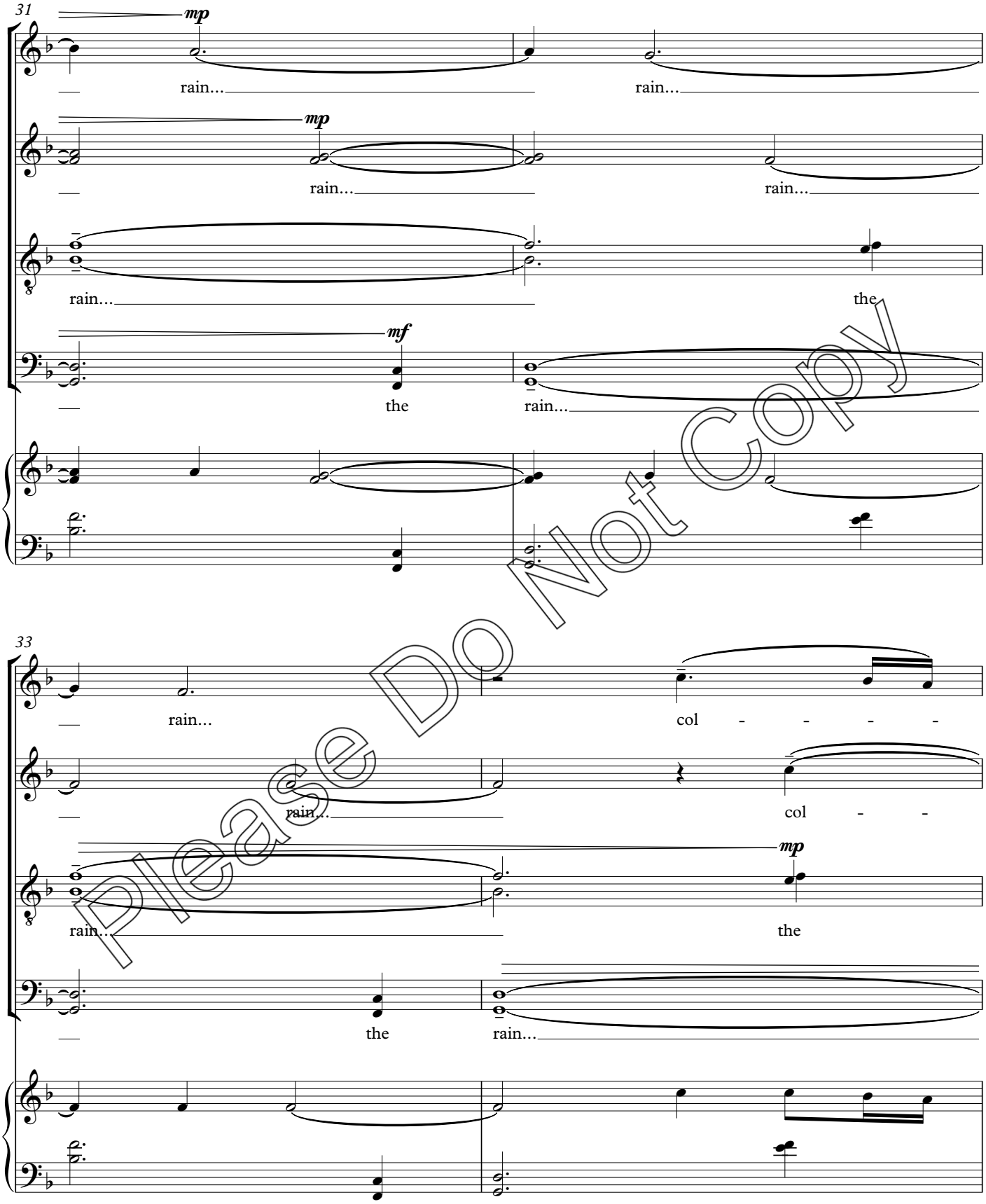

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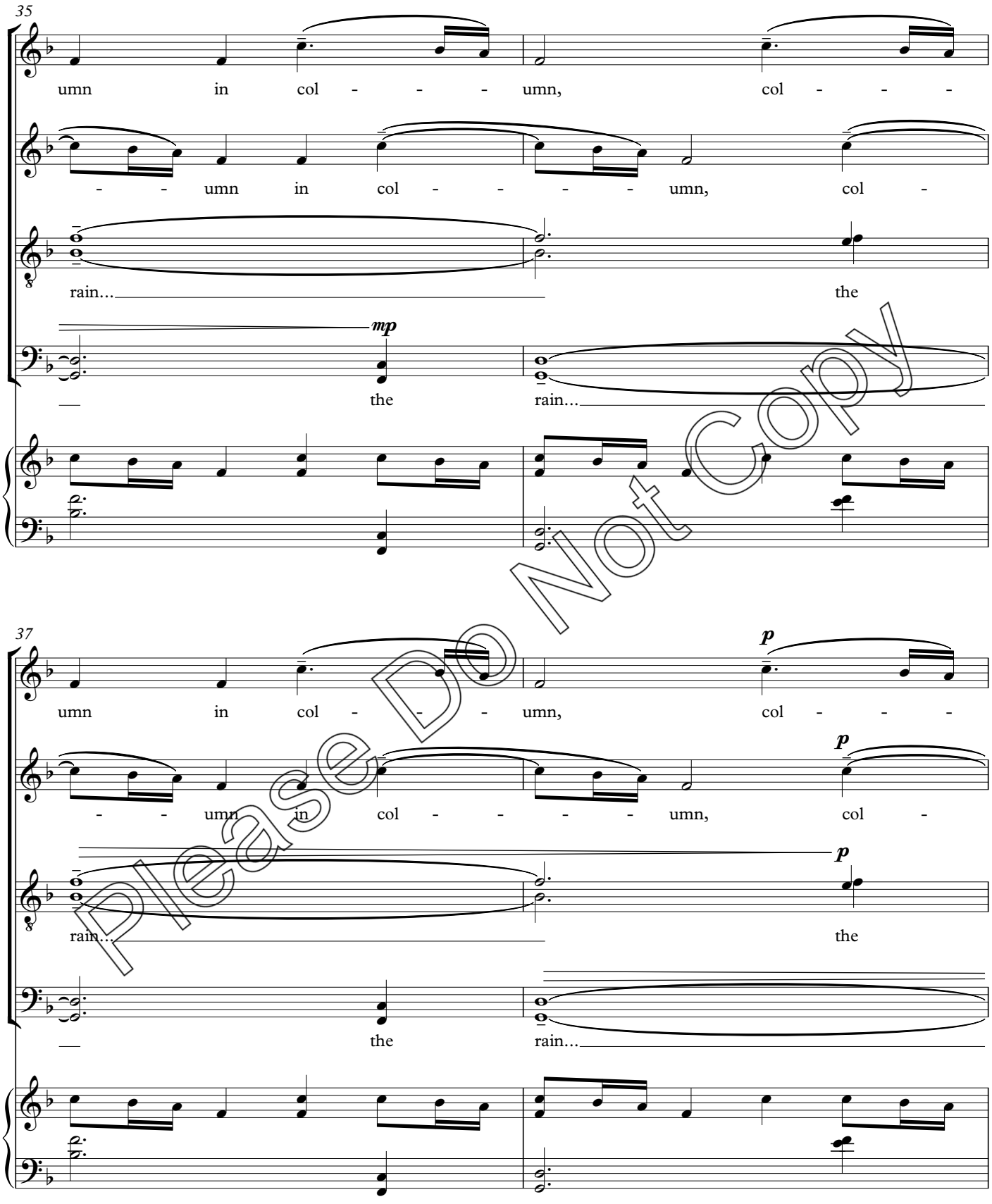

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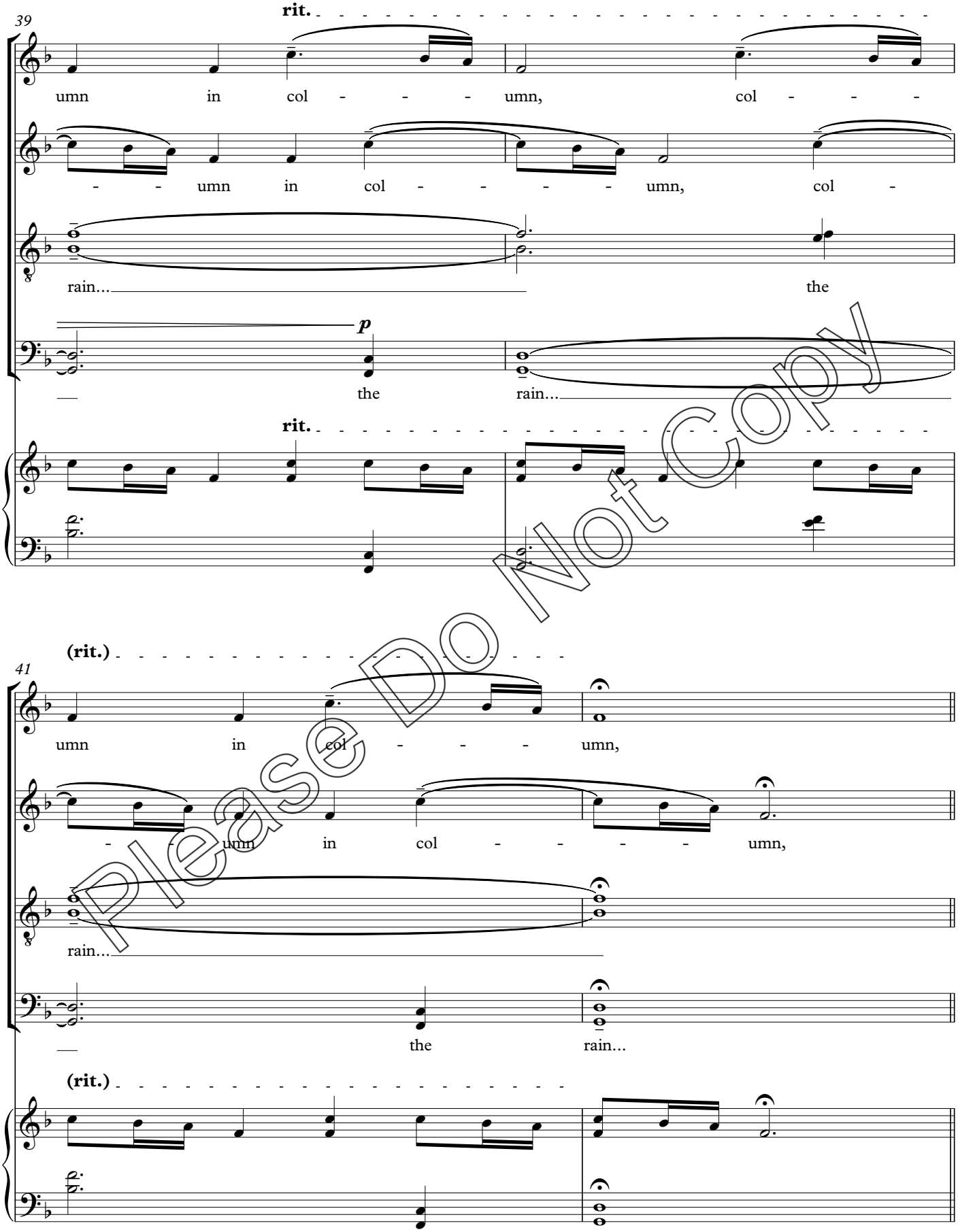

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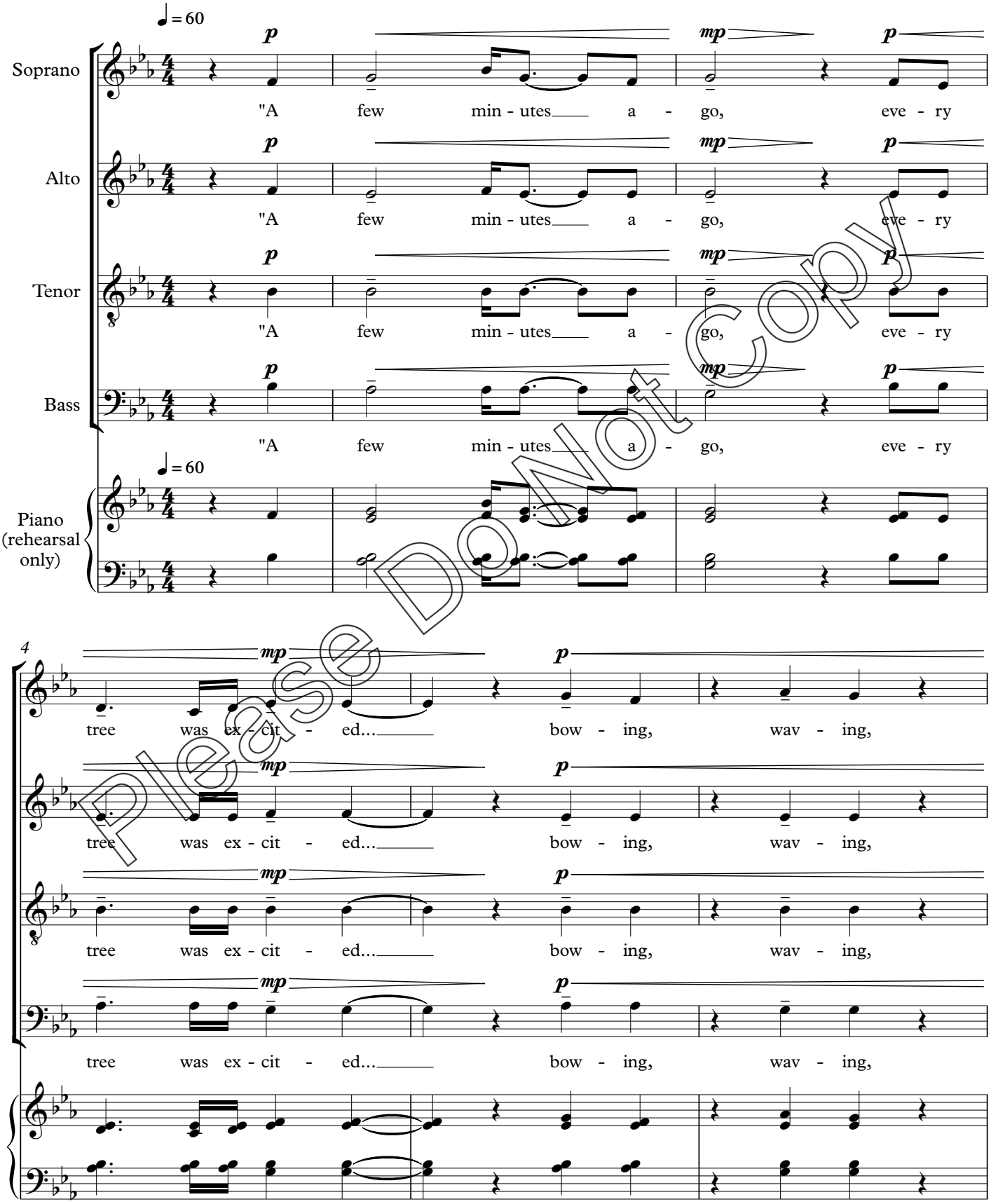
NORTHERN CALIFORNIA

McArthur-Berney Falls State Park: Quote

For SATB Chorus

Words by John Muir

Music by Jeffrey M. Derus



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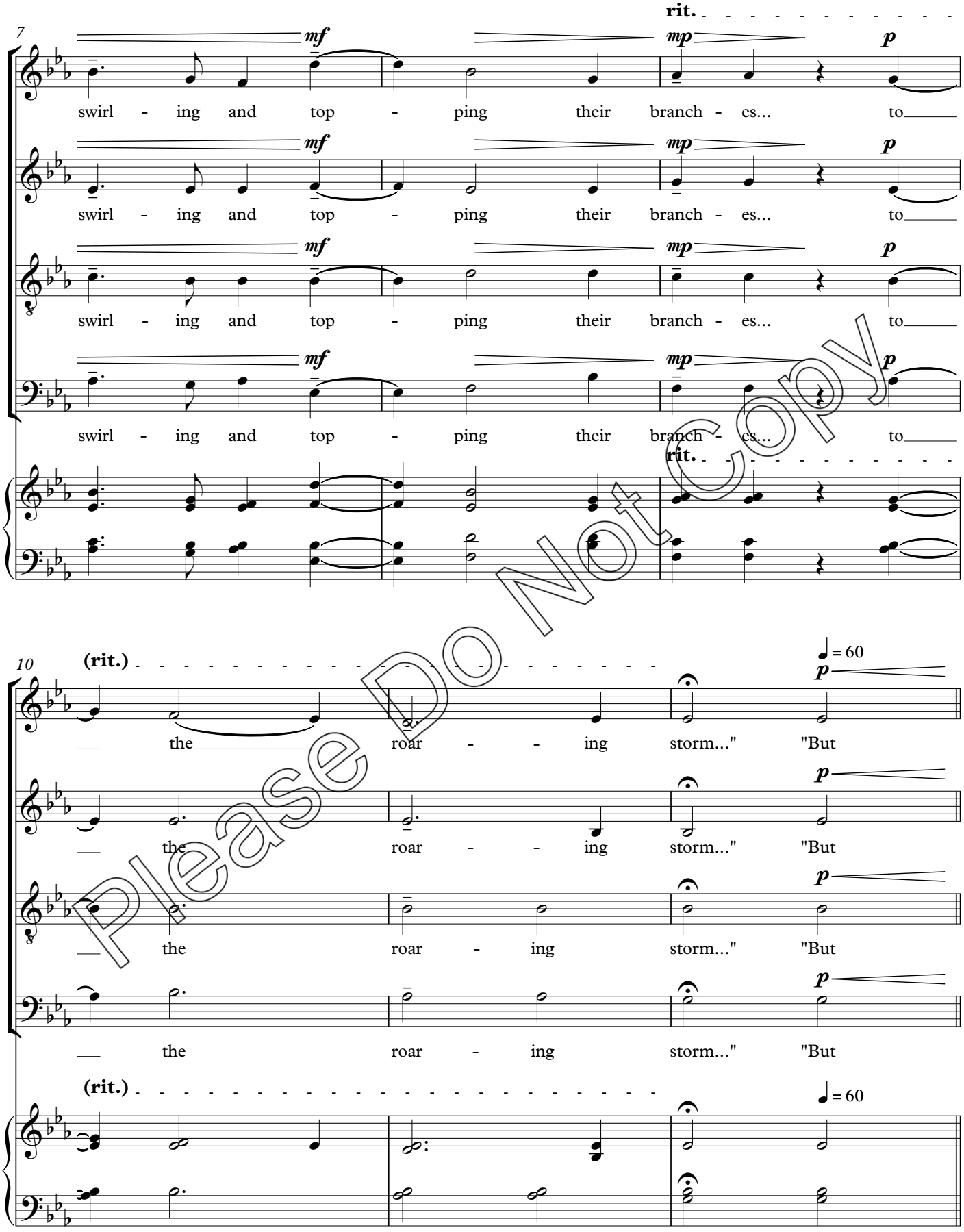

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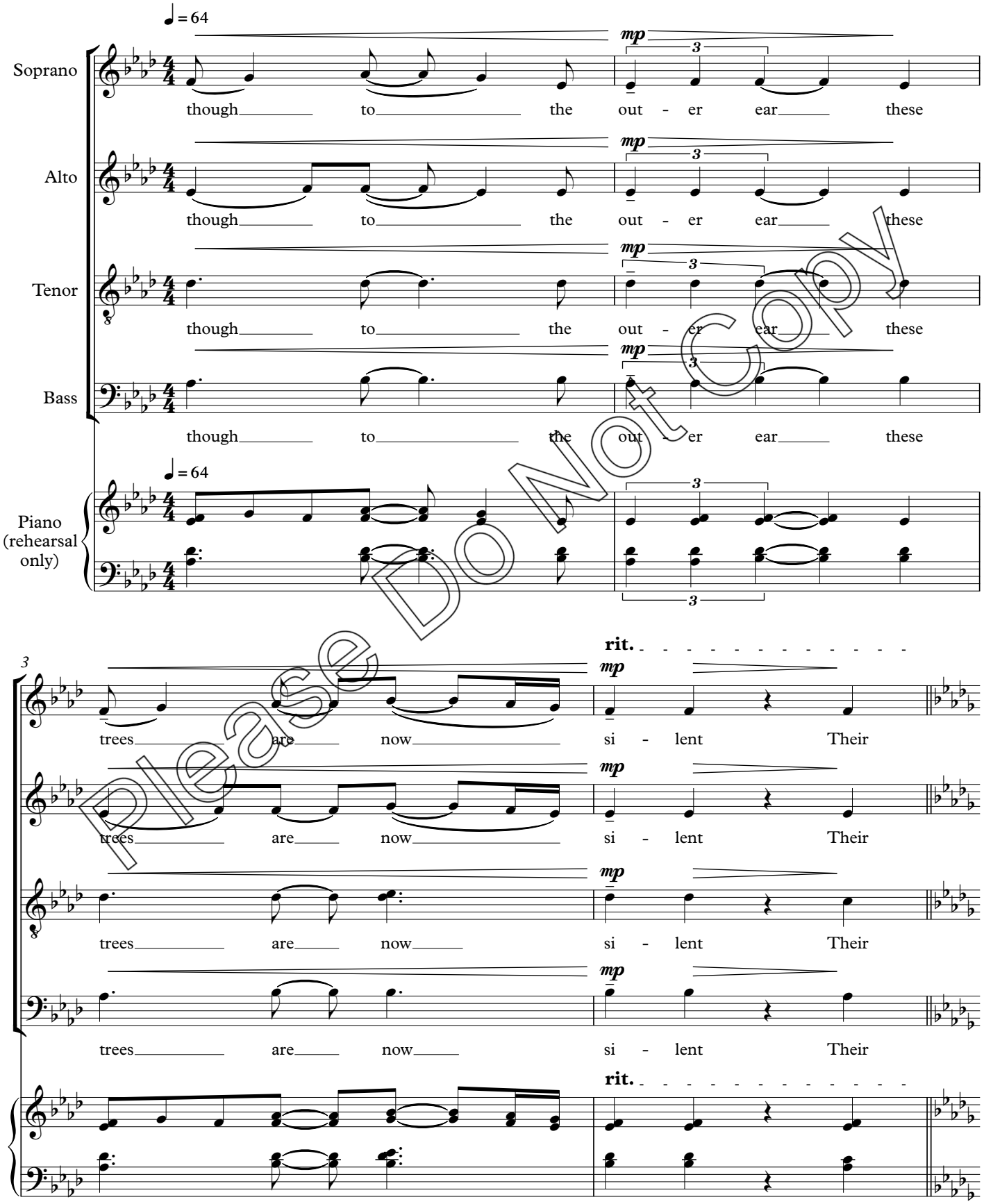
NORTHERN CALIFORNIA

Castle Crags: Quote

For SATB Chorus with Divisi

Words by John Muir

Music by Jeffrey M. Derus



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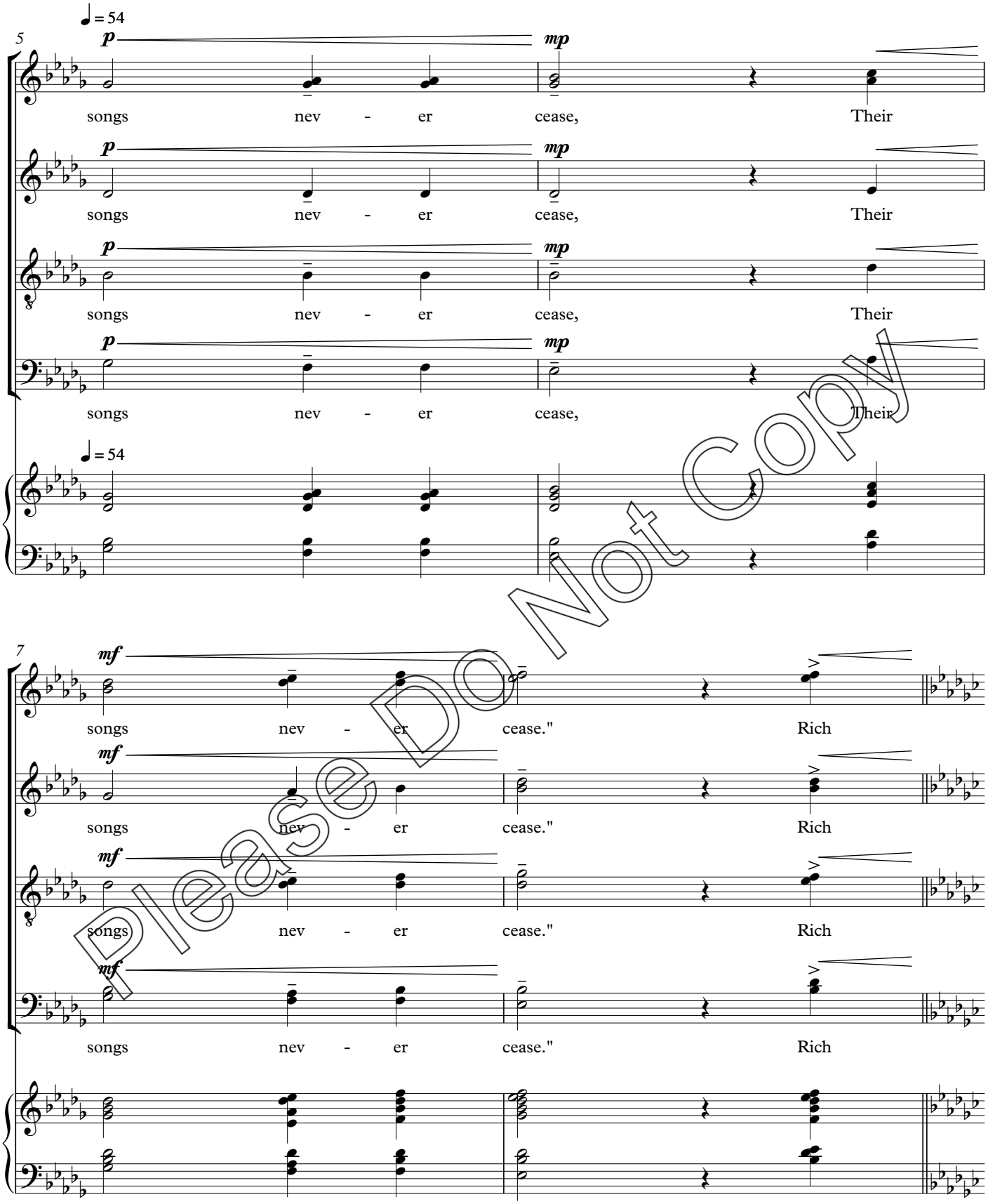

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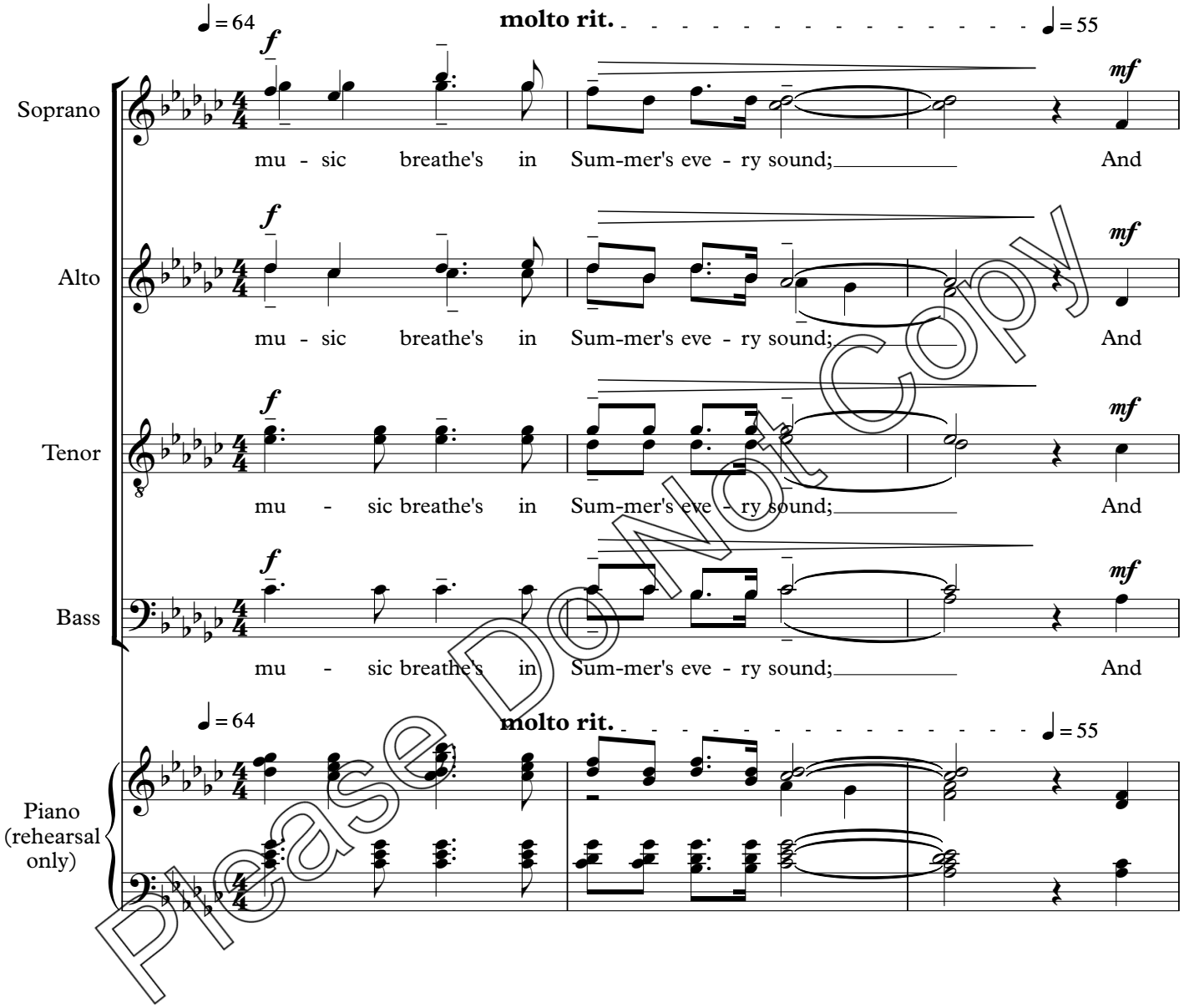
NORTHERN CALIFORNIA

Etna Summit: Summer Images

For SATB Chorus with Divisi

Words by John Clare

Music by Jeffrey M. Derus



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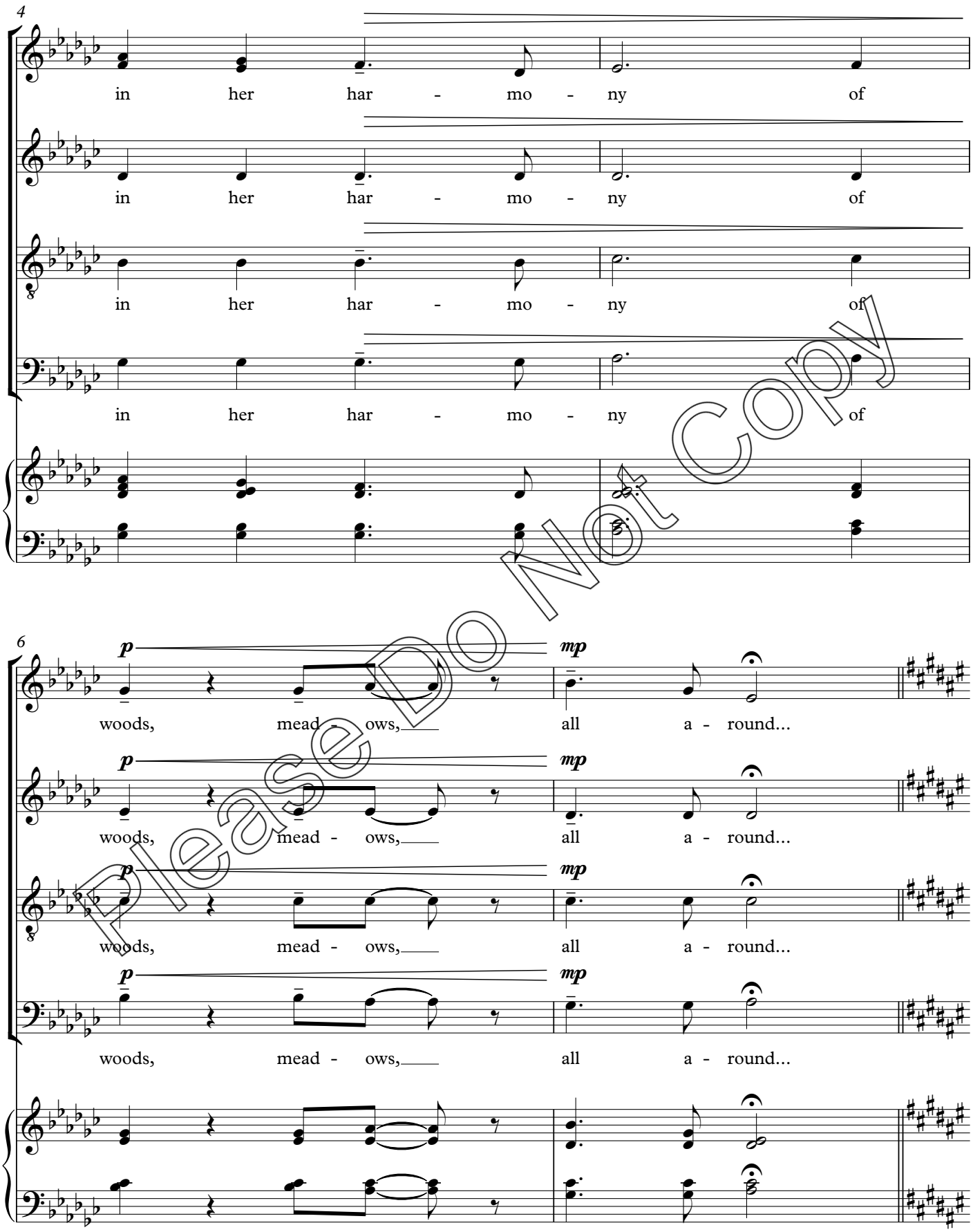

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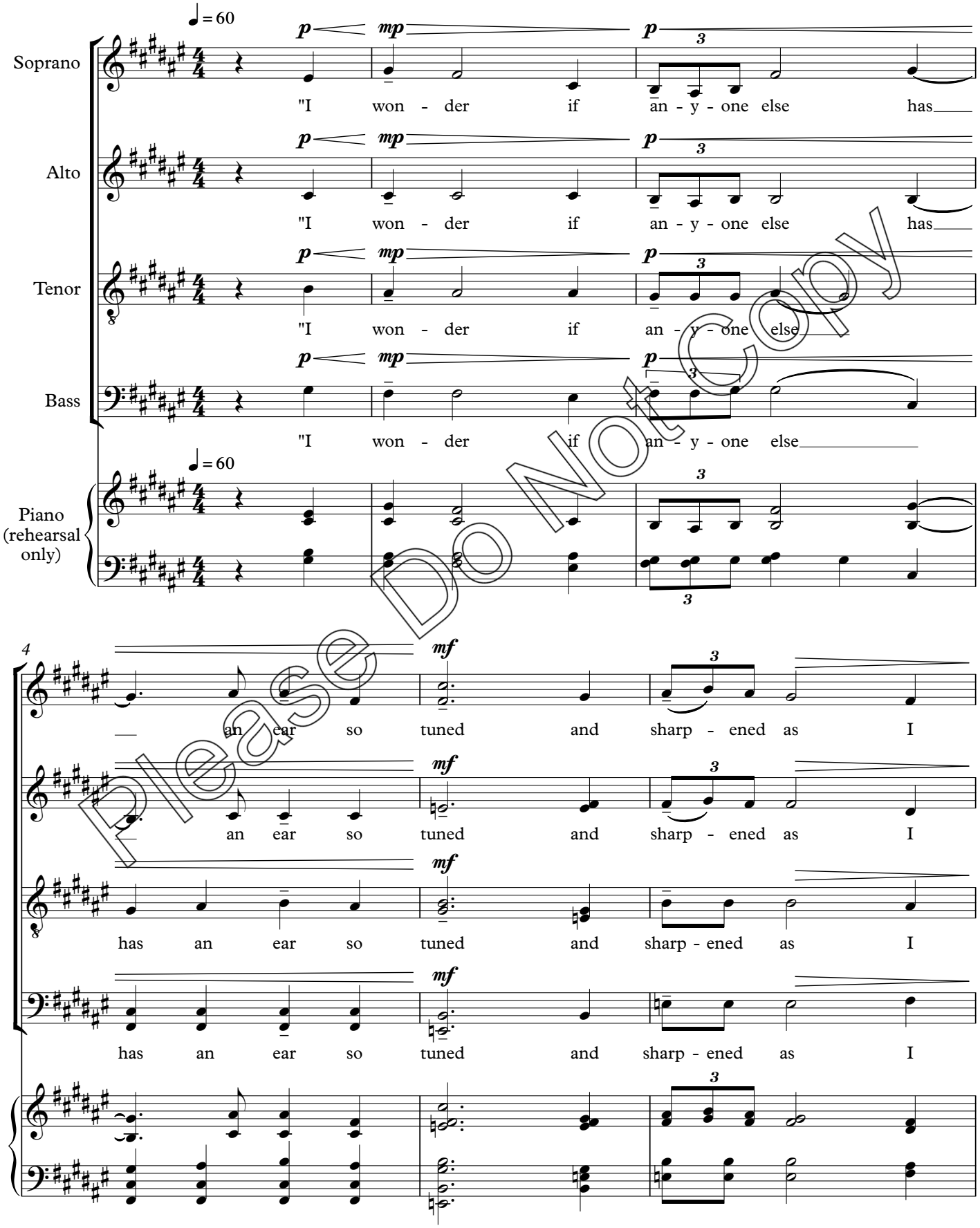
NORTHERN CALIFORNIA

Seiad Valley: Quote

For SATB Chorus with Divisi

Words by Kate Chopin

Music by Jeffrey M. Derus



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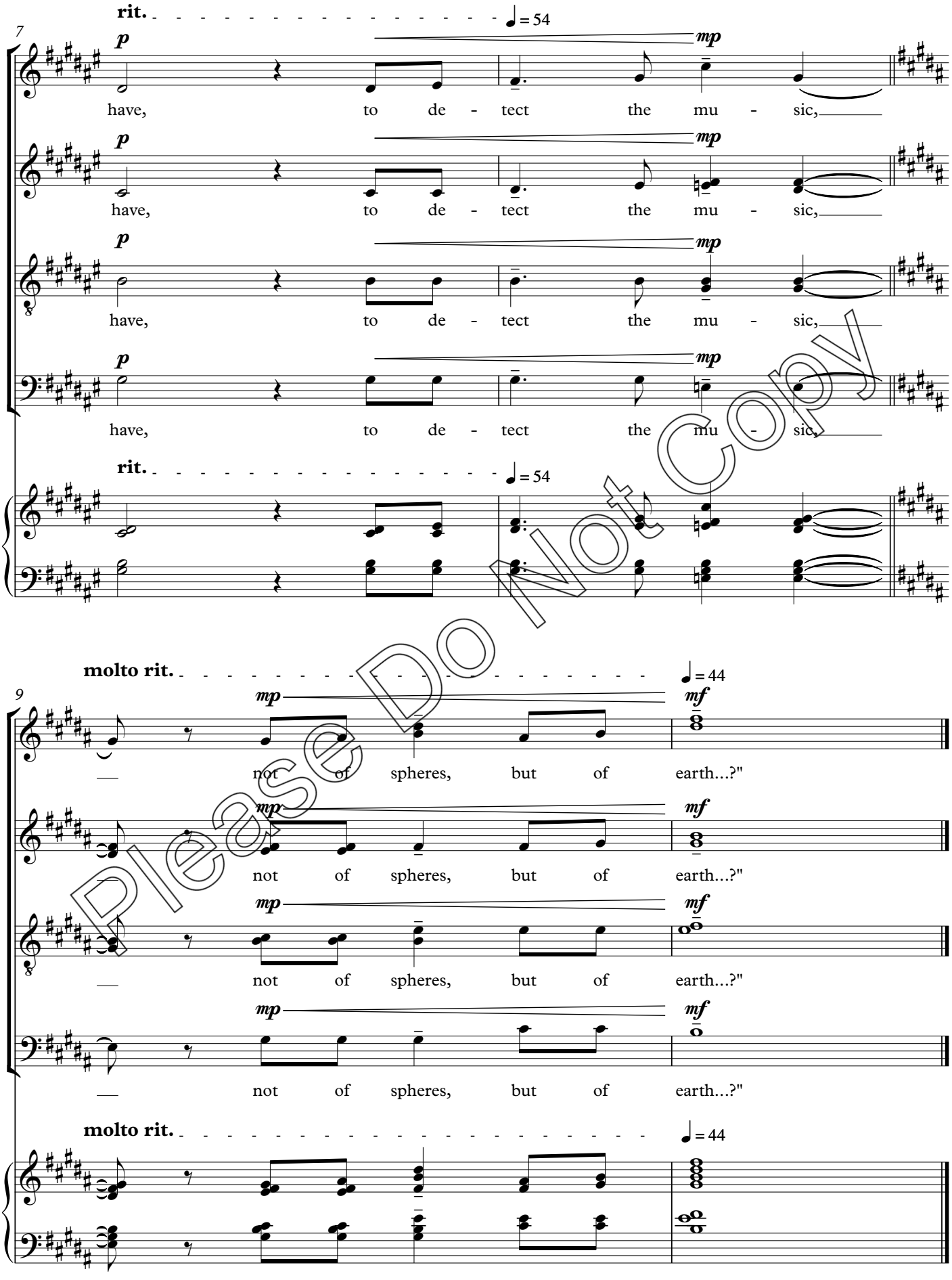

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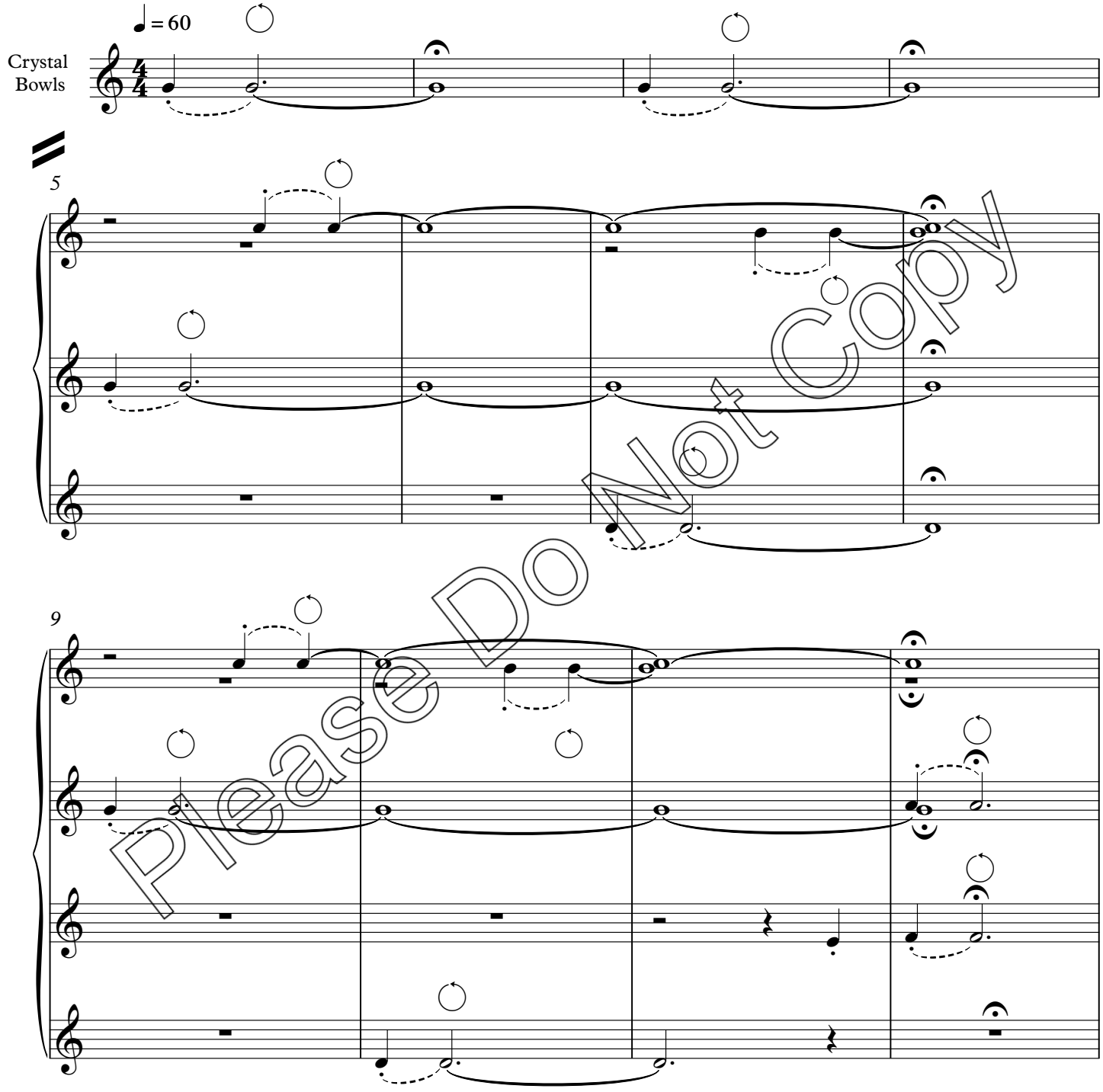
THROAT

Creativity Chakra

For Crystal Singing Bowls

Music by Jeffrey M. Derus



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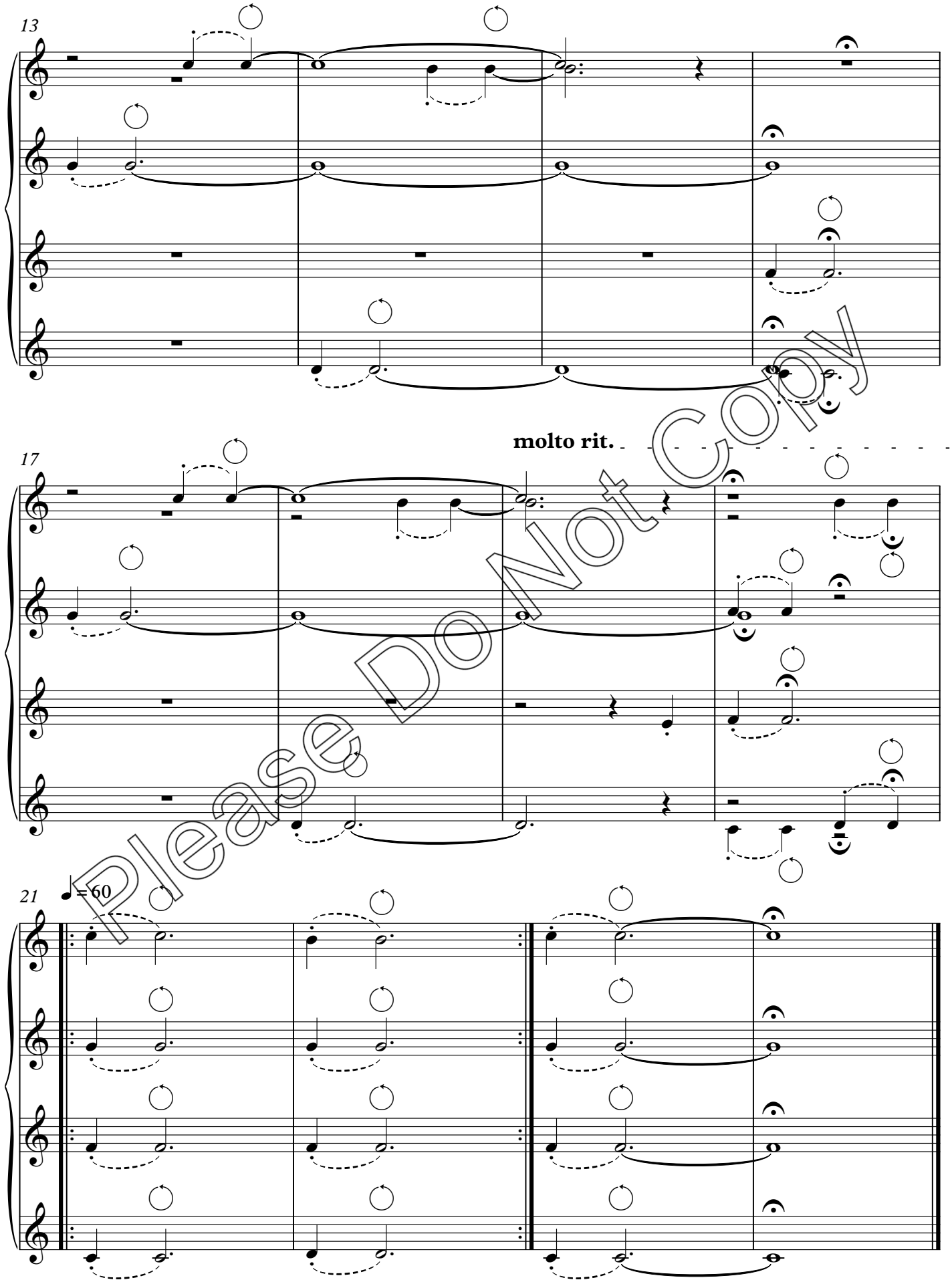

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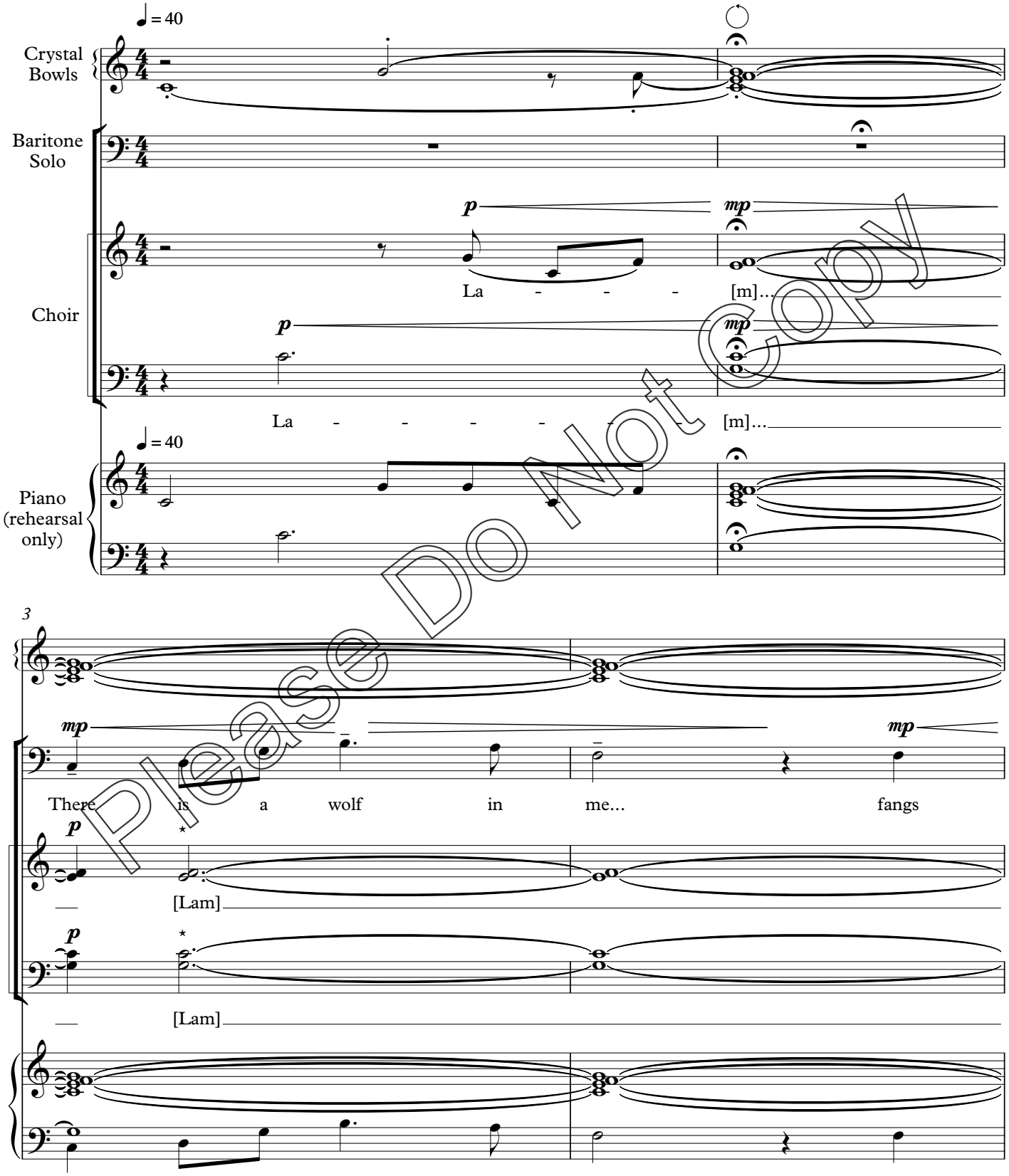
OREGON

Crater Lake: Wilderness

For Baritone Soloist, SATB Chorus & Crystal Singing Bowls

Words by Carl Sandburg

Music by Jeffrey M. Derus



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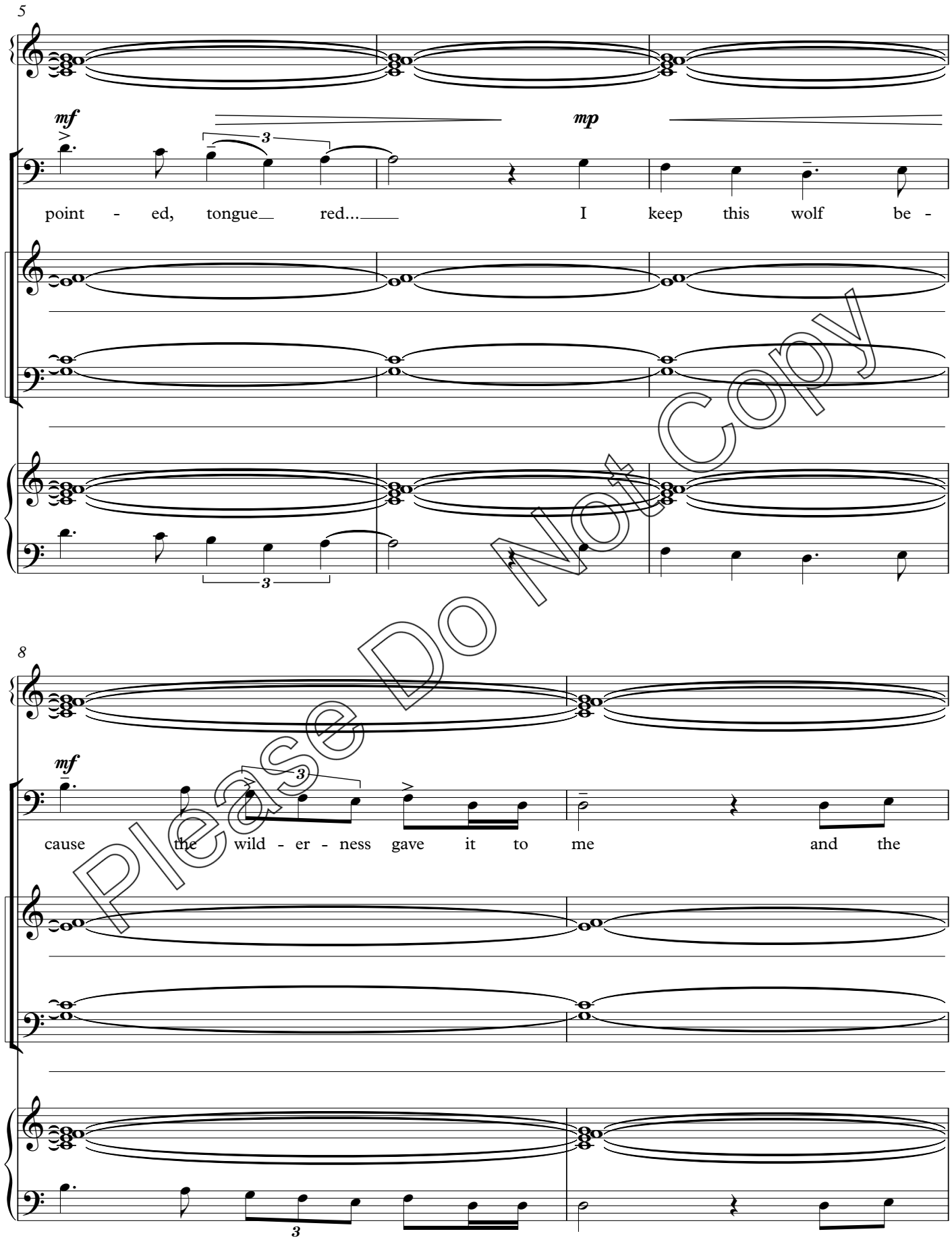
* Each singer will repeat [Lam] on the notated pitch at their own speed and expression.



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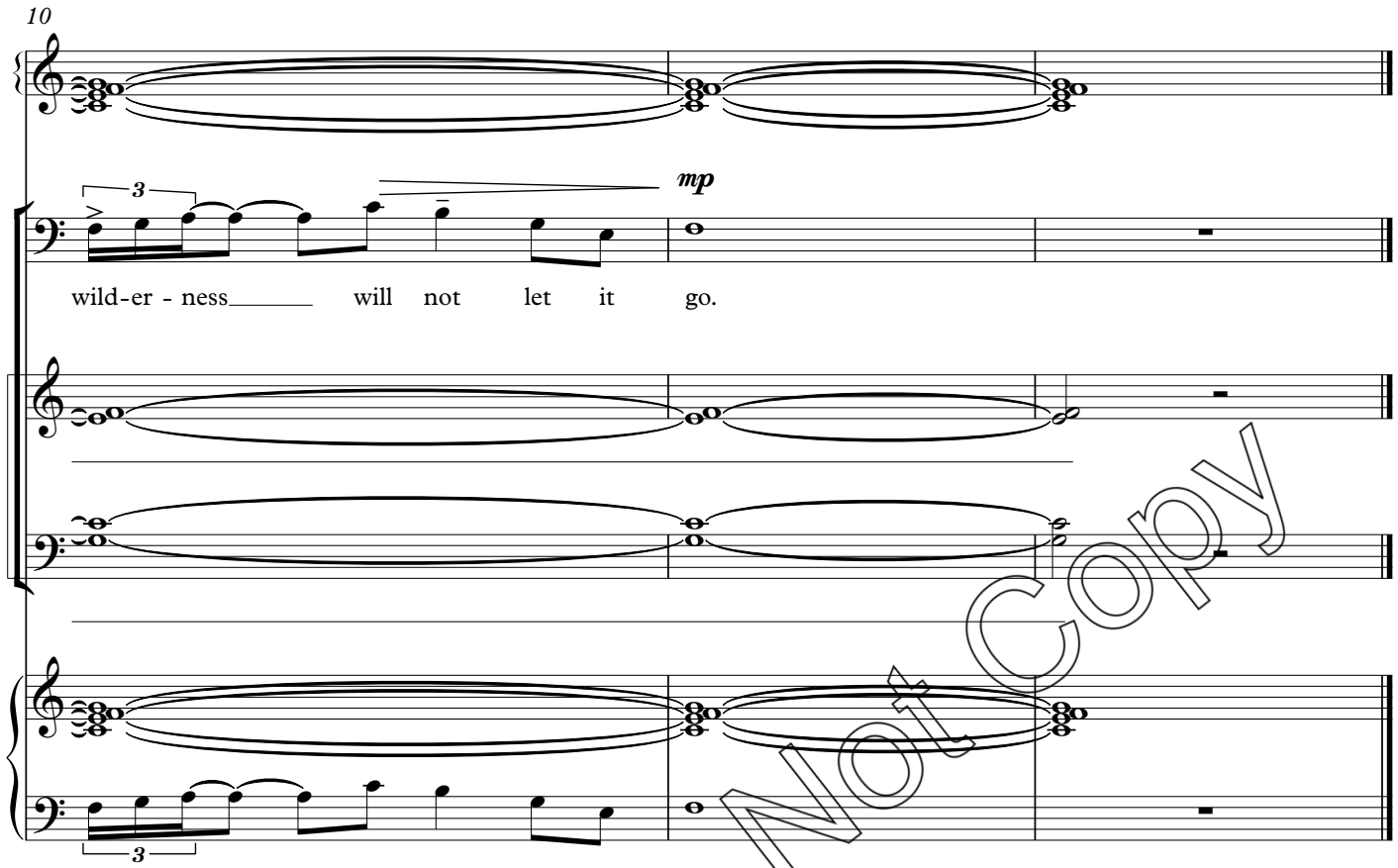

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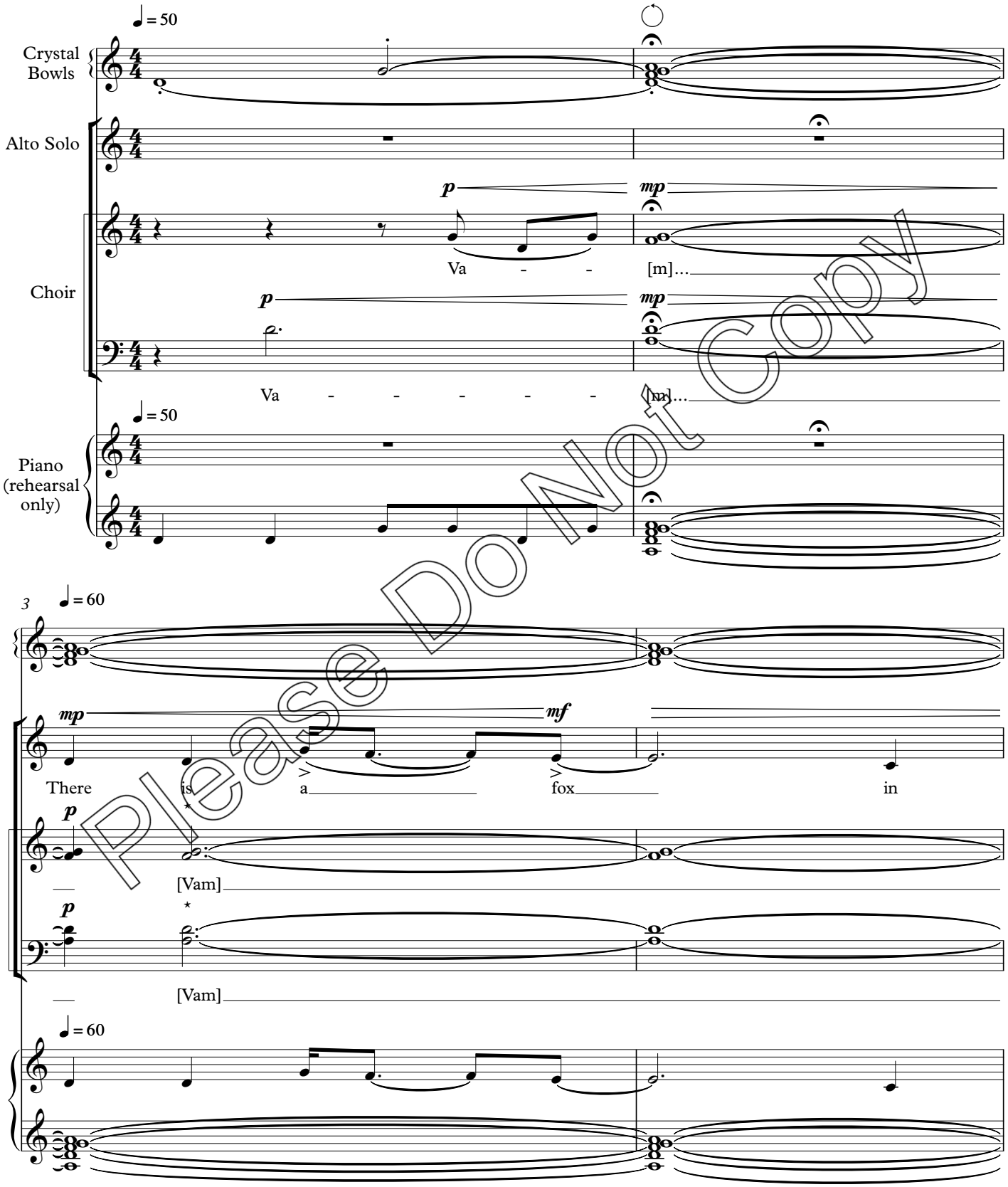
OREGON

Mt. Thielsen Wilderness: Wilderness

For Alto Soloist, SATB Chorus & Crystal Singing Bowls

Words by Carl Sandburg

Music by Jeffrey M. Derus



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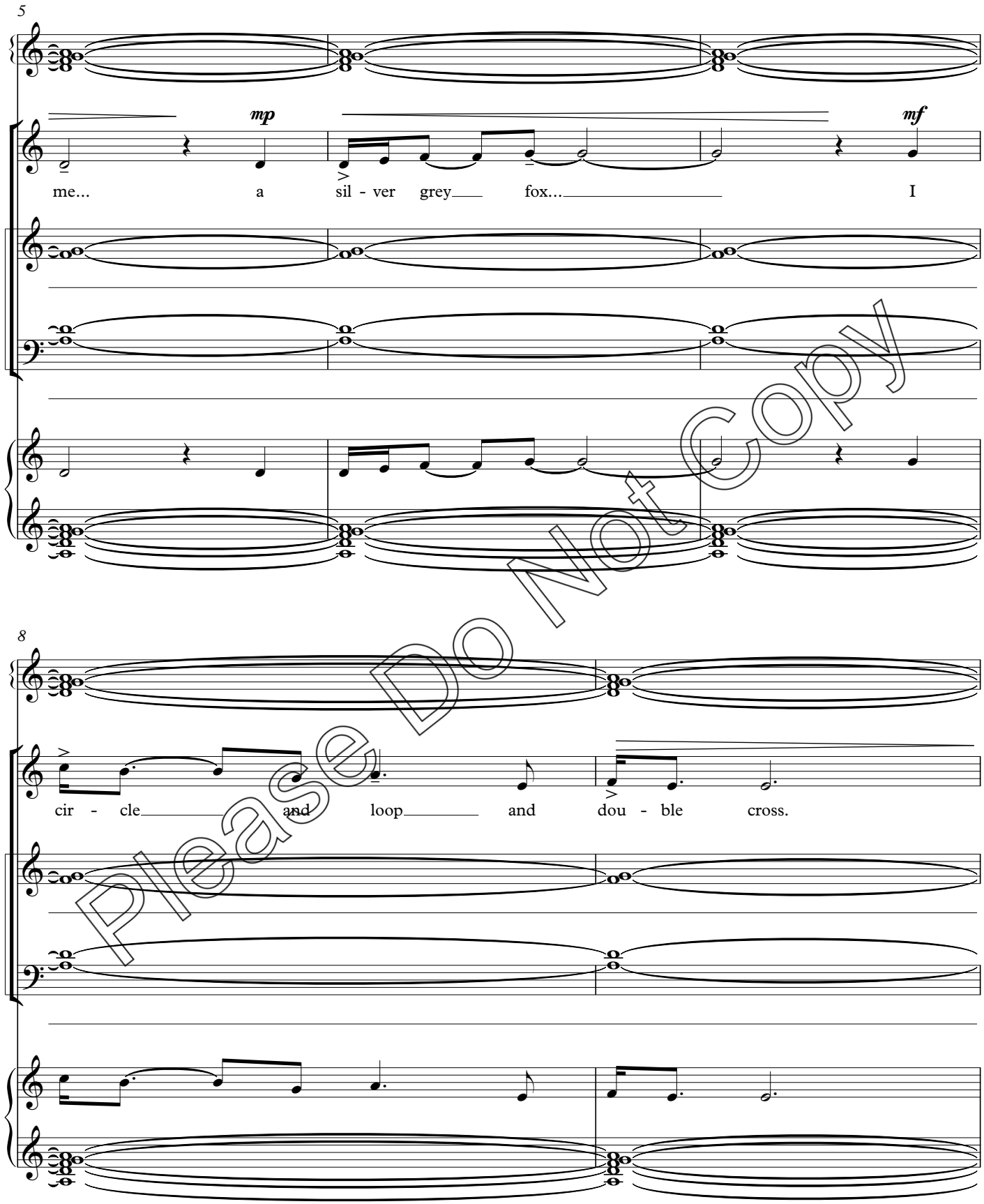
* Each singer will repeat [Vam] on the notated pitch at their own speed and expression.



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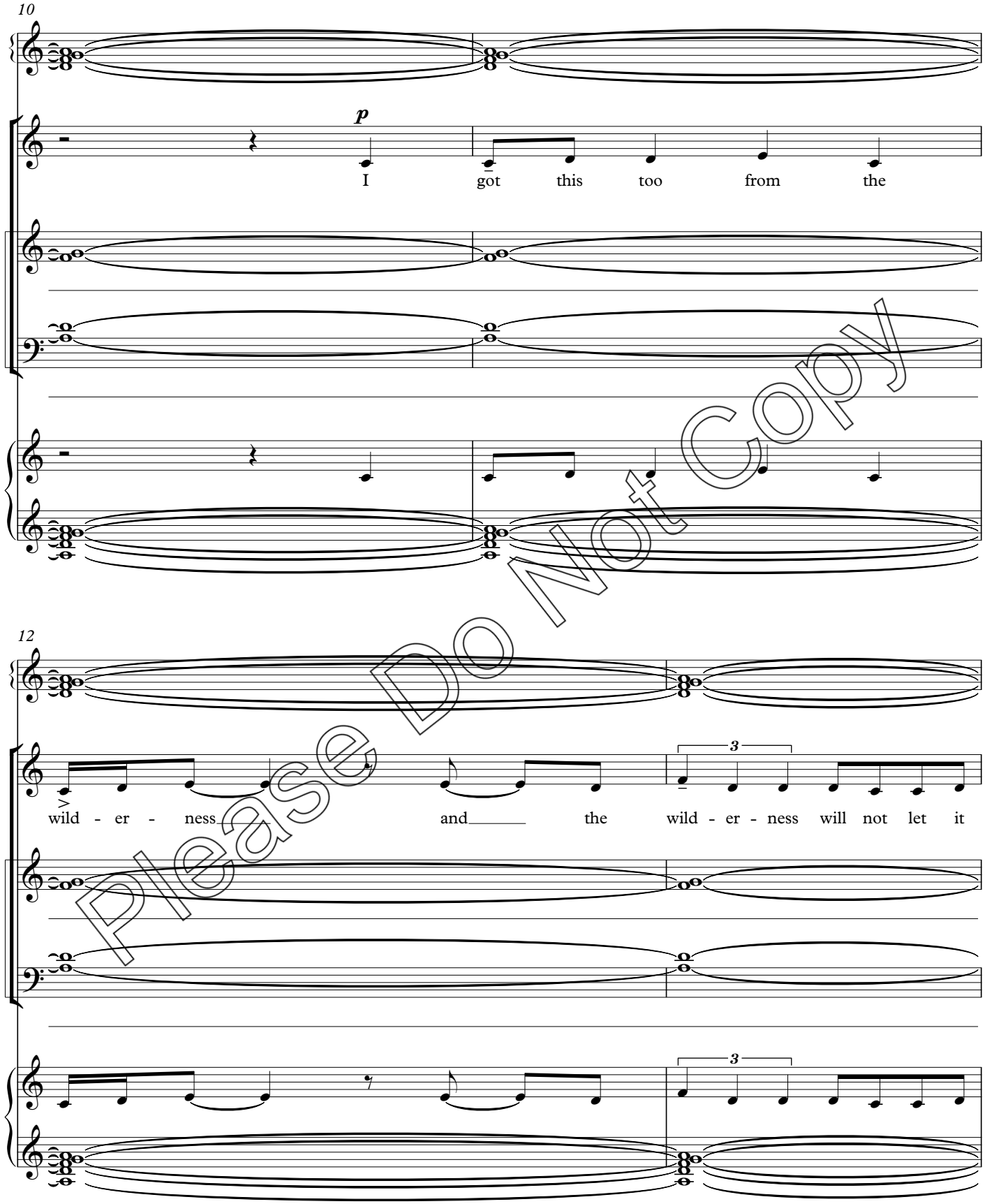

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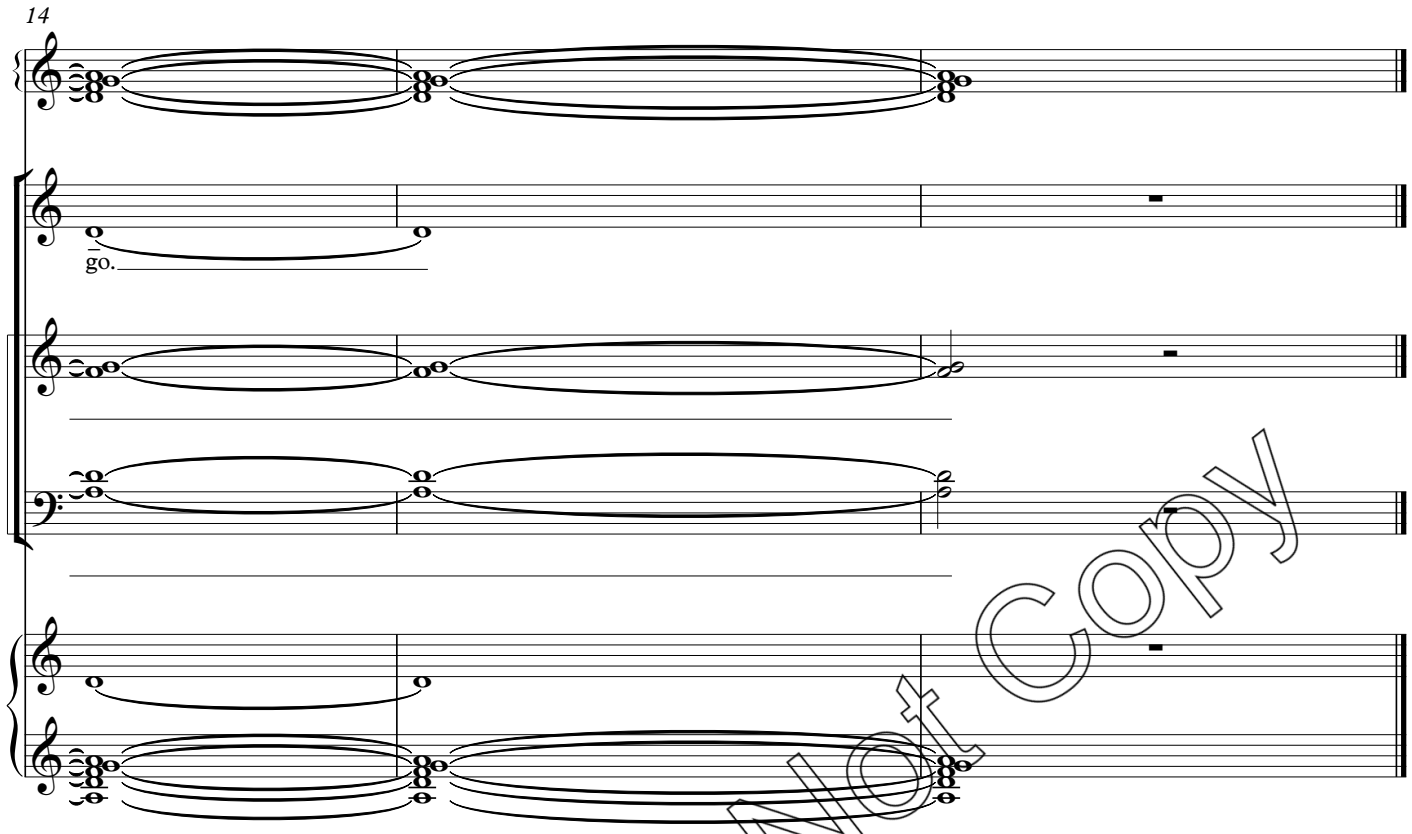

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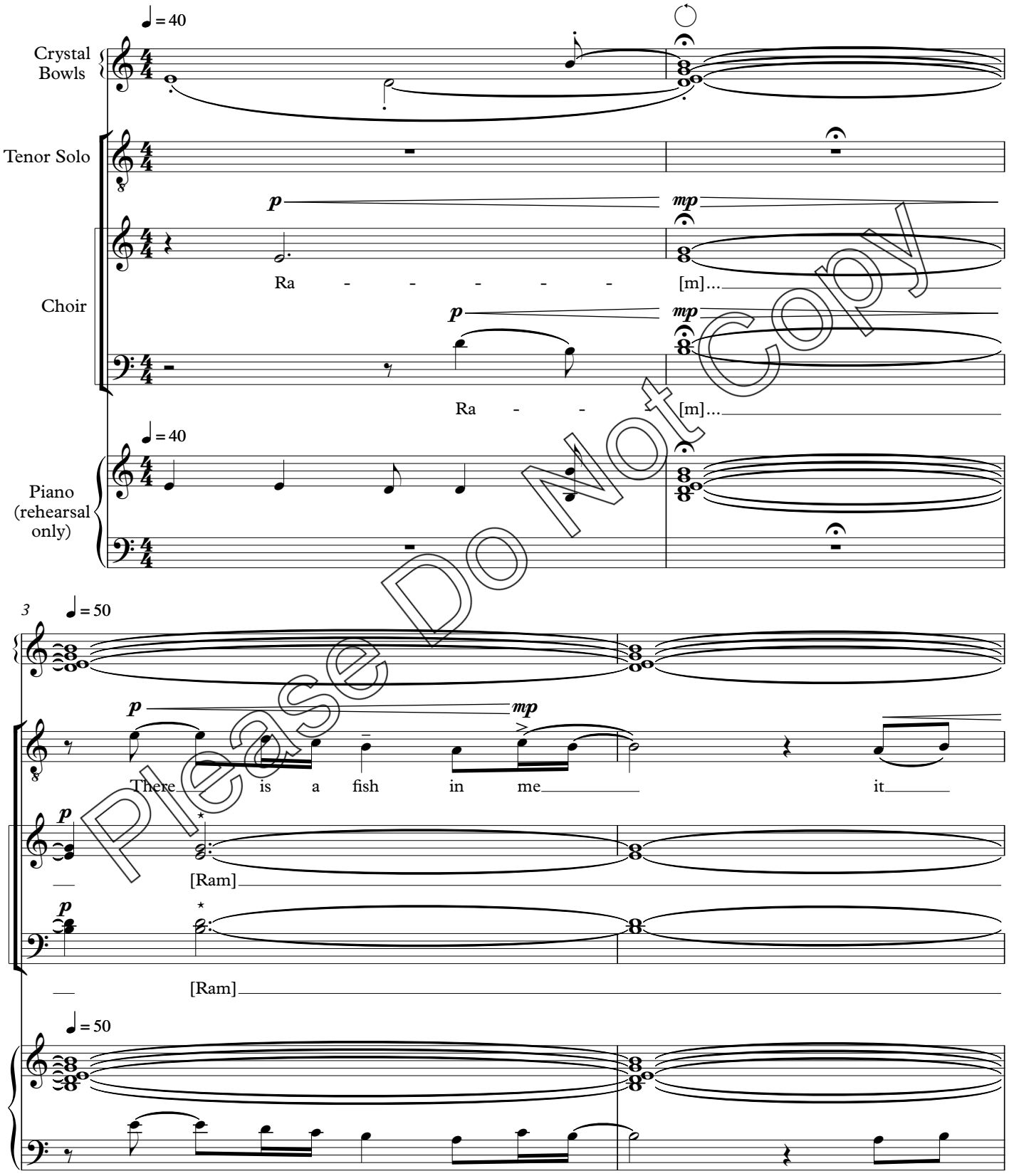
OREGON

Diamond Peak Wilderness: Wilderness

For Tenor Soloist, SATB Chorus & Crystal Singing Bowls

Words by Carl Sandburg

Music by Jeffrey M. Derus



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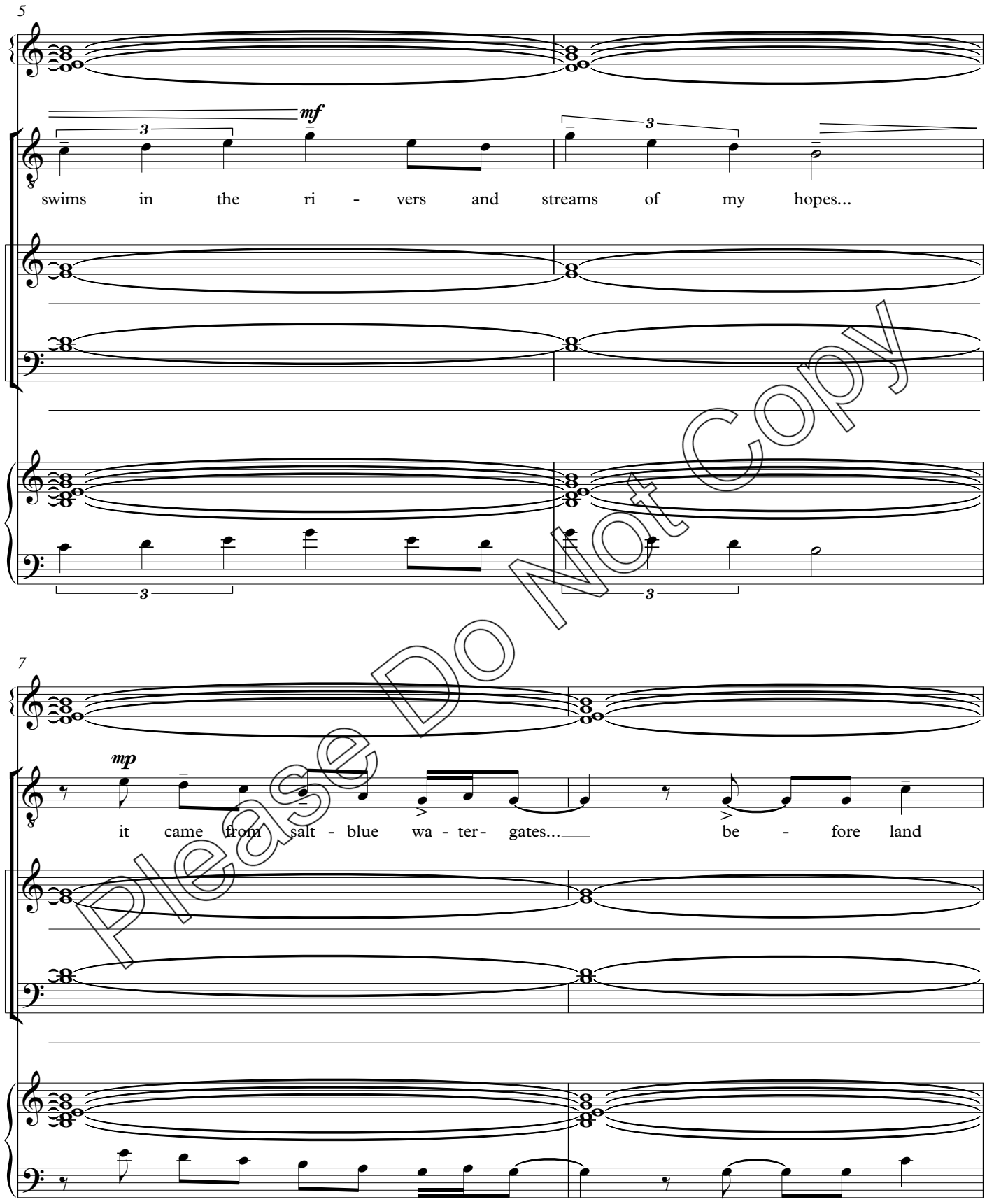
* Each singer will repeat [Ram] on the notated pitch at their own speed and expression.



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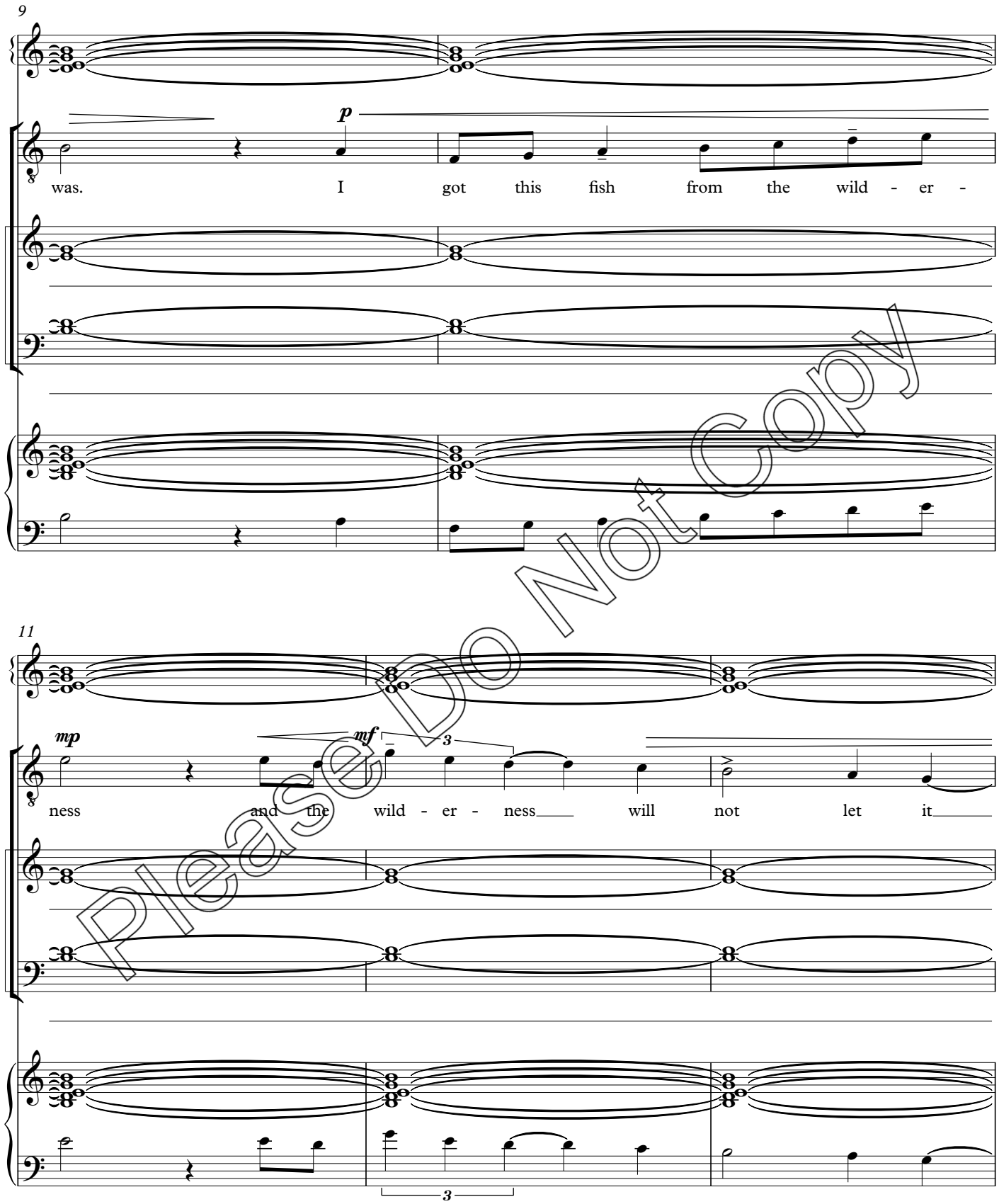

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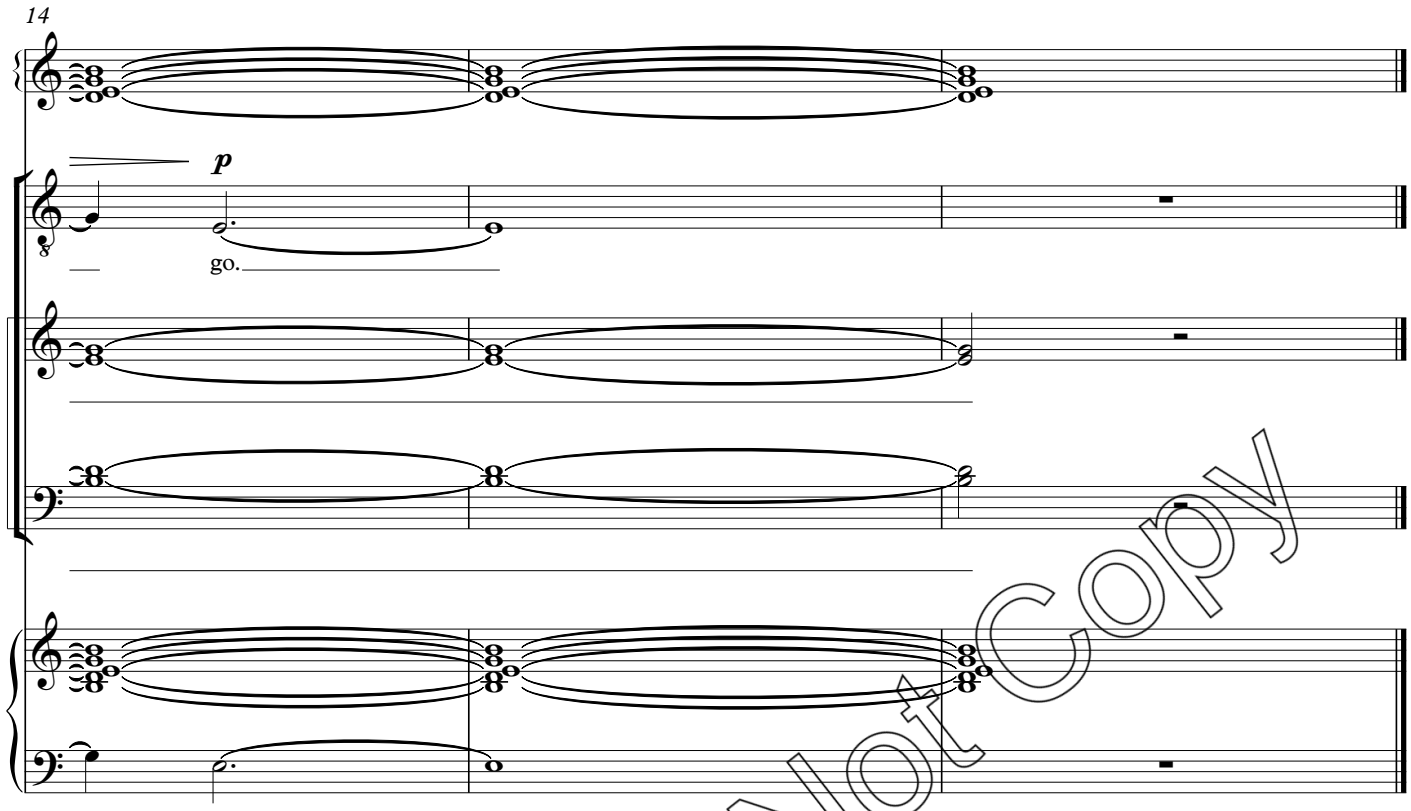

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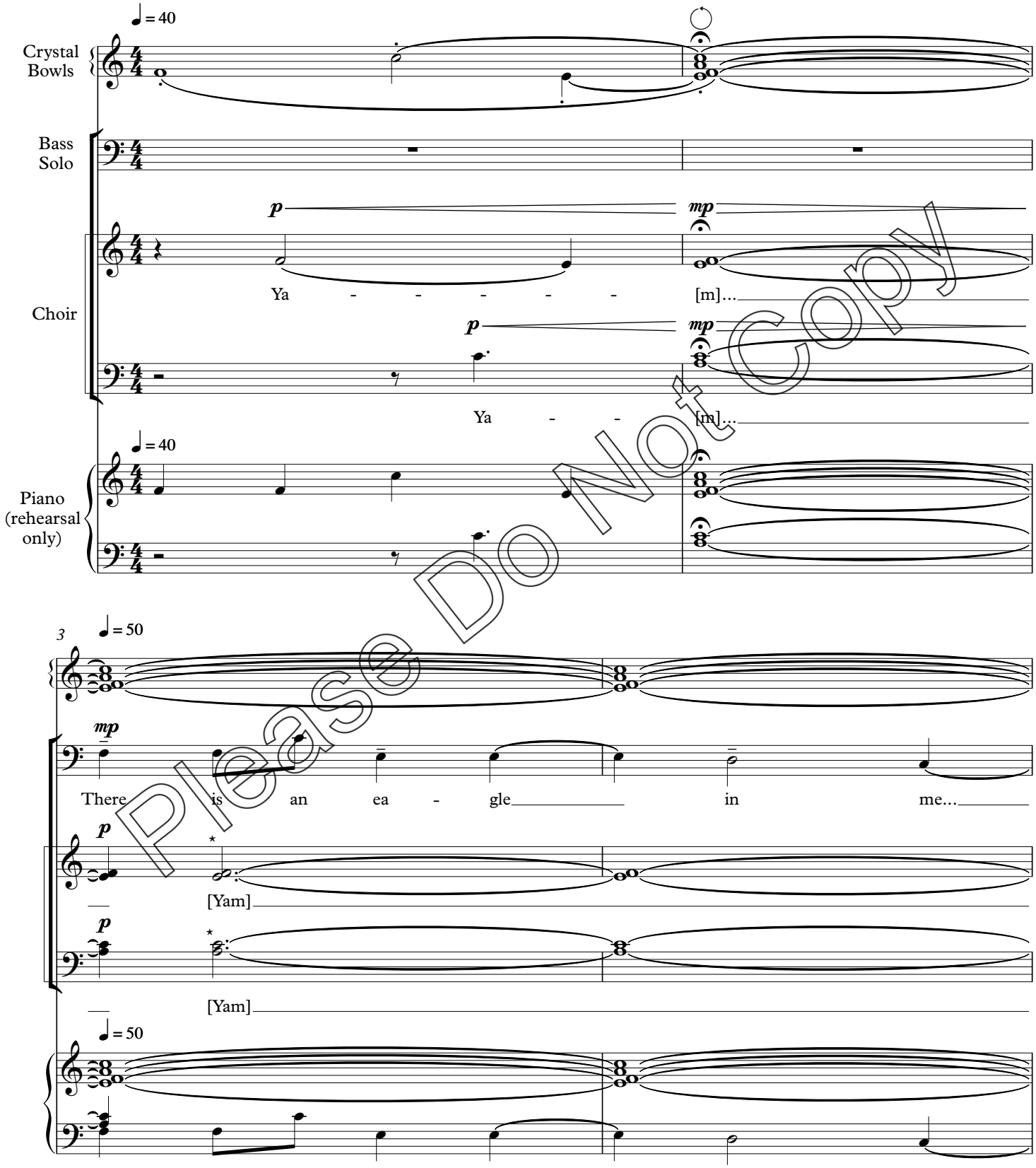
OREGON

Mt. Washington Wilderness: Wilderness

For Bass Soloist, SATB Chorus & Crystal Singing Bowls

Words by Carl Sandburg

Music by Jeffrey M. Derus



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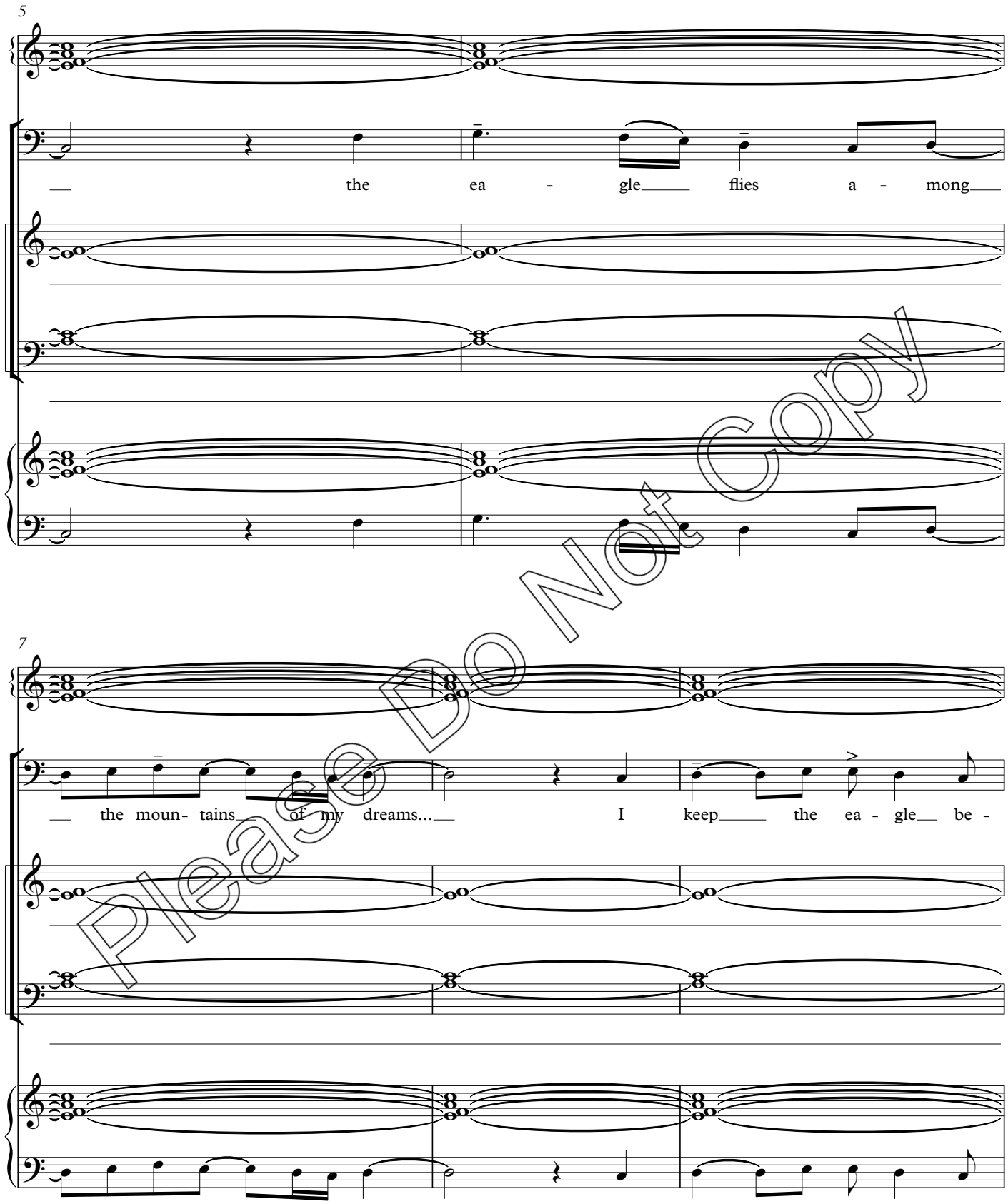
⋆ Each singer will repeat [Yam] on the notated pitch at their own speed and expression.



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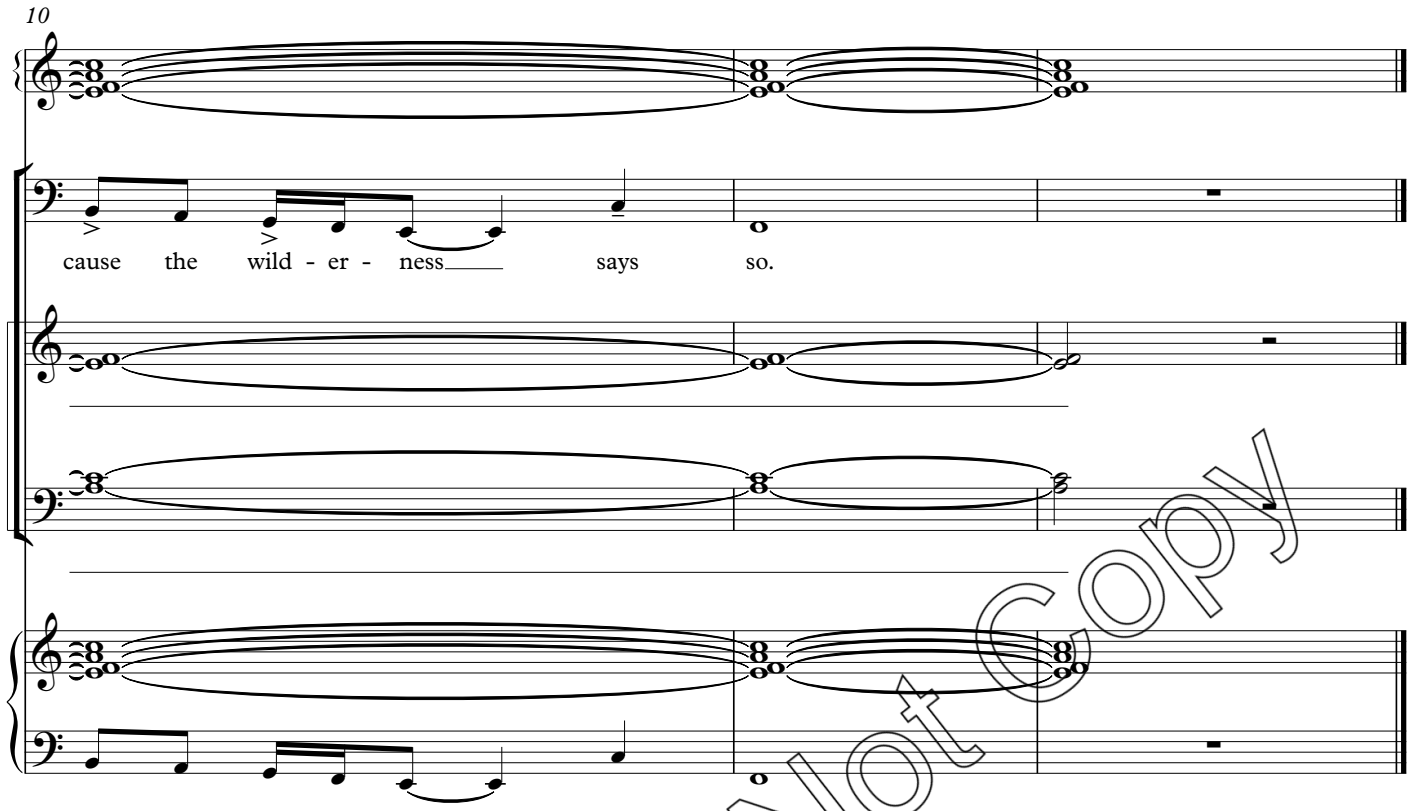

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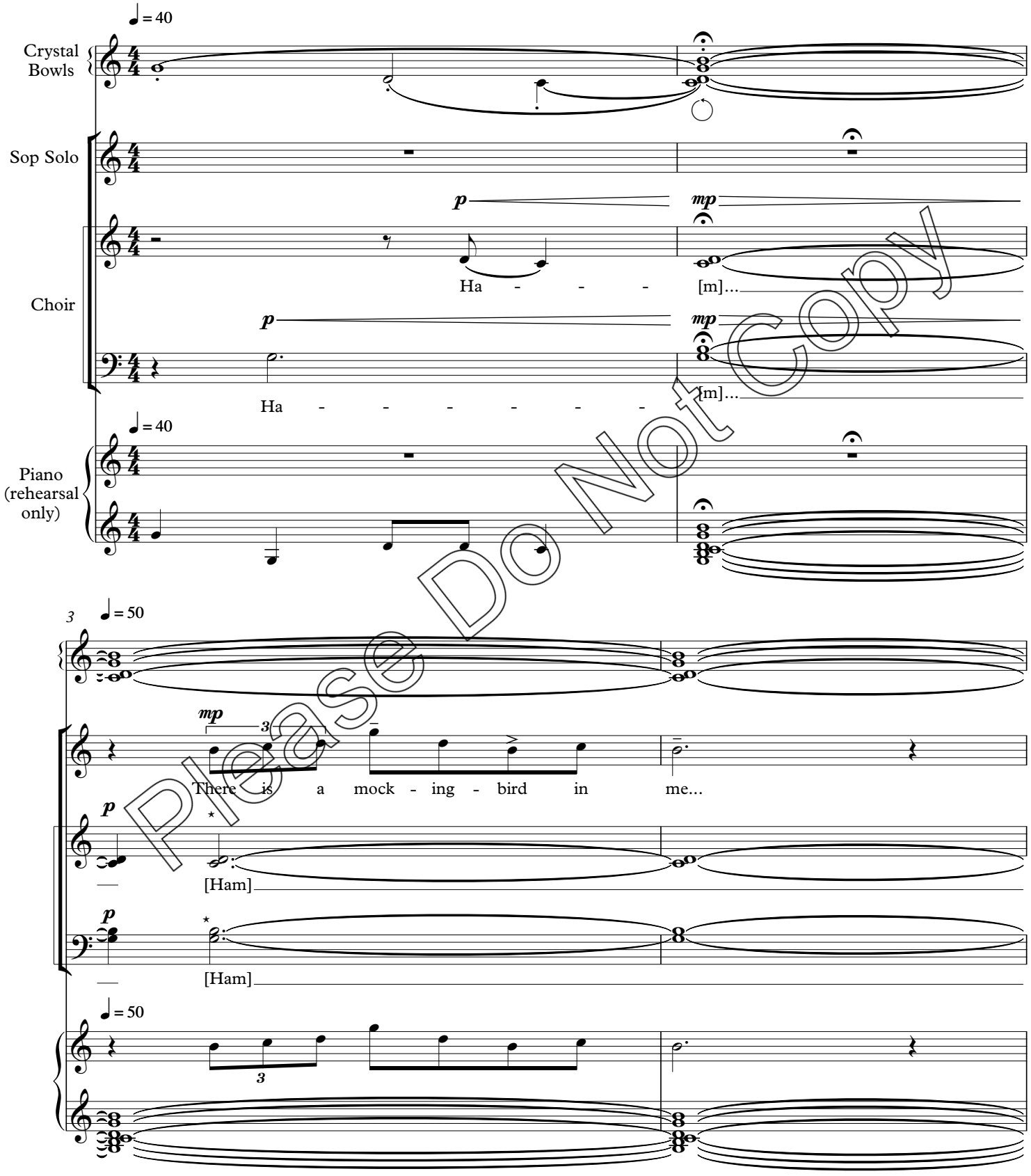
OREGON

Mt. Jefferson Wilderness: Wilderness

For Soprano Soloist, SATB Chorus & Crystal Singing Bowls

Words by Carl Sandburg

Music by Jeffrey M. Derus



⋆ Each singer will repeat [Ham] on the notated pitch at their own speed and expression.

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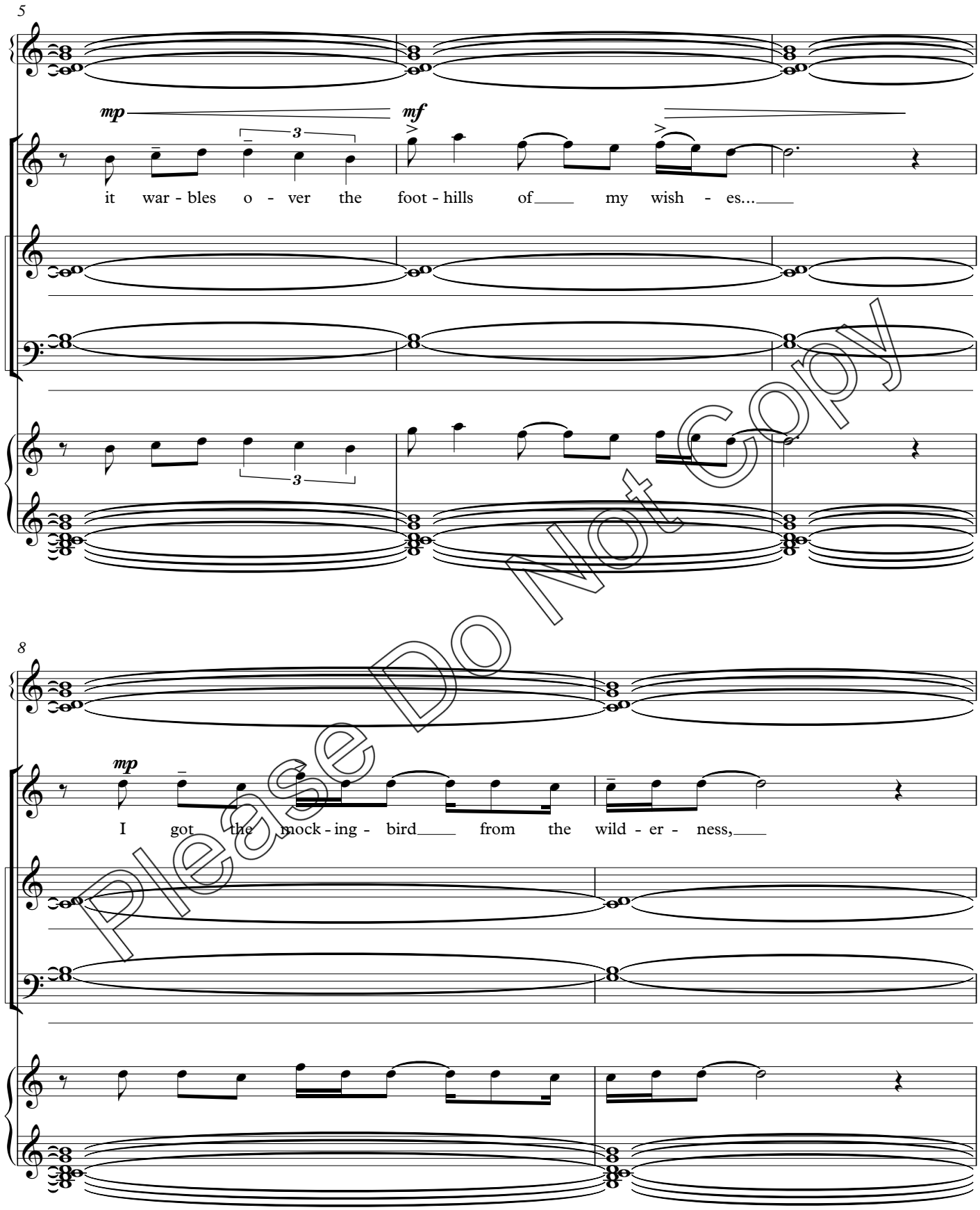

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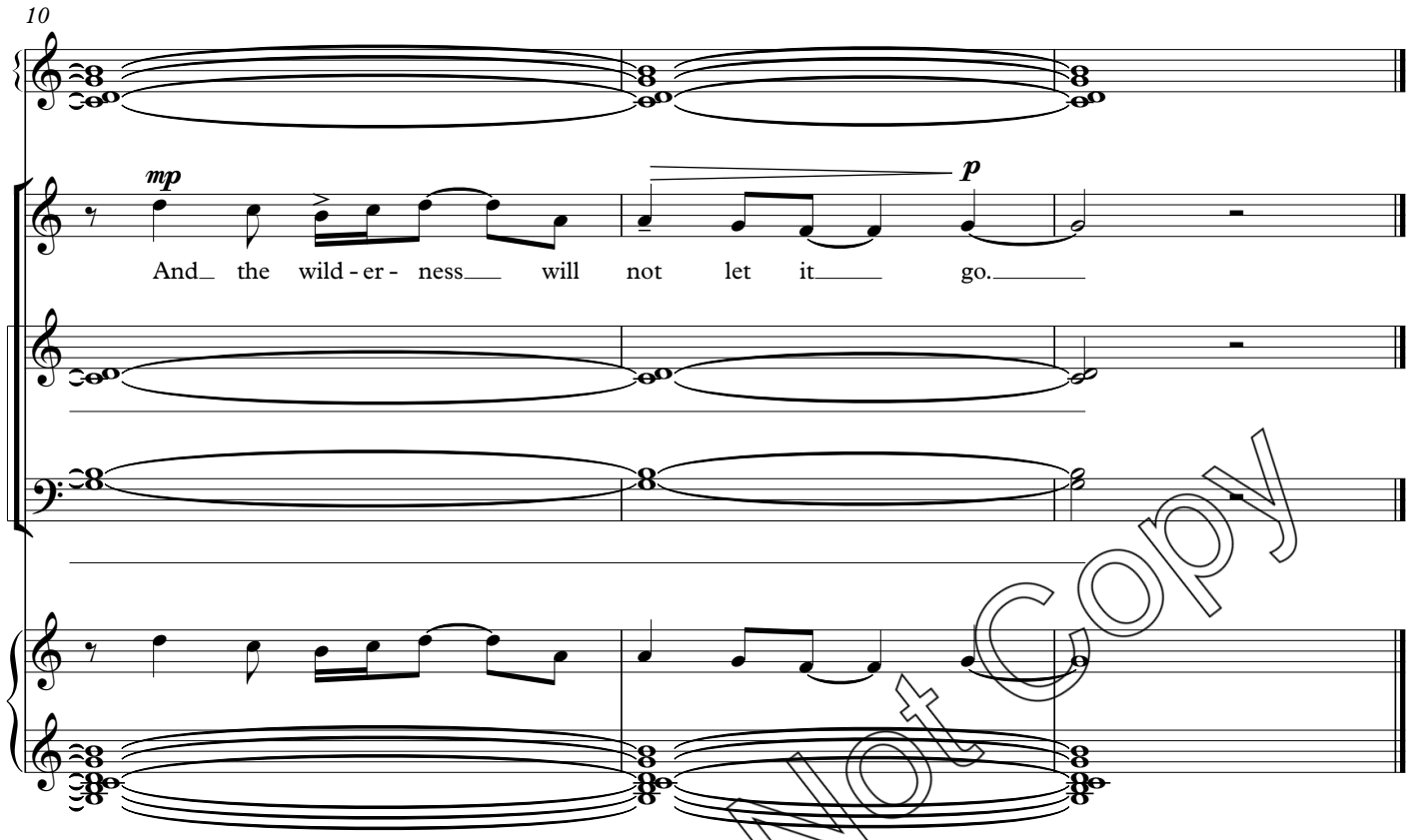

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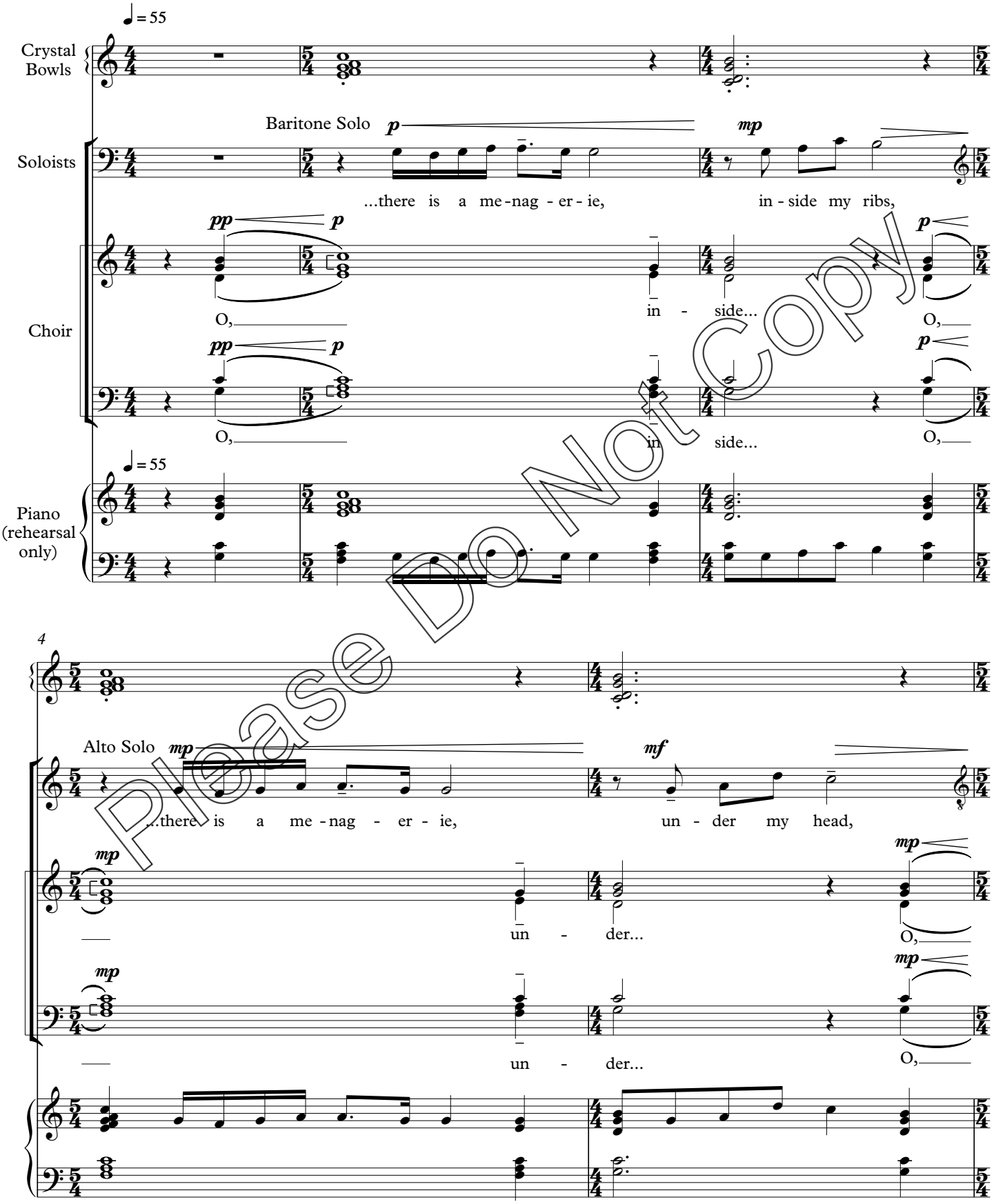
OREGON

Mt. Hood Wilderness: Wilderness

For SATB Soli, SATB Chorus & Crystal Singing Bowls

Words by Carl Sandburg

Music by Jeffrey M. Derus



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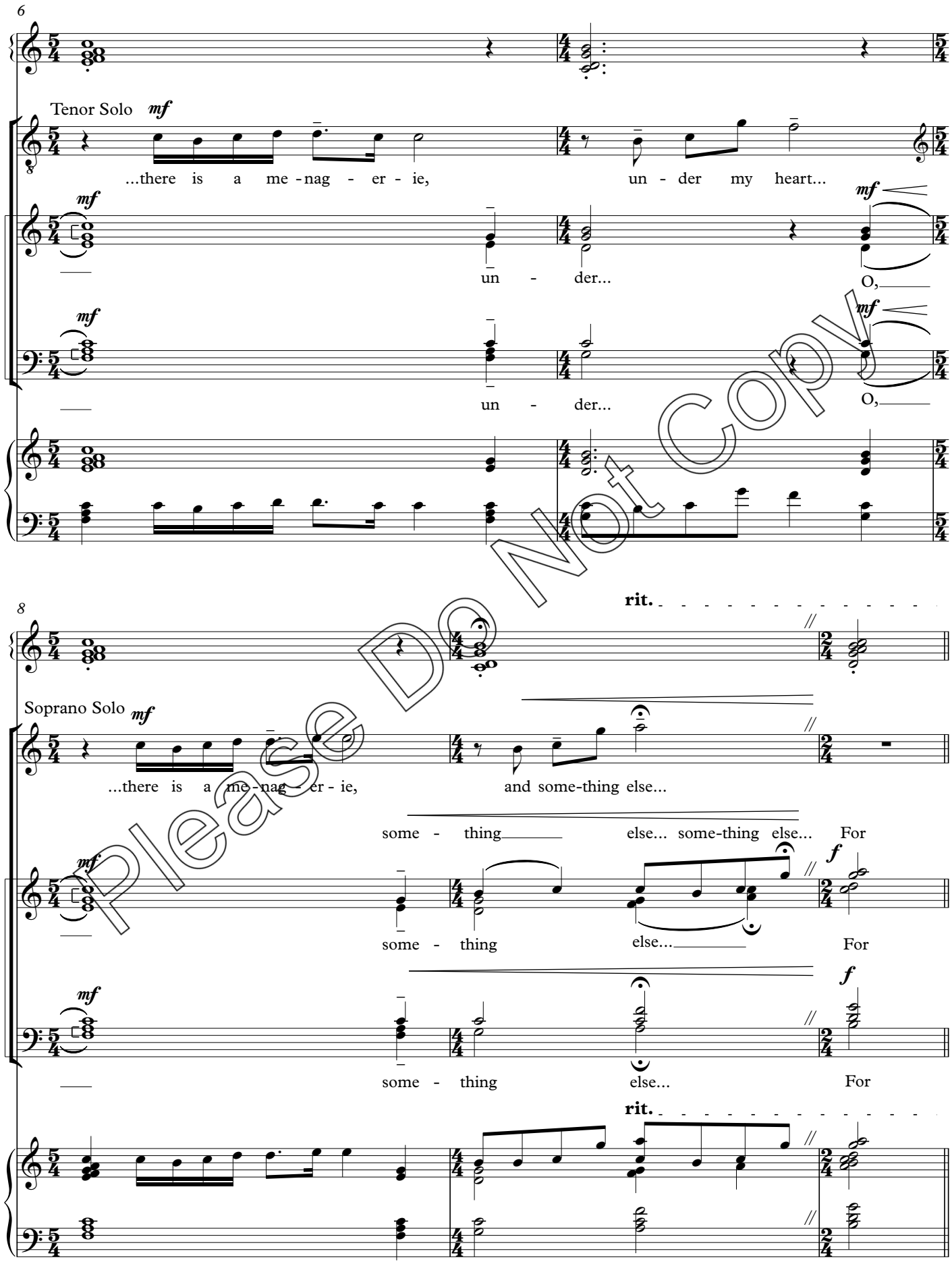

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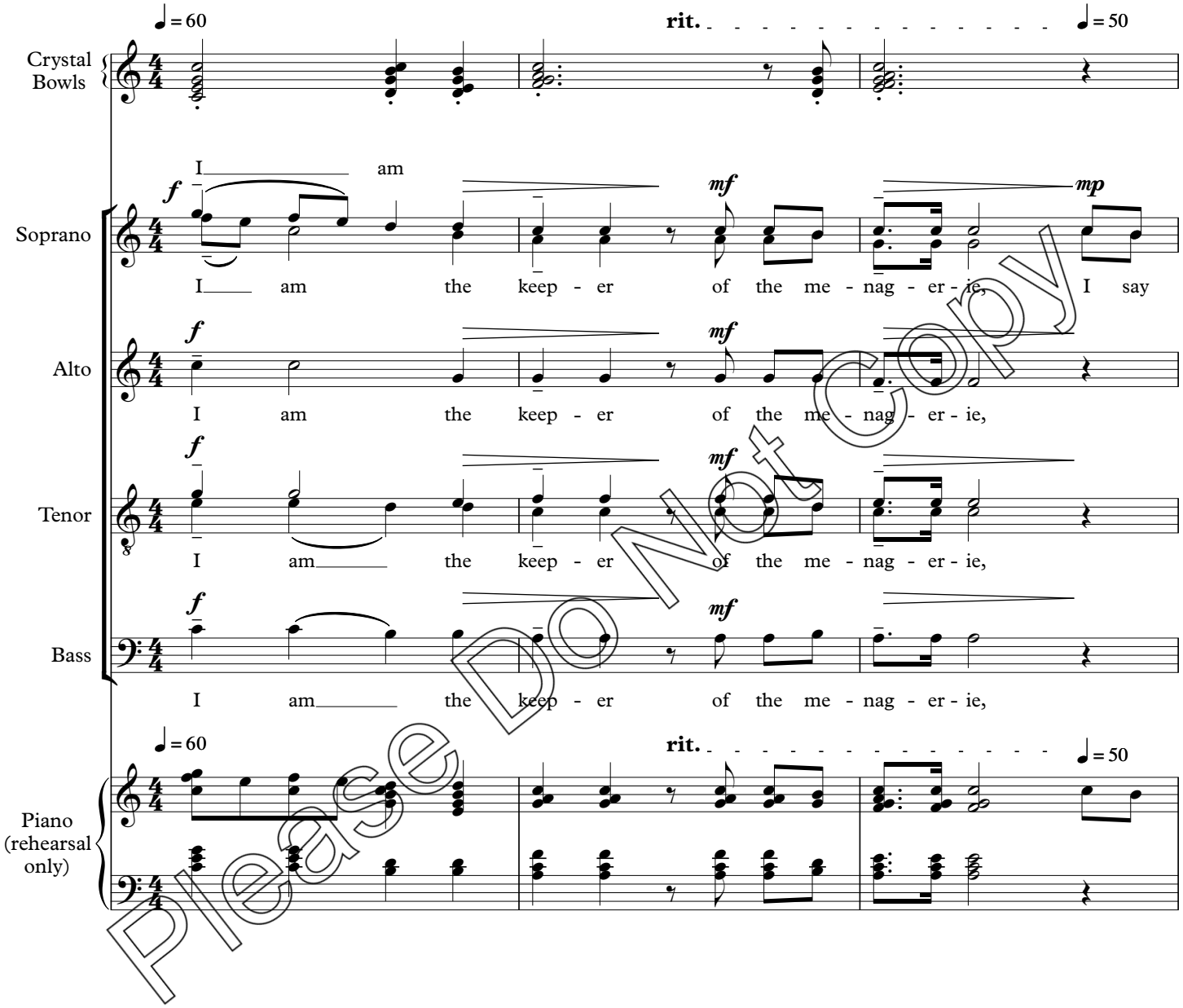
OREGON

Cascade Locks: Wilderness

For SATB Chorus & Crystal Singing Bowls

Words by Carl Sandburg

Music by Jeffrey M. Derus



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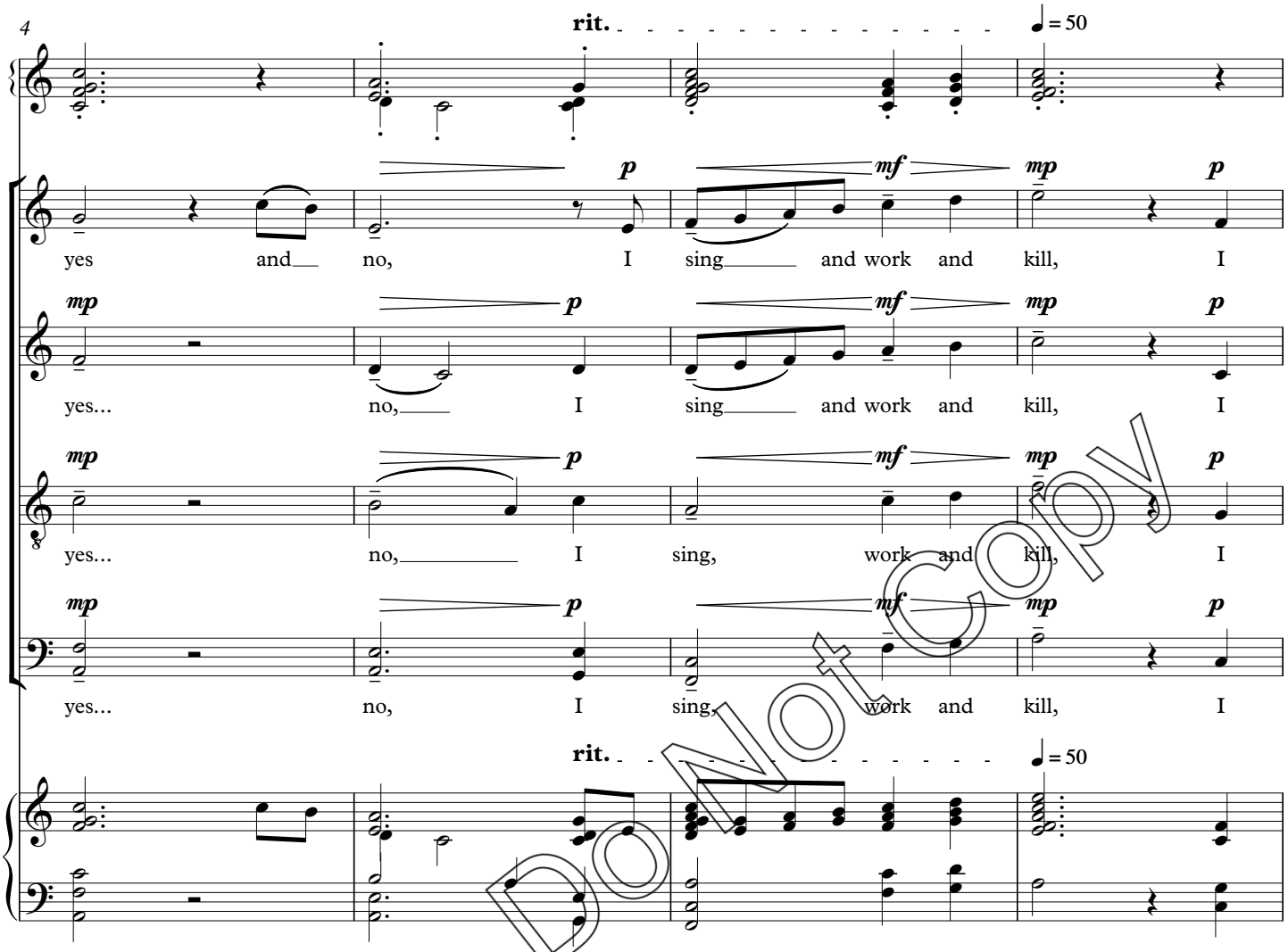

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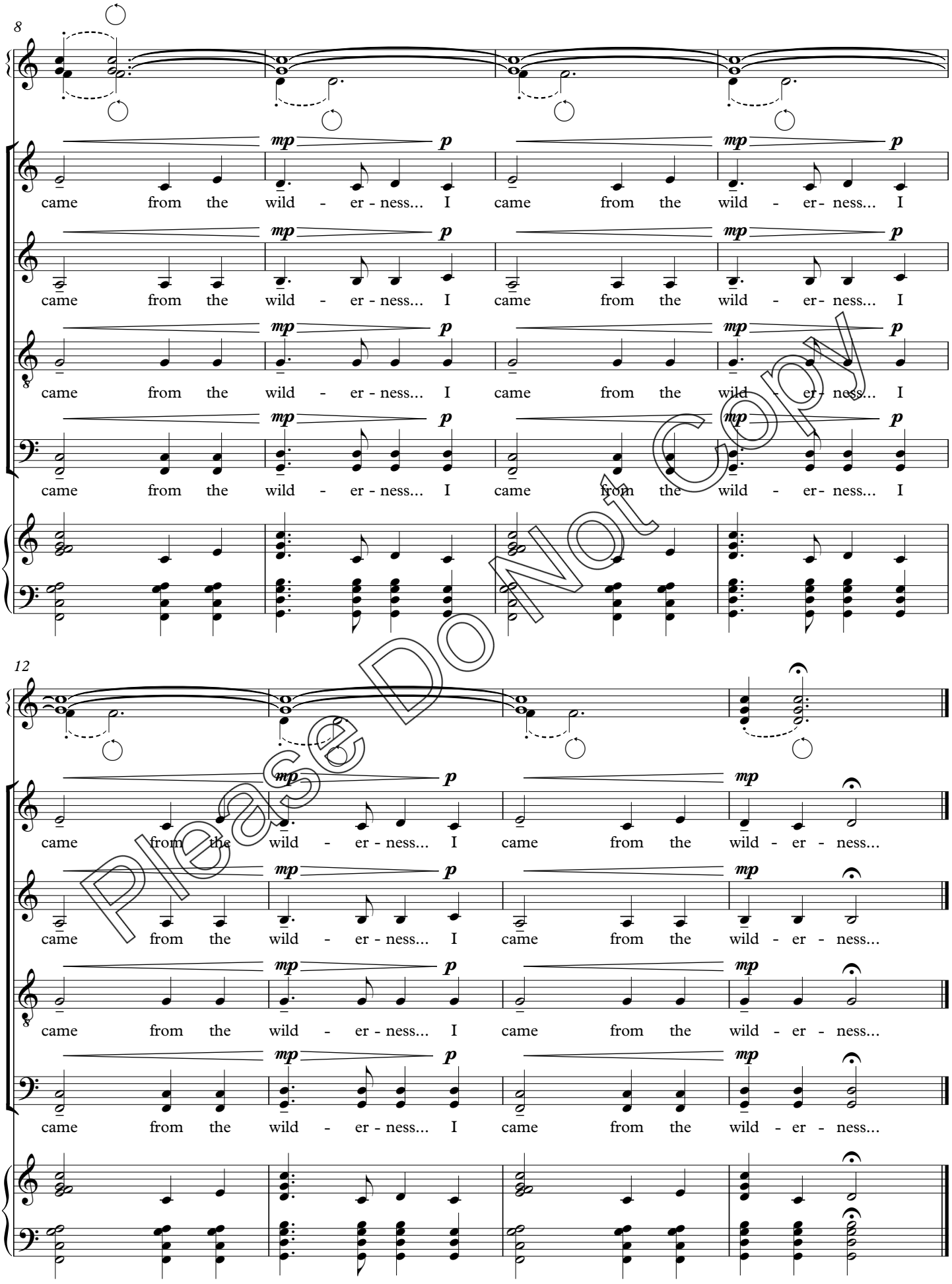

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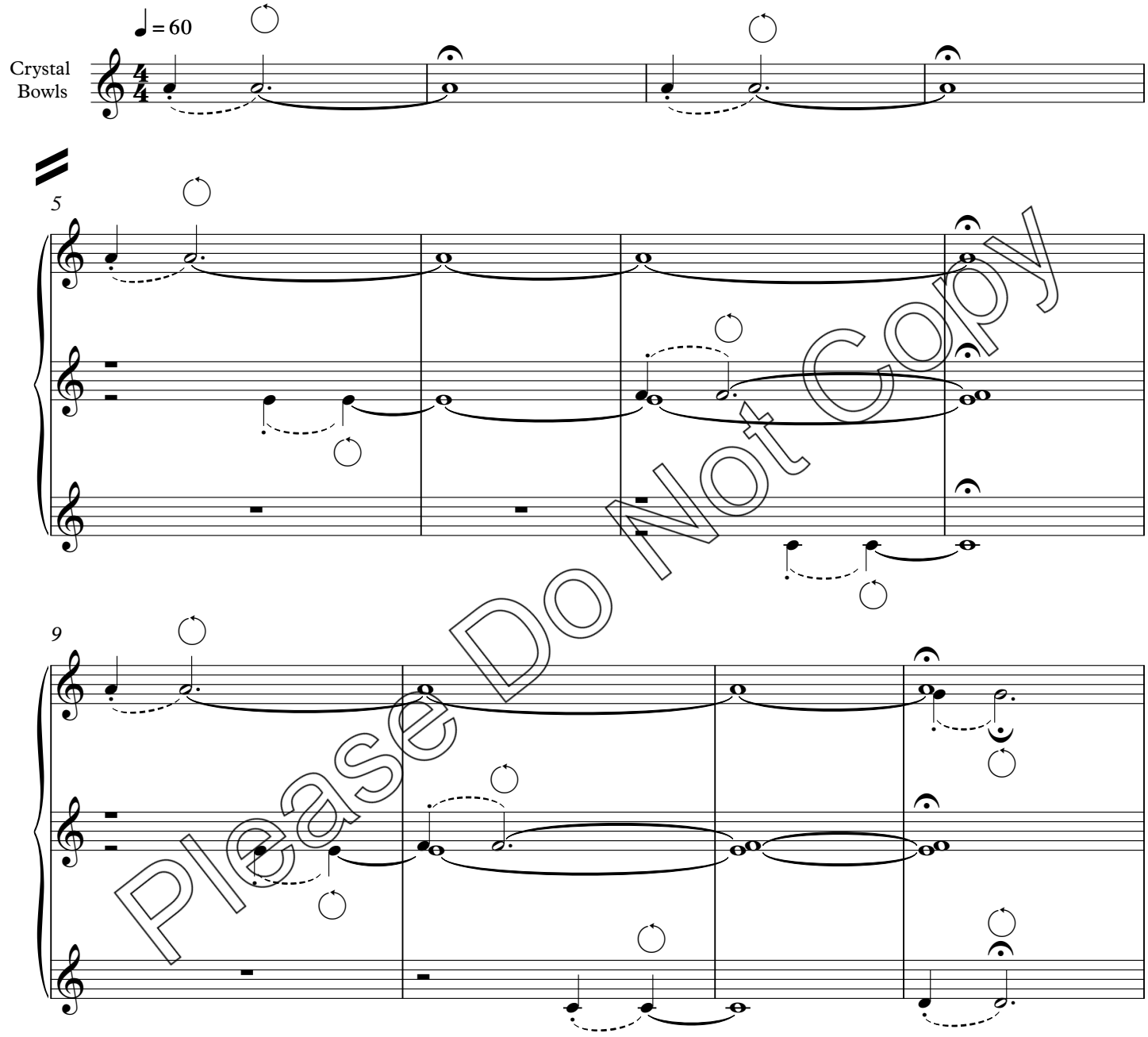
THIRD EYE

Intuition Chakra

For Crystal Singing Bowls

Music by Jeffrey M. Derus



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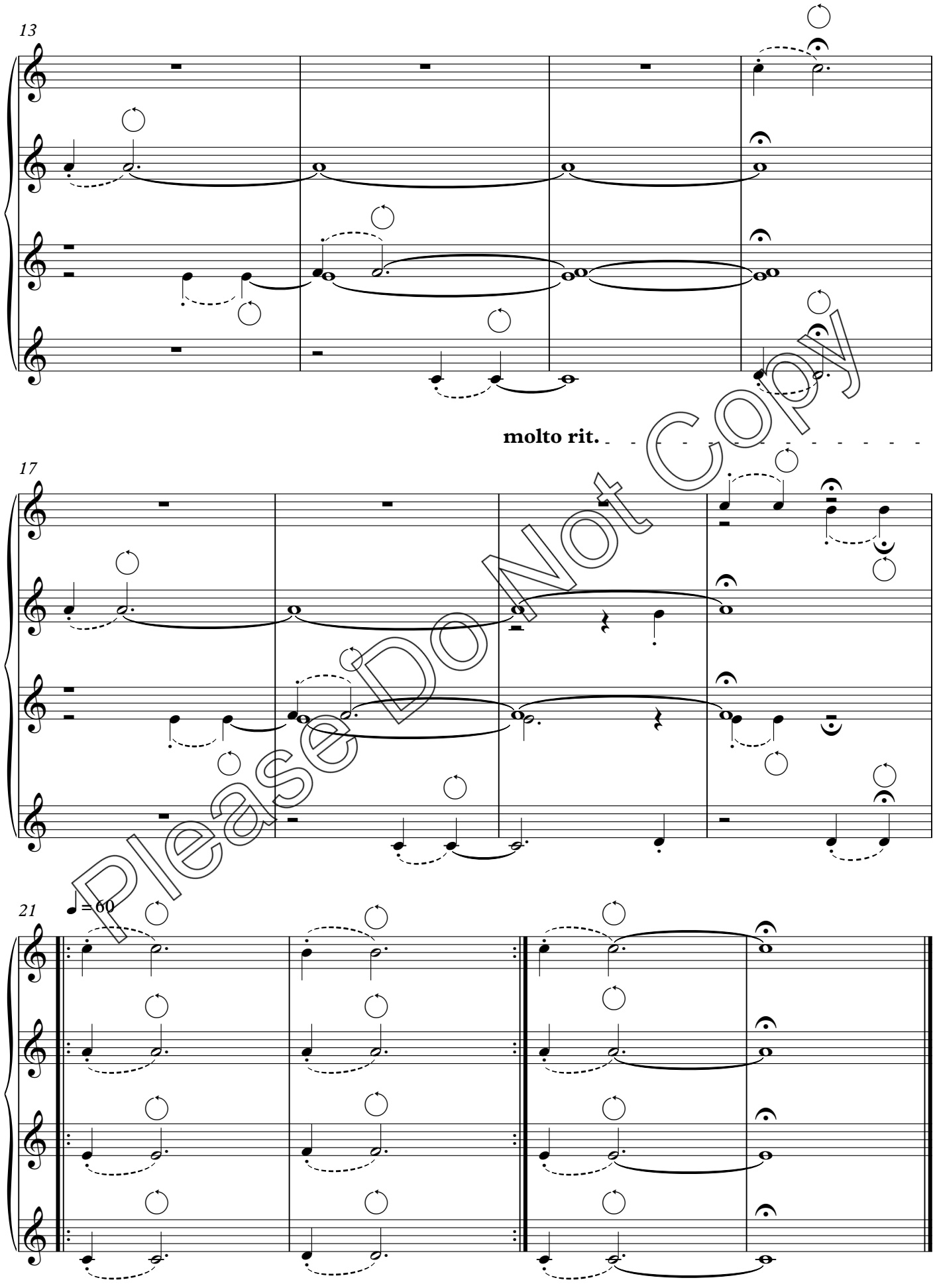

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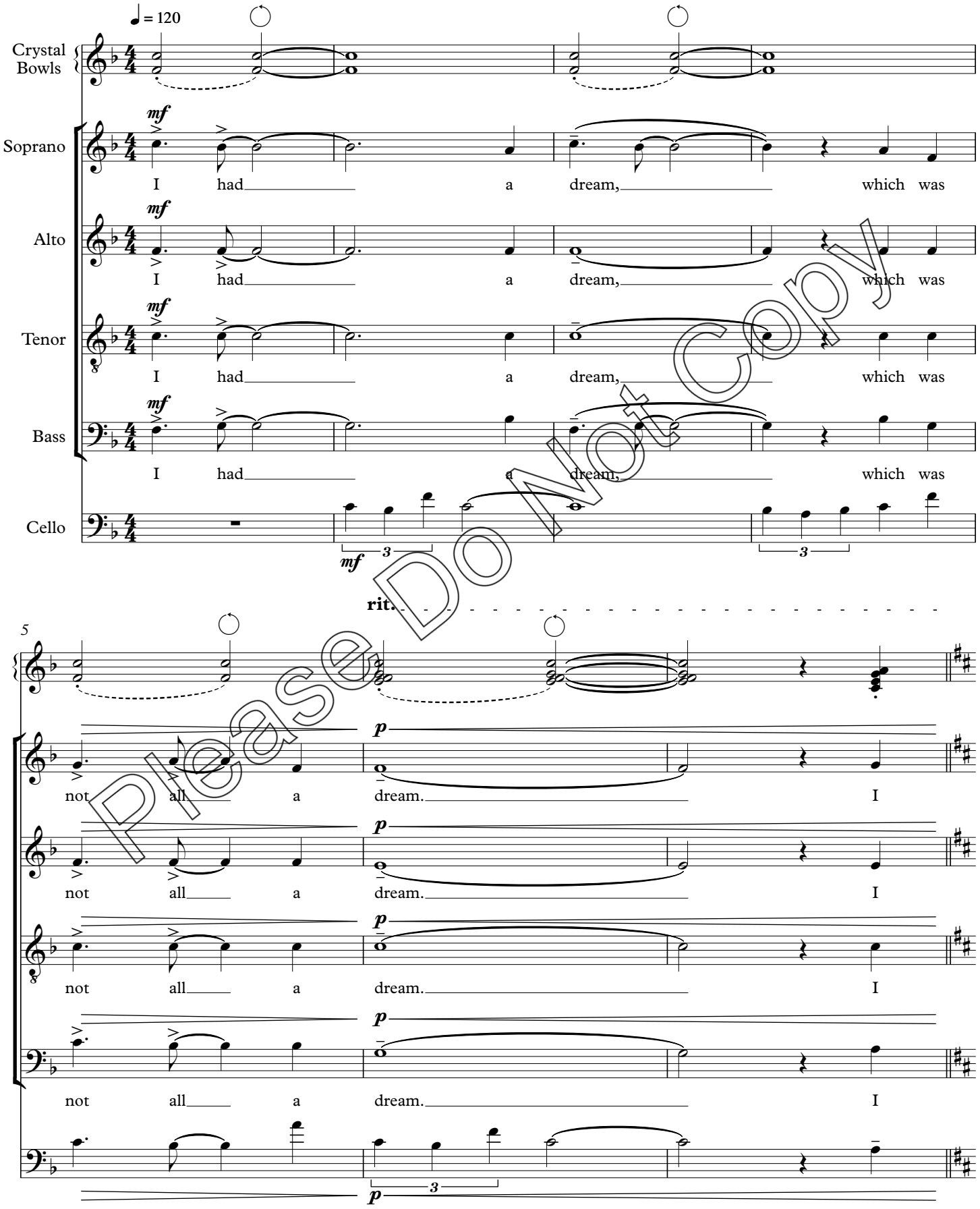
WASHINGTON

White Pass: Darkness

For SATB Chorus with Divisi, Cello & Crystal Singing Bowls

Words by George Gordon Byron

Music by Jeffrey M. Derus



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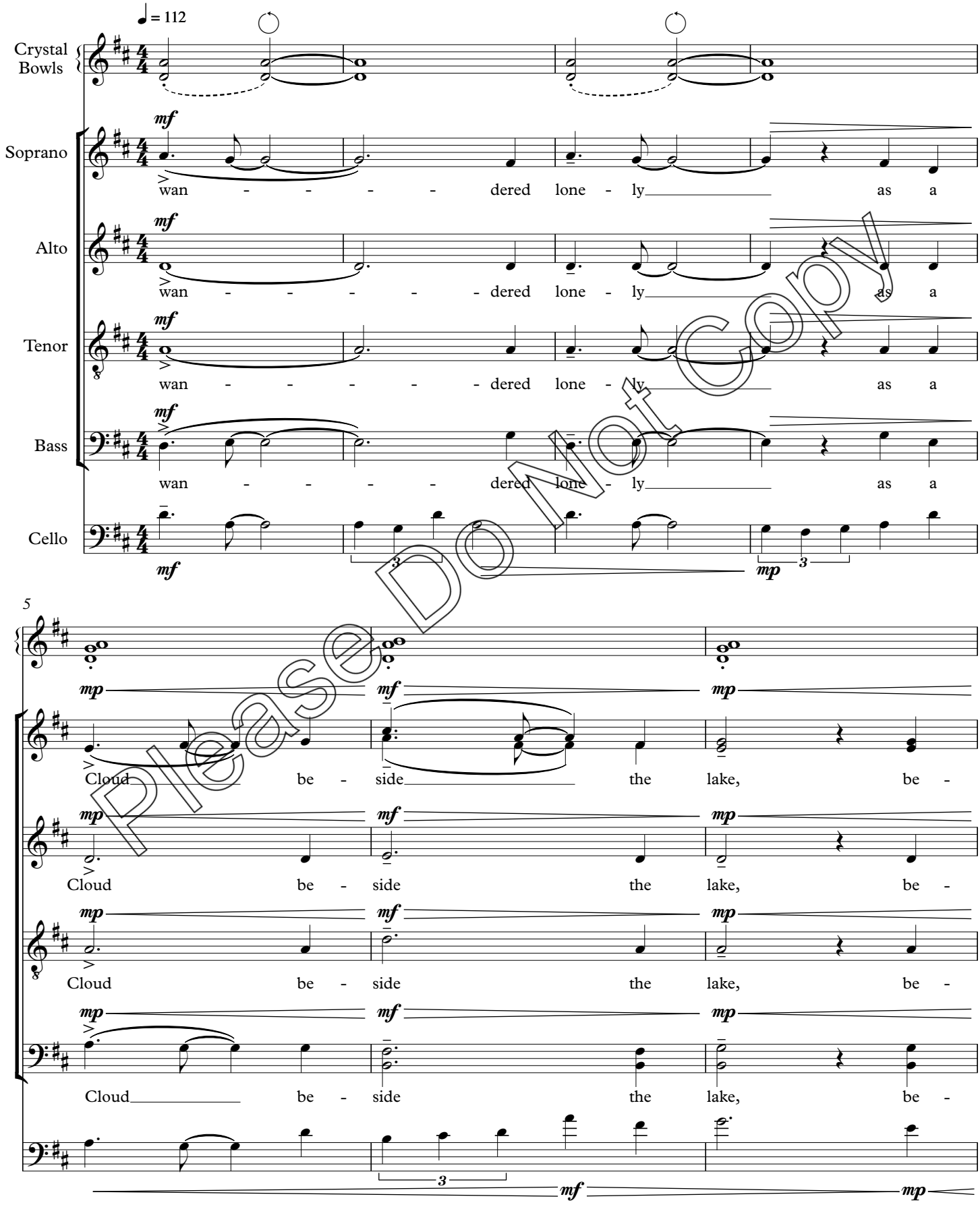
WASHINGTON

Snoqualmie Pass: I Wandered Lonely as a Cloud

For SATB Chorus with Divisi, Cello & Crystal Singing Bowls

Words by William Wordsworth

Music by Jeffrey M. Derus



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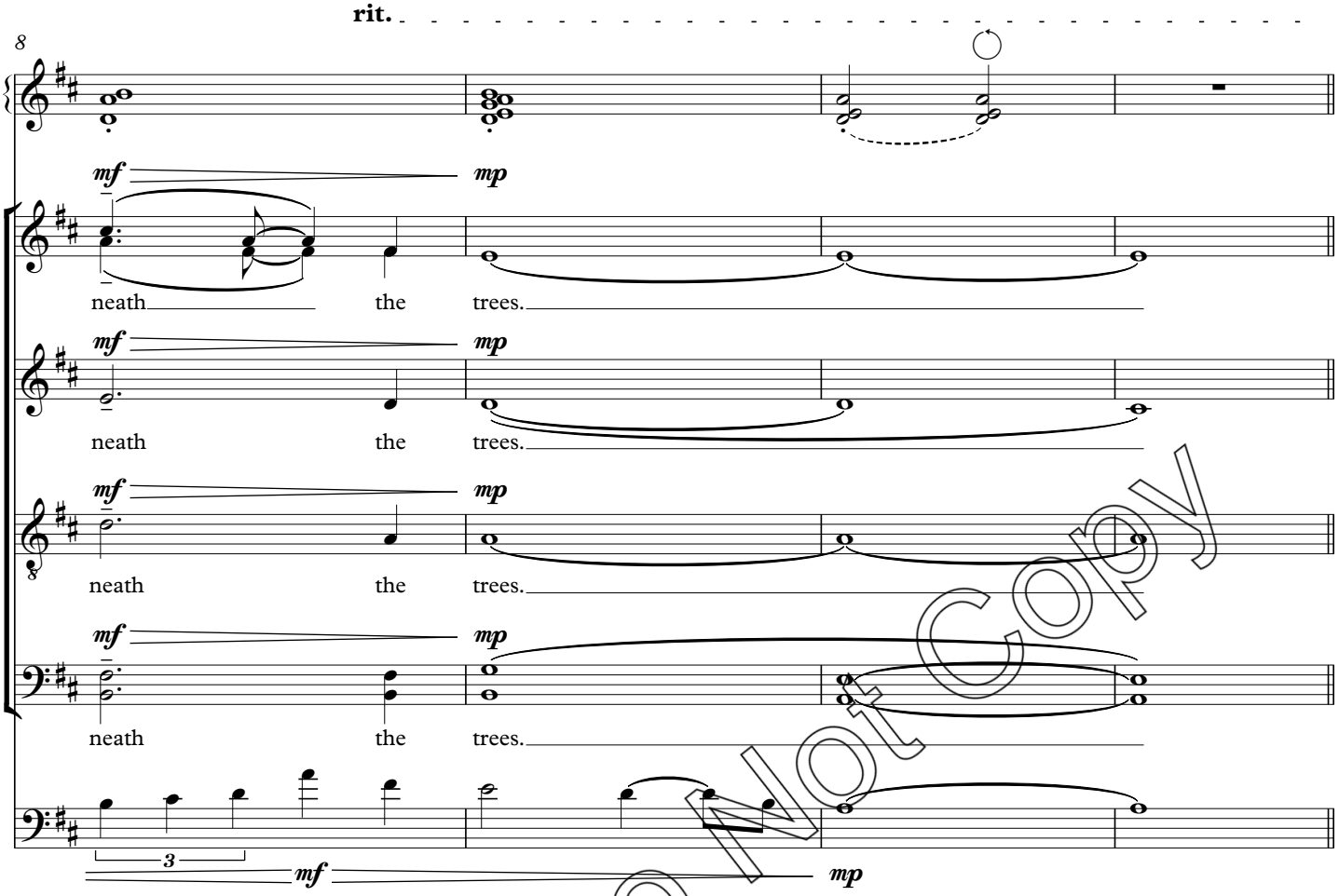

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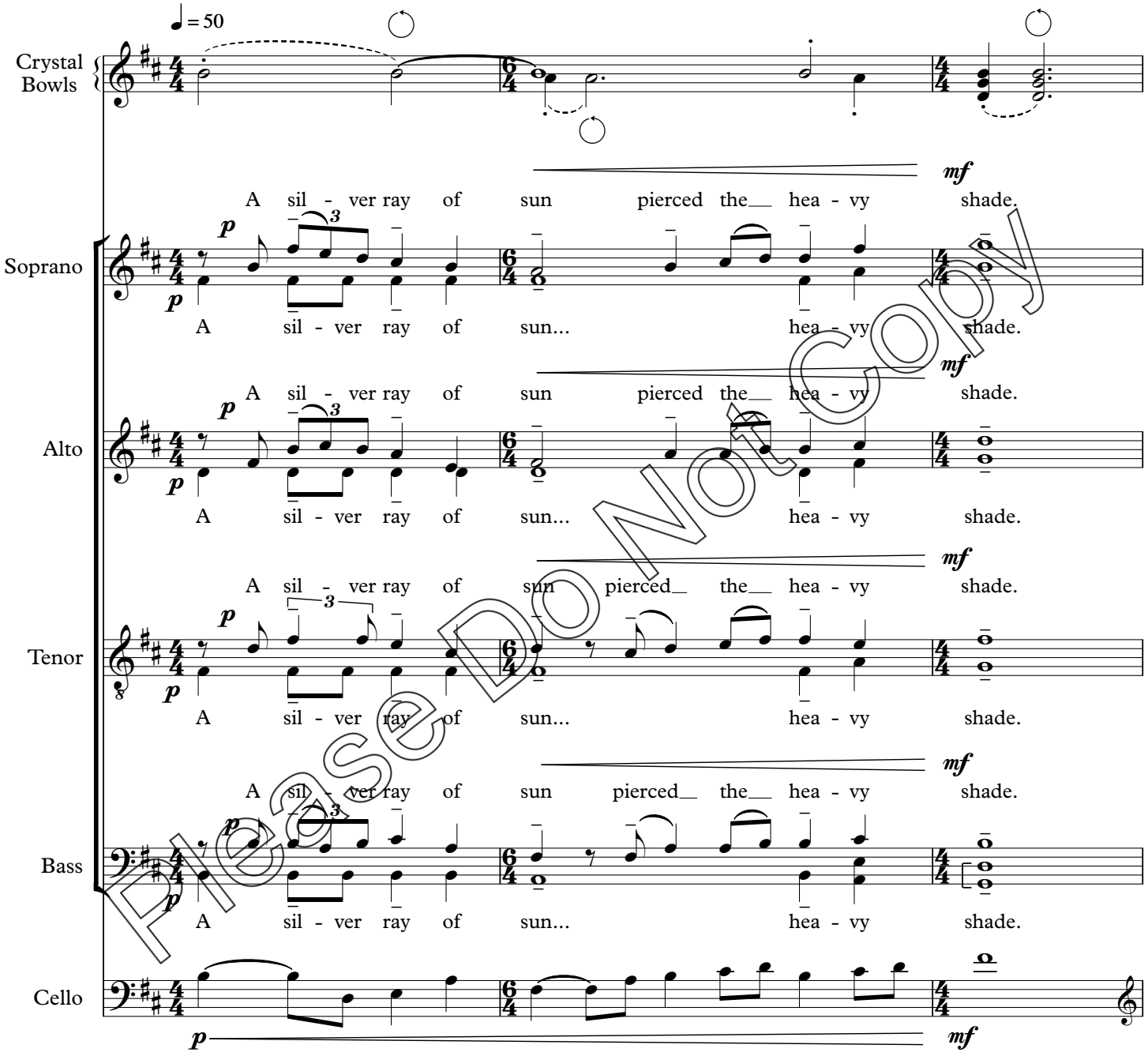
WASHINGTON

Stevens Pass: From Wilderness

For SATB Chorus with Divisi, Cello & Crystal Singing Bowls

Words by Matthew M. Derus

Music by Jeffrey M. Derus



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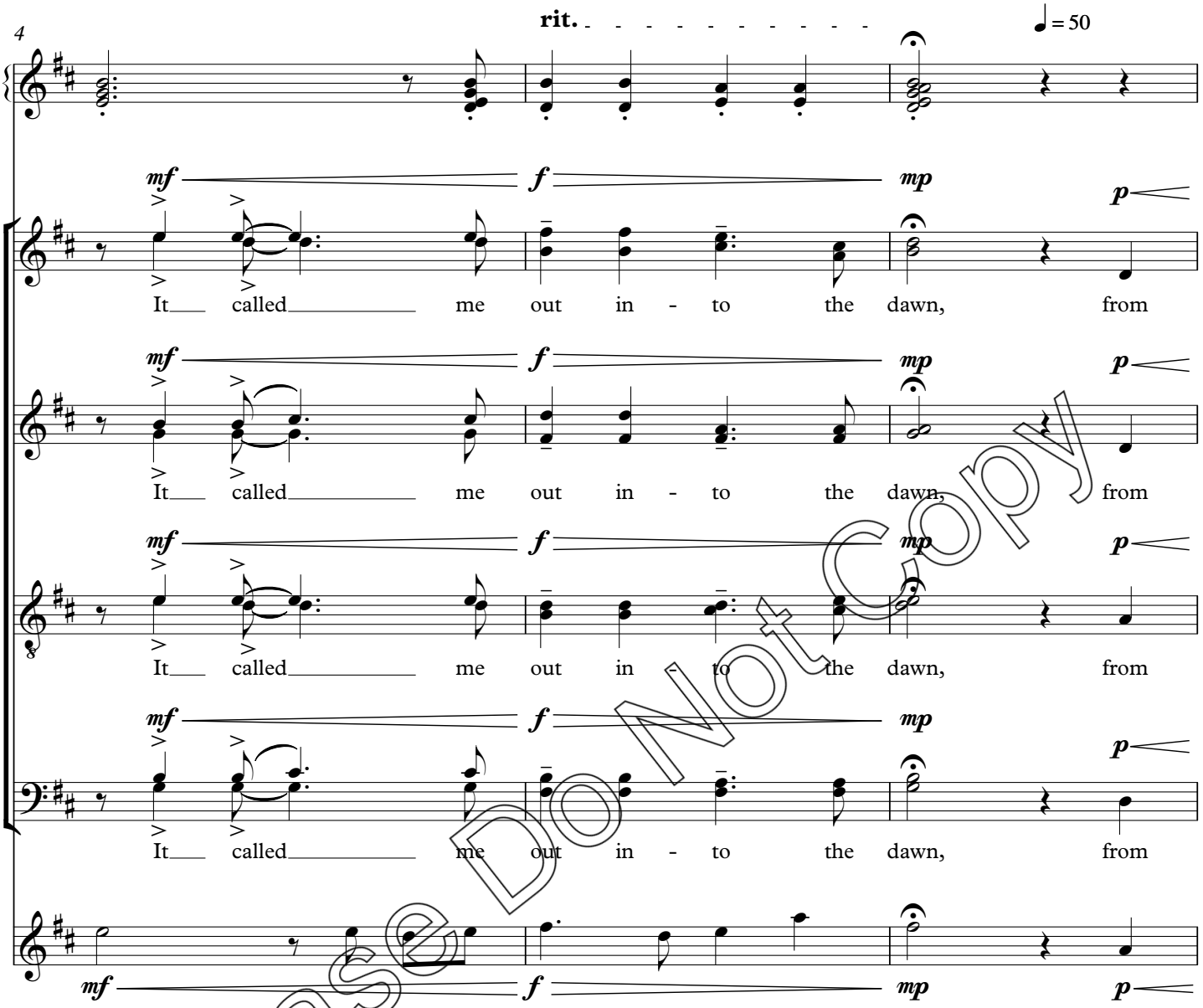

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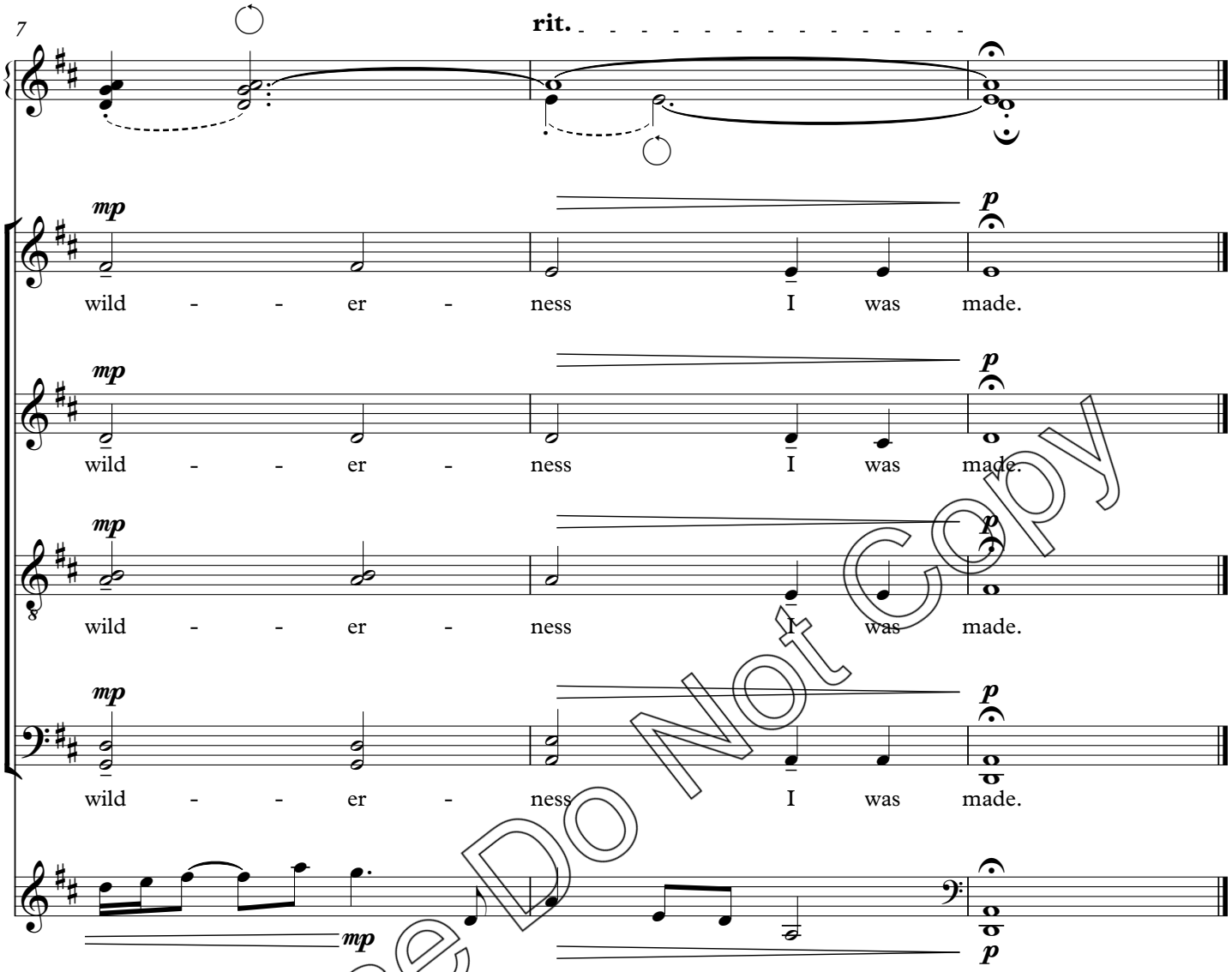

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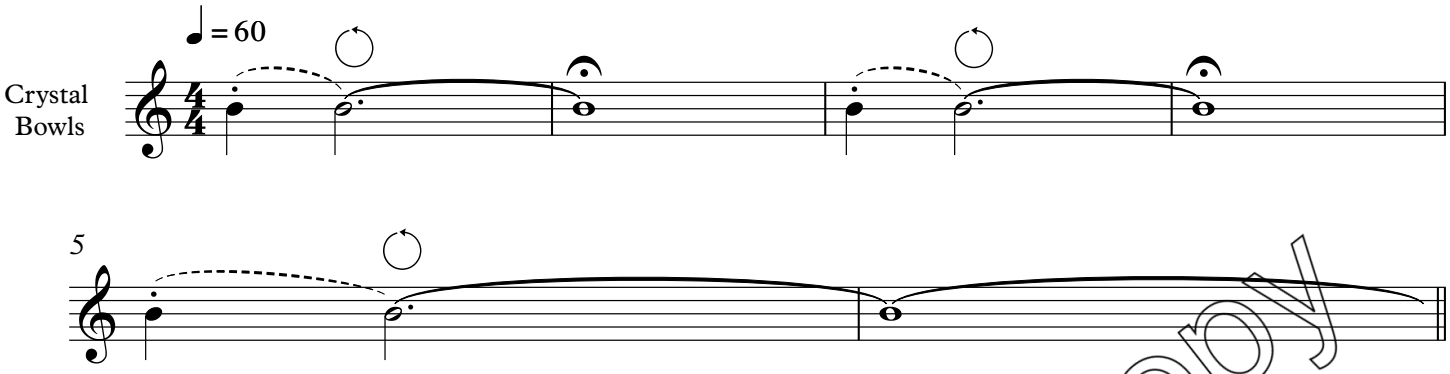
CROWN

Cosmic Chakra

For Crystal Singing Bowls

Music by Jeffrey M. Derus



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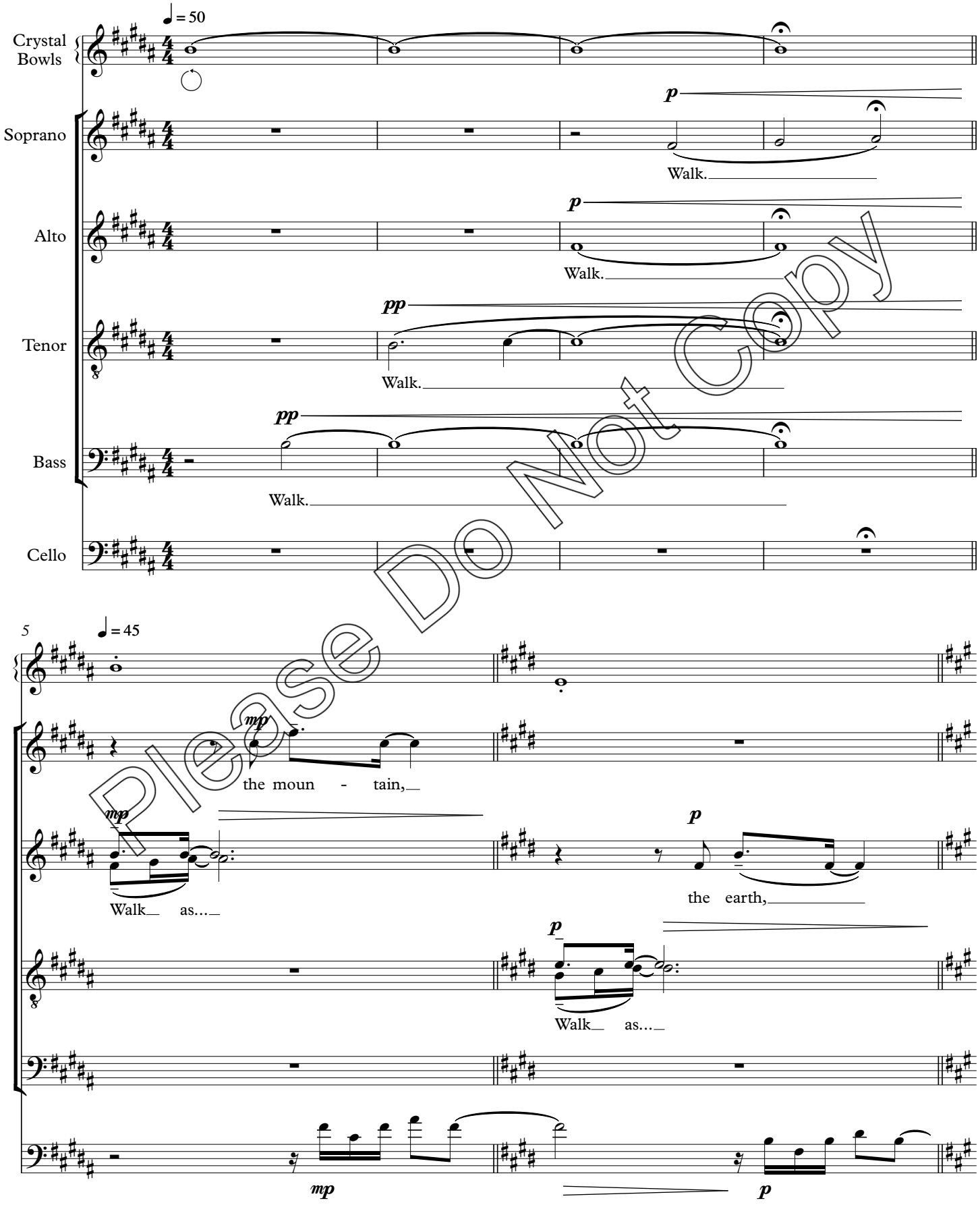
WASHINGTON

Rainy Pass: Walk

For SATB Chorus with Divisi, Cello & Crystal Singing Bowls

Words by Nora Ghassan Abdullatif

Music by Jeffrey M. Derus



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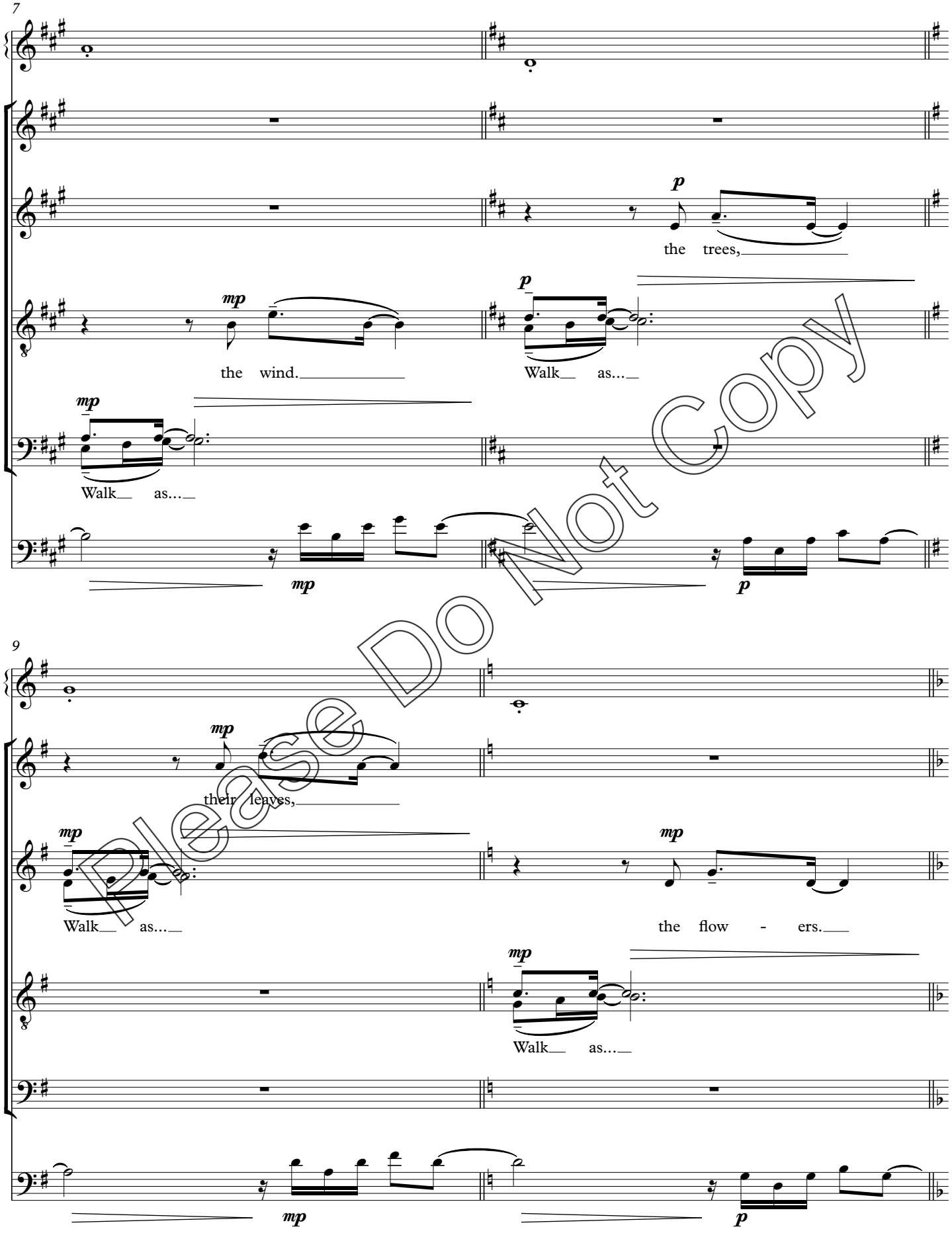

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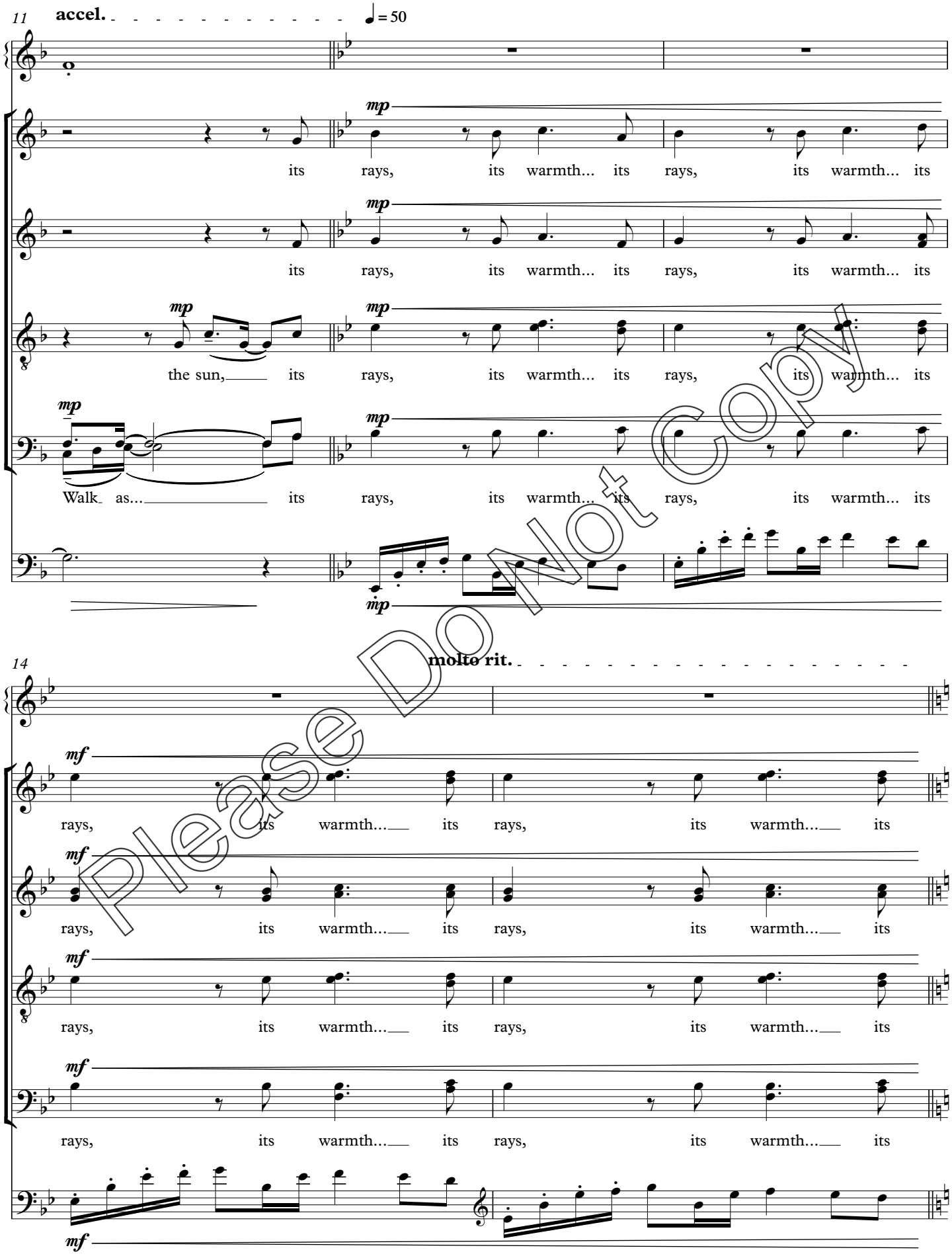

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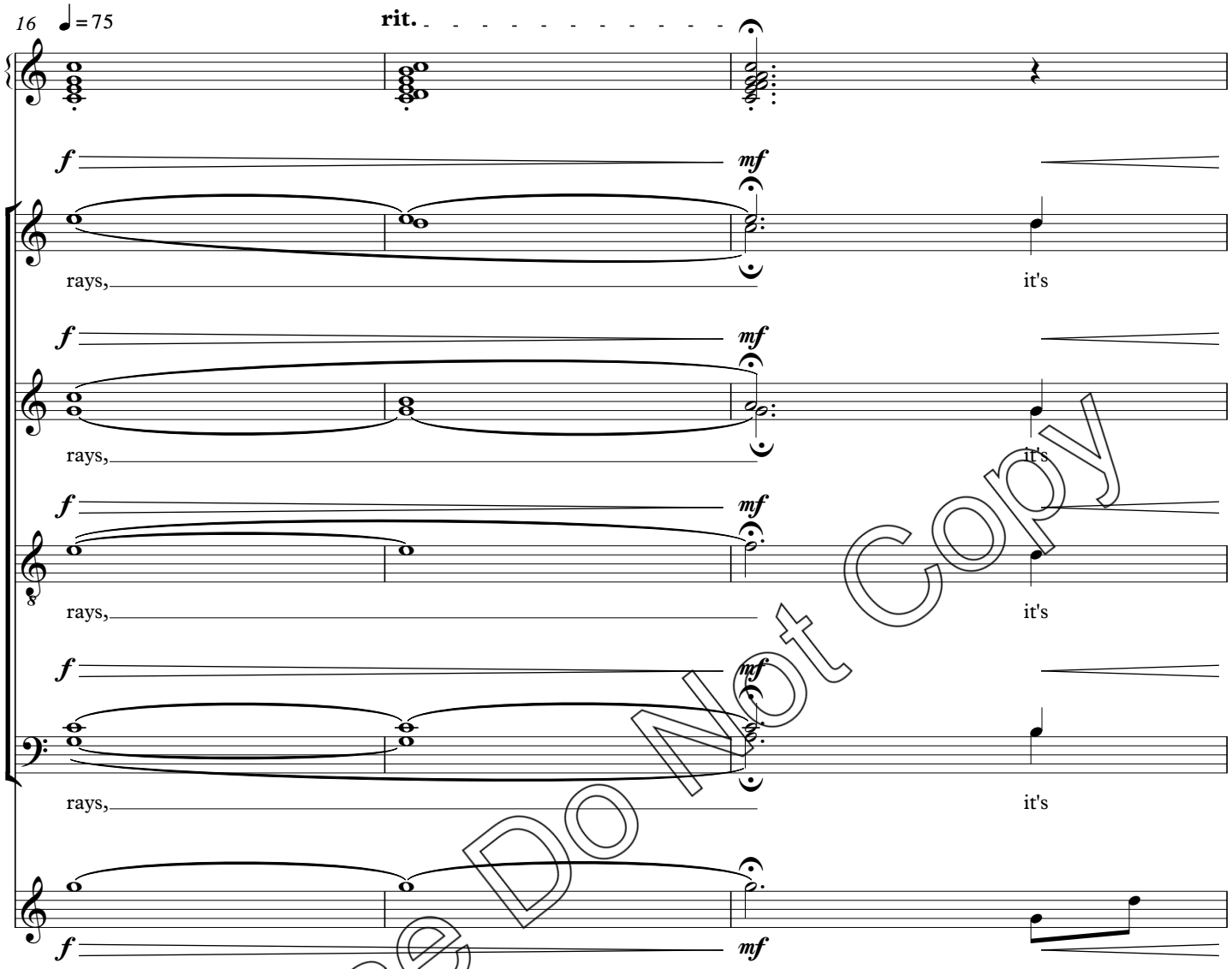

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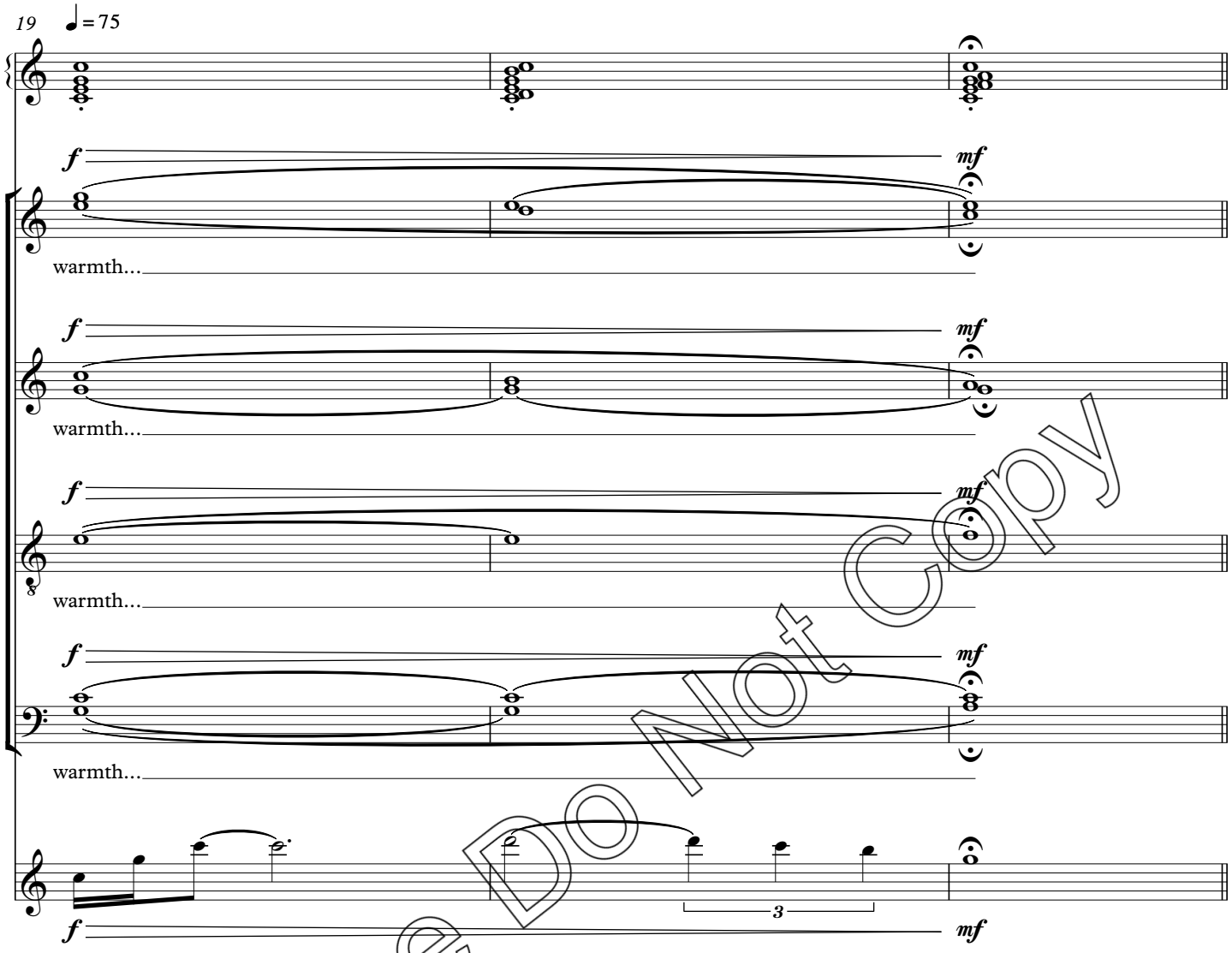

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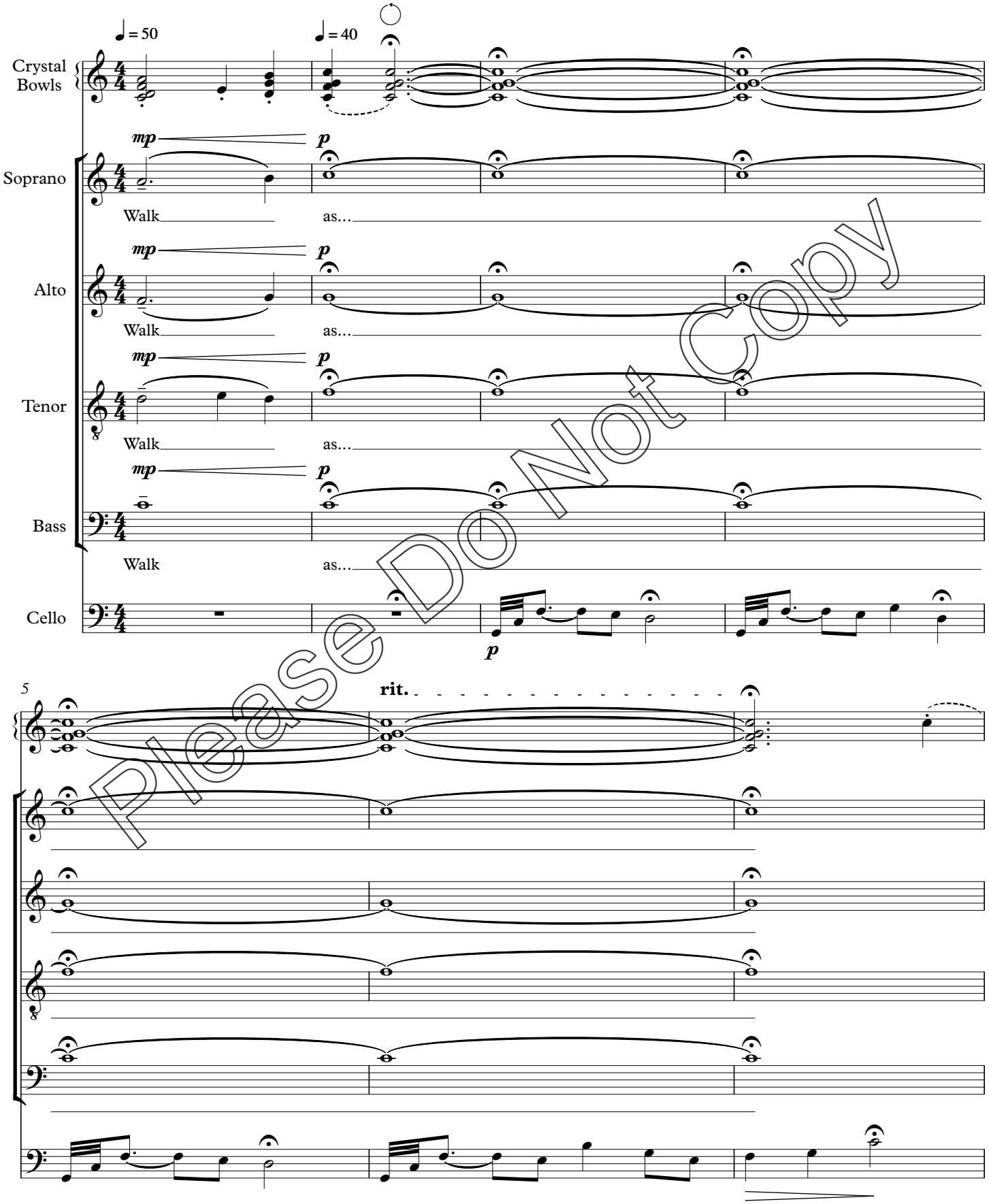
BRITISH COLUMBIA, CANADA

Manning Park: Walk

For SATB Chorus with Divisi, Cello & Crystal Singing Bowls

Words by Nora Ghassan Abdullatif

Music by Jeffrey M. Derus



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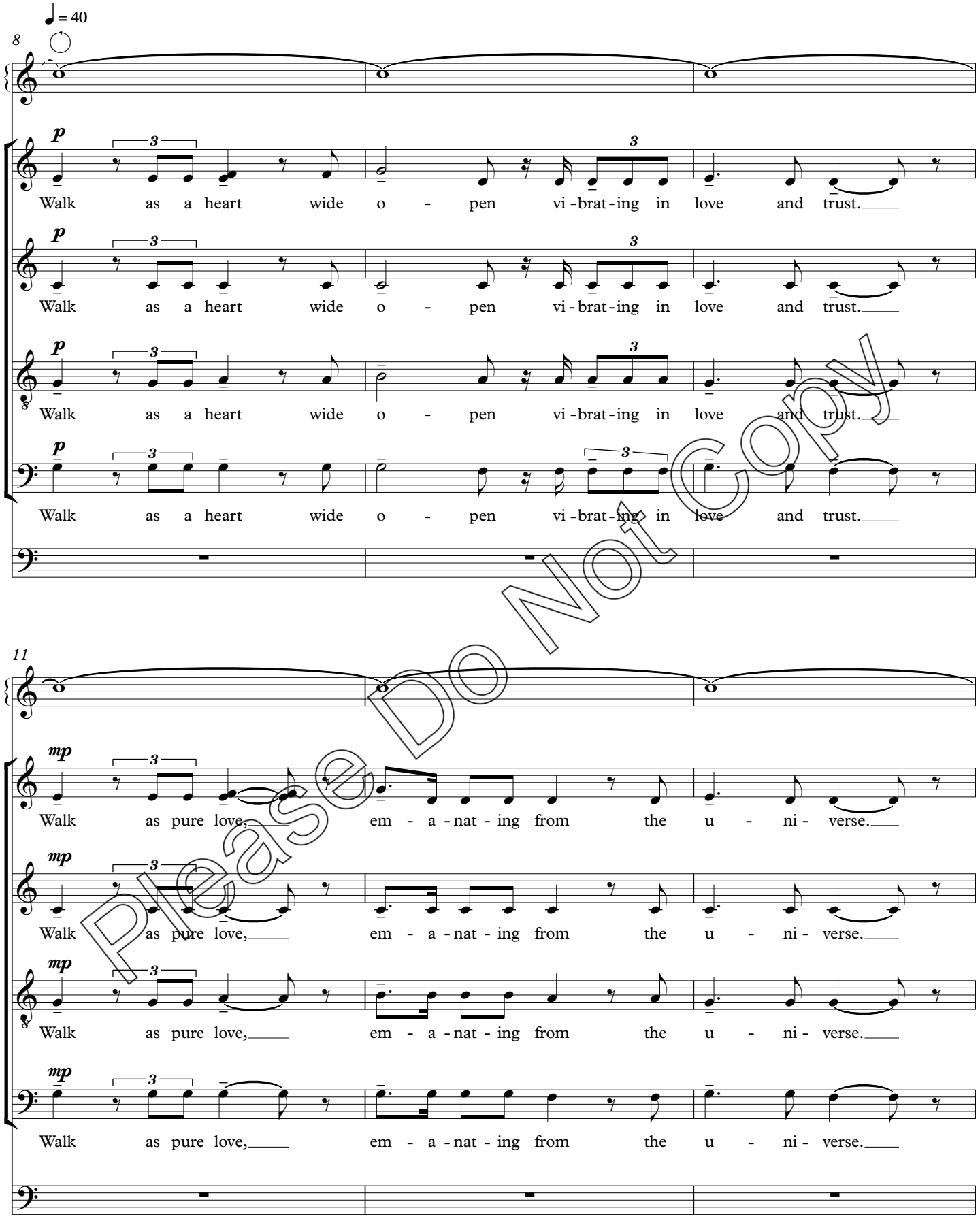

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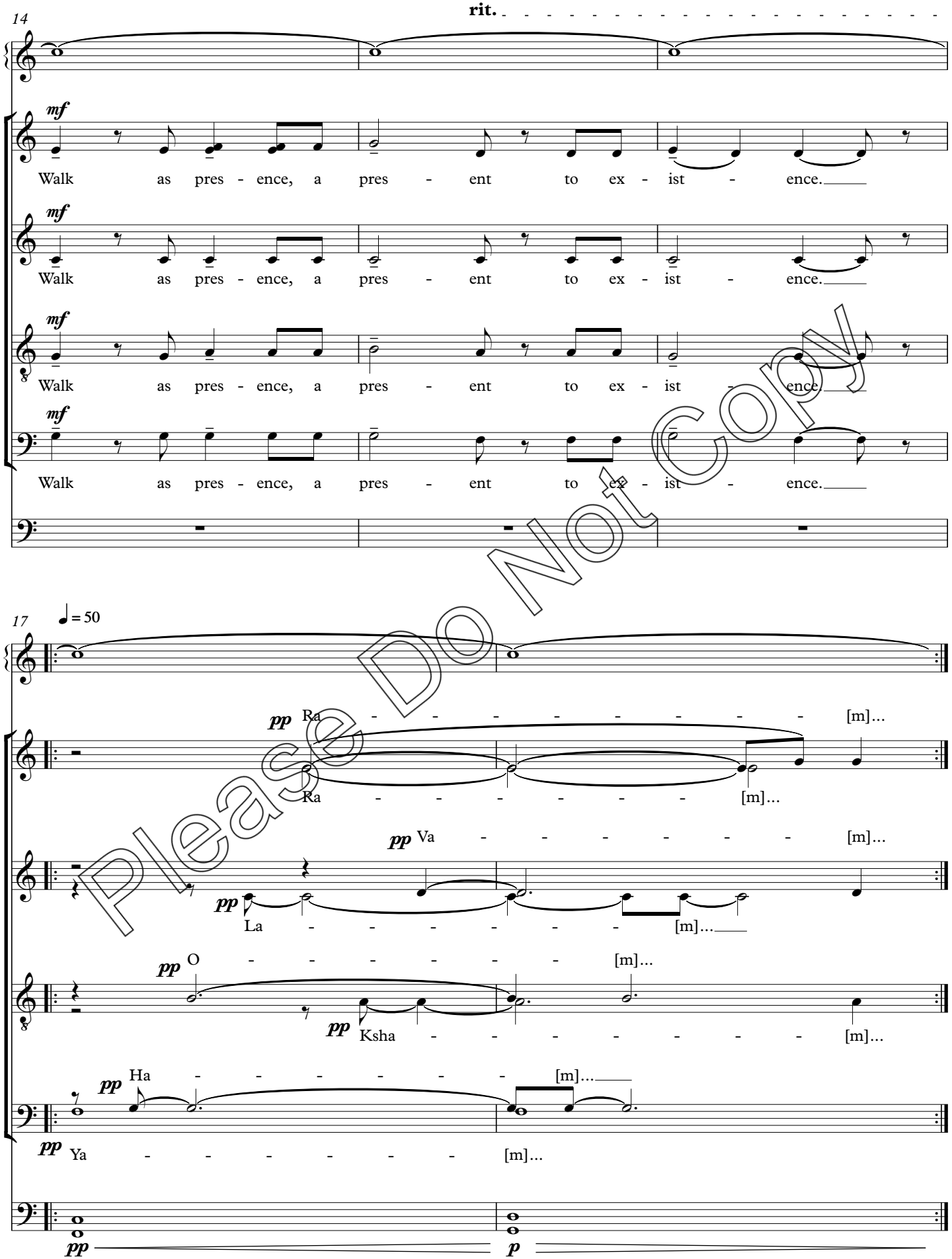

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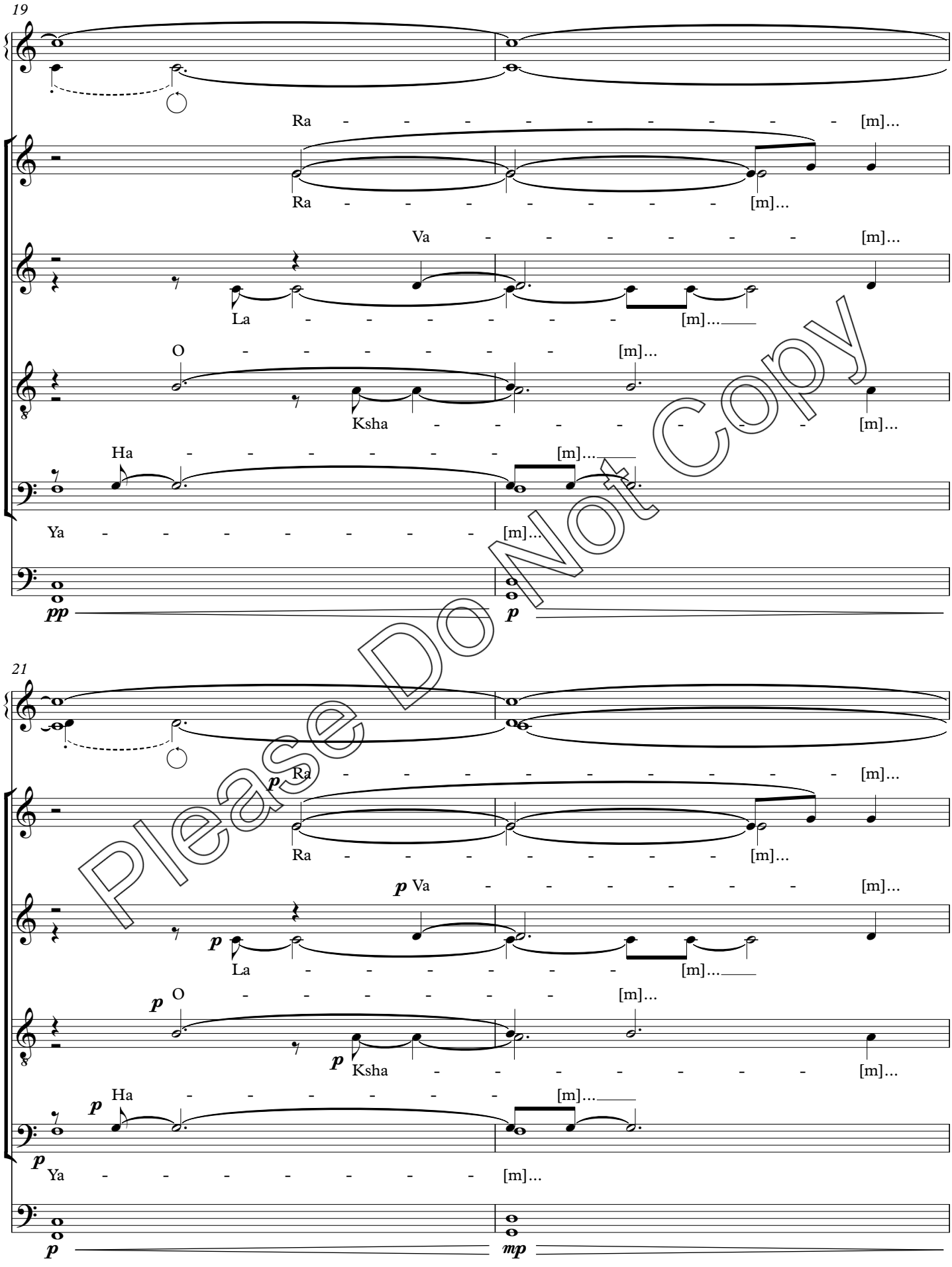

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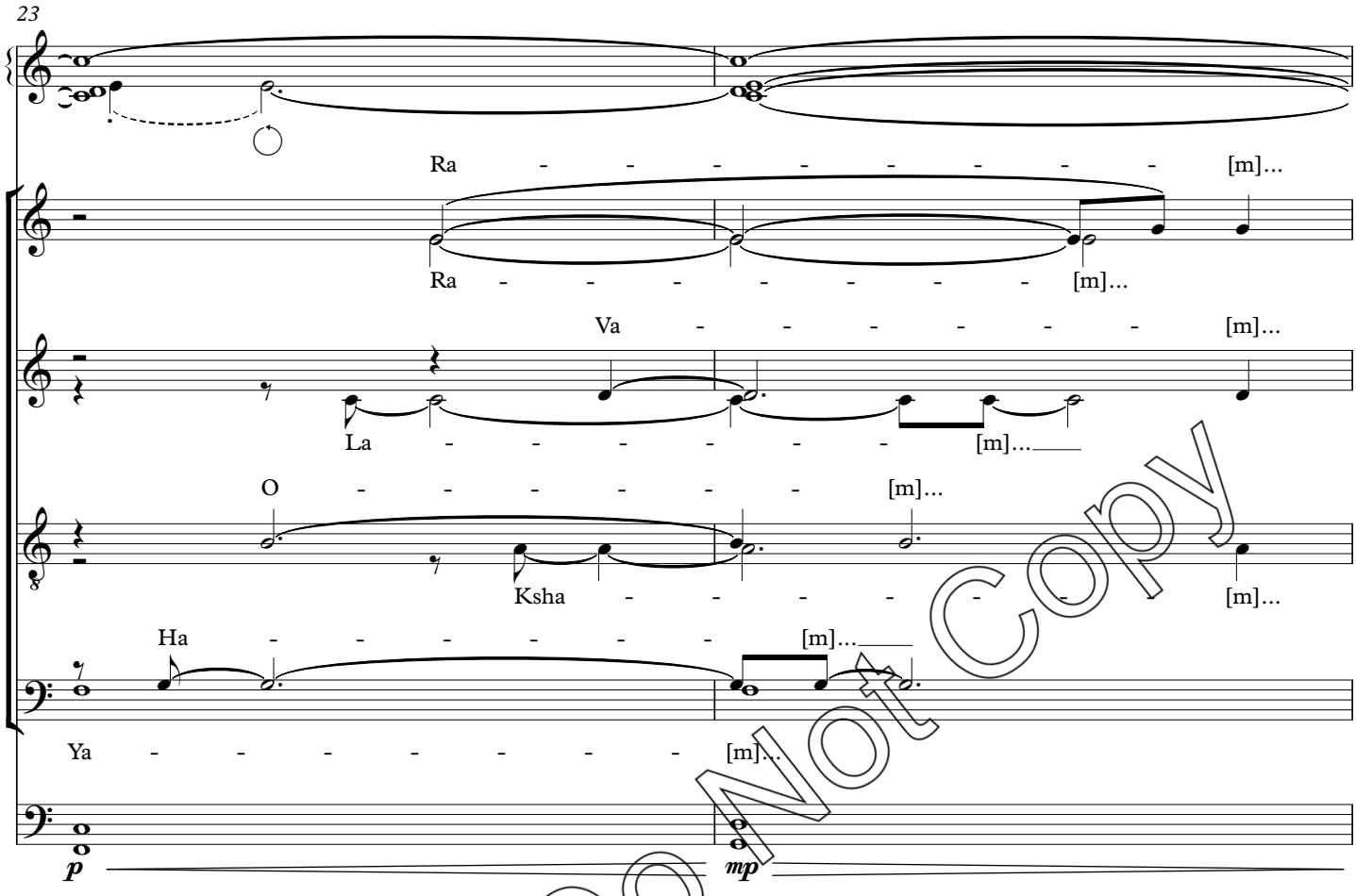

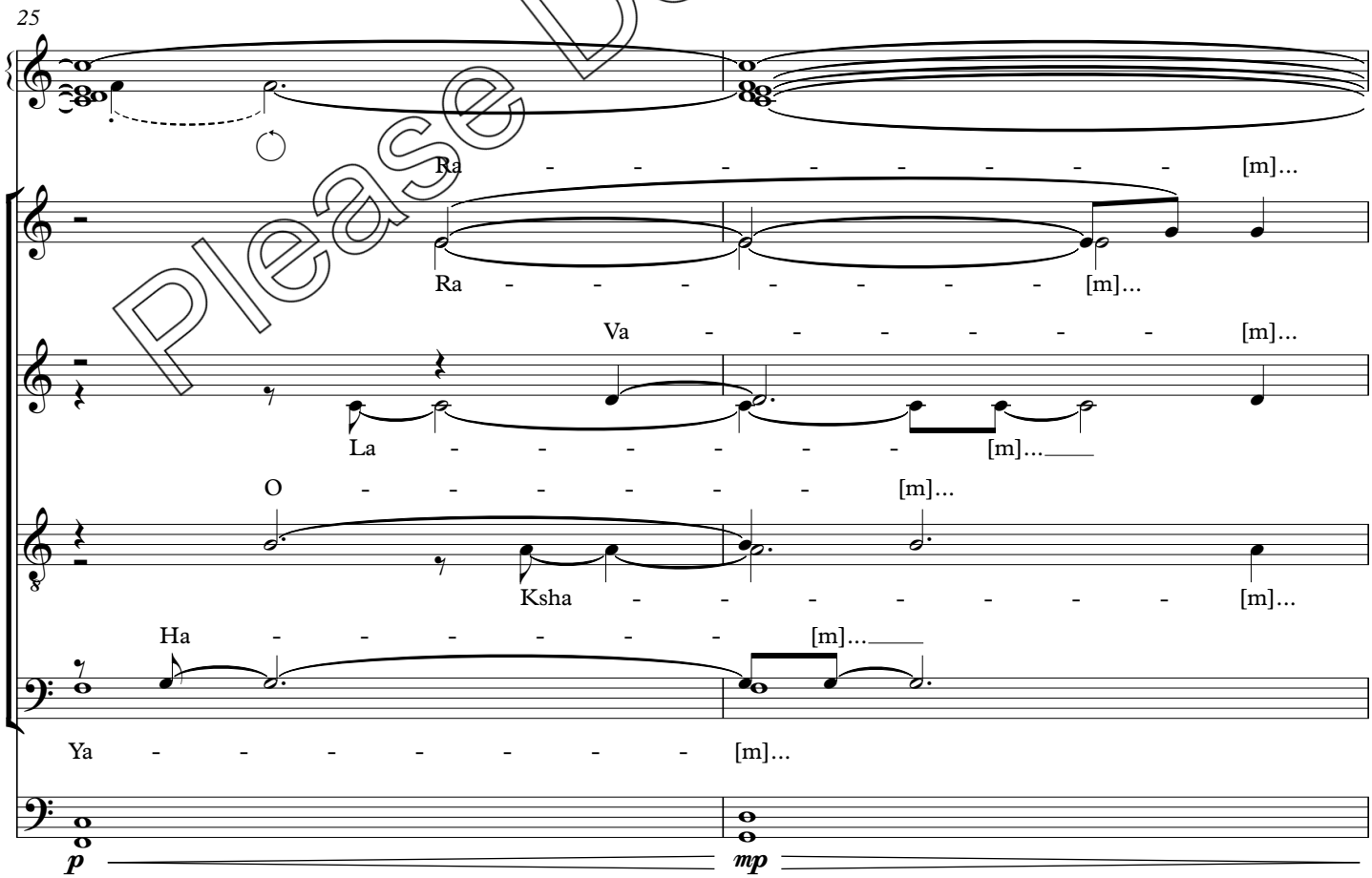

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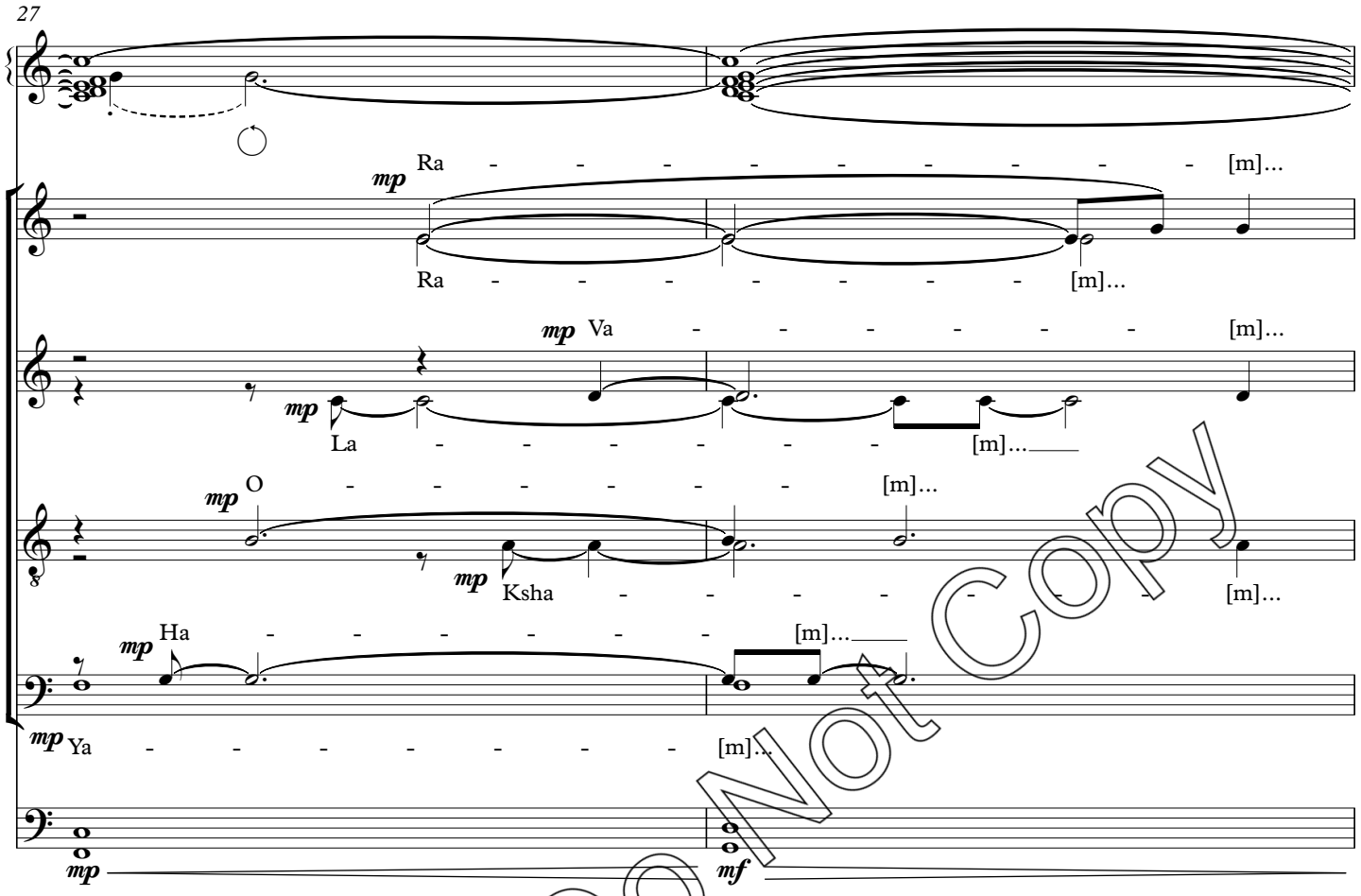

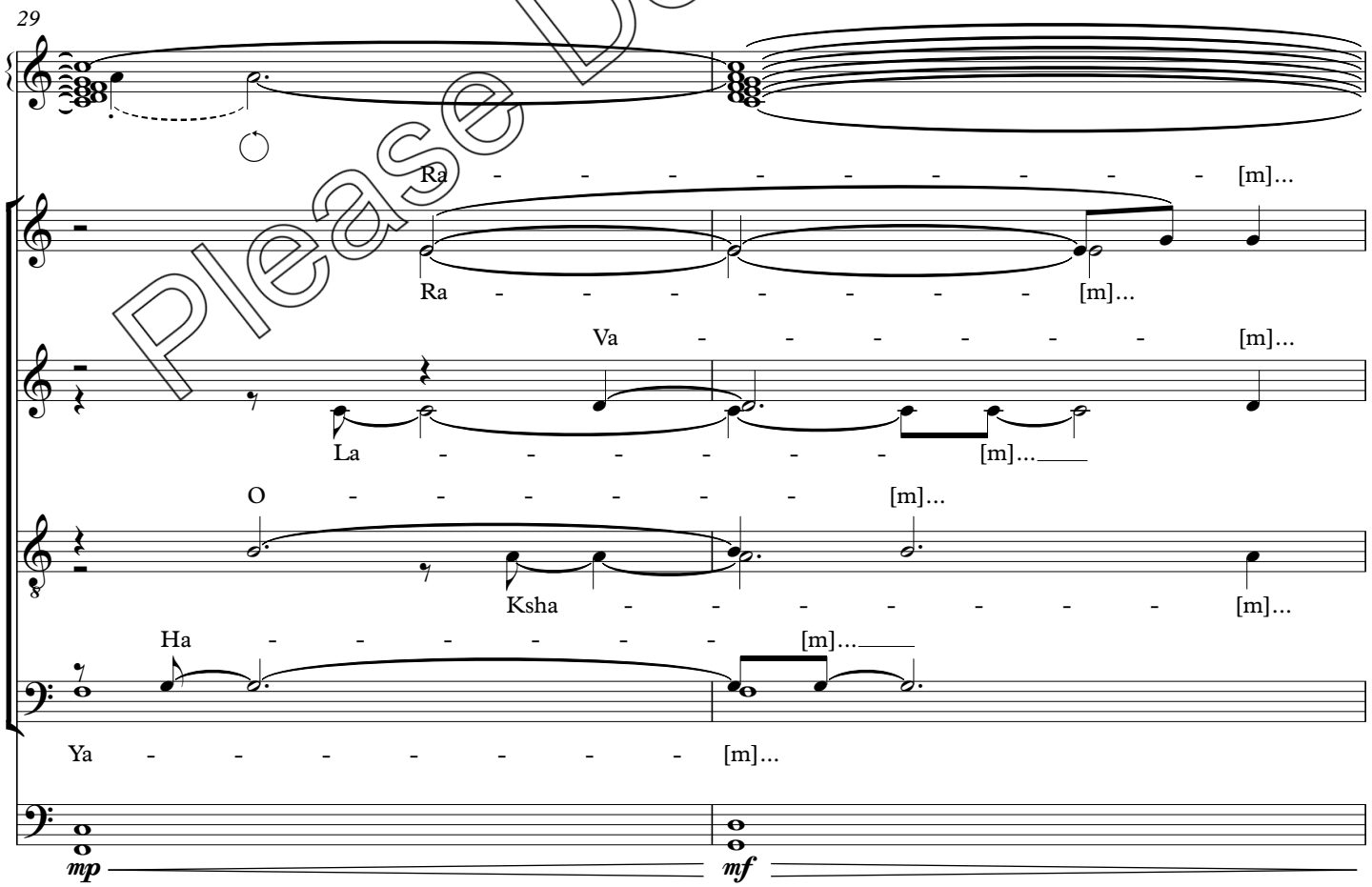

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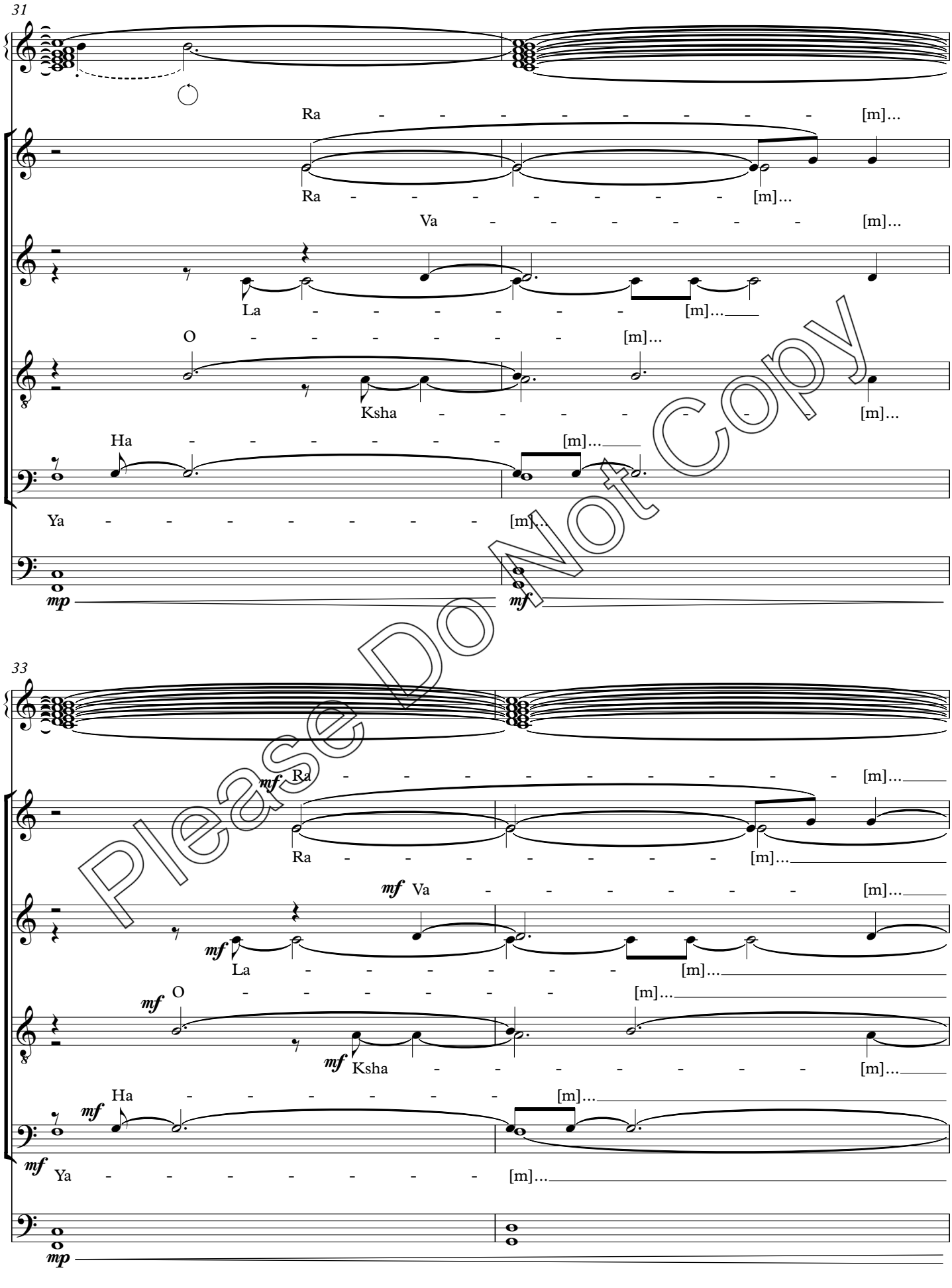

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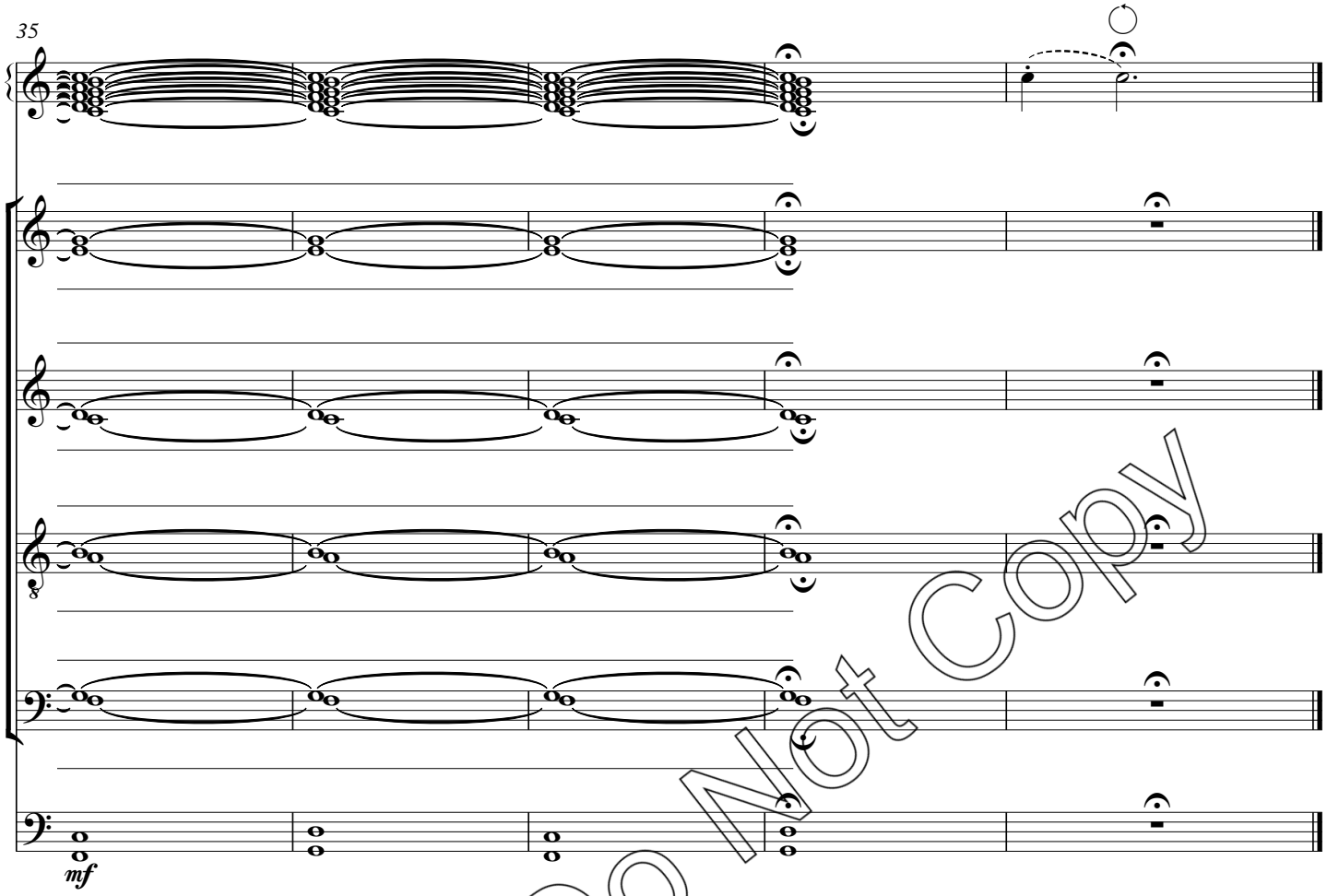

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