

JS 026

6 minutes, 40 seconds

# Rest In Power

*for SATB, a cappella*

*Text by*

Thích Nhất Hạnh

*Music by*

Joshua Shank

**B&F Music**  
Joshua Shank

## Note from the composer

Thích Nhất Hạnh is a Vietnamese Thiền Buddhist monk, scholar, poet, and peace activist who promotes nonviolent solutions to conflict. He was nominated for the Nobel Peace Prize in 1967 by Martin Luther King Jr. and, with the exception of the Dalai Lama, is one of the most well-known Buddhist teachers in the world. His poem, *Recommendation*, reminds us that, in his words, “Our enemy is anger, hatred, greed, fanaticism, and discrimination. Even if you are dying in oppression, shame, and violence, if you can smile with forgiveness, you have great power.” In setting the text, I tried to stay out of the way and create a piece of music that sounded as if the choir were just reading the poem itself, with the music manifesting in the air between them and the listener.

*Rest In Power* received its premiere on October 3, 2003 and is dedicated with gratitude to Ryan and Sonya Newstrom.

## The Text

By Thích Nhất Hạnh (b. 1926)

### *Recommendation*

Promise me,  
promise me this day,  
promise me now,  
while the sun is overhead  
exactly at the zenith,  
promise me:

Even as they  
strike you down  
with a mountain of hatred and violence;  
even as they step on you and crush you  
like a worm,  
remember, brother,  
remember:  
man is not our enemy.

The only thing worthy of you is compassion  
invincible, limitless, unconditional.  
Hatred will never let you face  
the beast in man.

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One day, when you face this beast alone,  
with your courage intact, your eyes kind,  
untroubled  
(even as no one sees them),  
out of your smile  
will bloom a flower.  
And those who love you  
will behold you  
across ten thousand worlds of birth and dying.

Alone again  
I will go on with bent head,  
knowing that love has become eternal.  
On the long, rough road,  
the sun and the moon  
will continue to shine.

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Adapted by the composer. Used by permission.

Commissioned by Kantorei, Richard Larson, Conductor

# Rest In Power

for Ryan and Sonya Newstrom

Text by  
Thích Nhất Hạnh

Music by  
Joshua Shank

Freely throughout (♩ = ca. 72)

Soprano

Alto

Tenor

Bass

Pro - mise me, pro - mise this day, pro -

Pro - mise me, pro - mise this day, pro -

Pro - mise me, pro - mise this day,

Pro - mise me, pro - mise this day,

5

- mise me now, while the sun is o - ver - head

- mise me now, while the sun is o - ver - head

pro-mise me now, while the sun o - ver -

pro-mise me now, while the sun o - ver -

15

ex - act - ly at the ze-nith, pro - mise me:

ex - act - ly at the ze-nith, *p* pro - mise me:

head ex - act - ly at the ze-nith, *p* pro - mise me:

head ex - act - ly at the ze-nith, *p* pro - mise me:

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17

*sub. f* strike you

E - ven as they strike you down with a moun-tain of ha-tred and vio - lence;—

*sub. f* E - ven as they strike you down with a moun-tain of ha-tred and vio - lence;—

*sub. f* E - ven as they strike you down with a moun-tain of ha-tred and vio - lence;—

*sub. f* E - ven as they strike you down with a moun-tain of ha-tred and vio - lence;—

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**24** A little slower  
*mf*

e - ven as they step on you and crush you like a worm, re - mem - ber, \_\_\_  
 e - ven as they step on you and crush you like a worm, re - mem - ber, \_\_\_  
 e - ven as they step on you and crush you like a worm, re - mem - ber, \_\_\_  
 e - ven as they step on you and crush you like a worm, re - mem - ber, \_\_\_

**30** With serenity (♩ = ca. 60)

re - mem - ber, \_\_\_ re - mem - ber, bro - ther, re - mem - ber:  
 re - mem - ber, \_\_\_ re - mem - ber, bro - ther, re - mem - ber:  
 re - mem - ber, \_\_\_ re - mem - ber, bro - ther, re - mem - ber:  
 re - mem - ber, \_\_\_ re - mem - ber, bro - ther, re - mem - ber:

36 Moving forward a bit

34

man is not our e - ne - my. The o - nly thing worth - y of

man is not our e - ne - my. The o - nly thing worth - y of

man is not our e - ne - my. The o - nly thing worth - y of

man is not our e - ne - my. The o - nly thing worth - y of

*lunga* *p*

*lunga* *p*

*lunga* *p*

*lunga* *p*

38

you is com - pas - sion in - vin - ci - ble, \_\_\_\_\_ lim - it - less, un - con -

you is com - pas - sion in - vin - ci - ble, \_\_\_\_\_ lim - it - less, un - con -

you is com - pas - sion in - vin - ci - ble, \_\_\_\_\_ lim - it - less, un - con -

you is com - pas - sion in - vin - ci - ble, \_\_\_\_\_ lim - it - less, un - con -

*mf*

*mf*

*mf*

*mf*

44 Tempo 1

*f* *G.P.* *mp* *poco rit.*  
 di - tion - al. \_\_\_\_\_ Ha - tred will ne - ver let you face the beast in man.  
*f* *G.P.* *mp* *poco rit.*  
 di - tion - al. \_\_\_\_\_ Ha - tred will ne - ver let you face the beast in man.  
*f* *G.P.* *mp* *poco rit.*  
 di - tion - al. \_\_\_\_\_ Ha - tred will ne - ver let you face the beast in man.  
*f* *G.P.* *mp* *poco rit.*  
 di - tion - al. \_\_\_\_\_ Ha - tred will ne - ver let you face the beast in man.

49

*mp a tempo*  
 One day, when you face this beast a - lone, \_\_\_\_\_ with your  
*mp a tempo*  
 One day, when you face this beast a - lone, \_\_\_\_\_ with your  
*mp a tempo*  
 One day, when you face this beast a - lone, \_\_\_\_\_ with your  
*mp a tempo*  
 One day, when you face this beast a - lone, \_\_\_\_\_ with your

53 *mf*

cou - rage in - tact, your eyes \_\_\_\_\_ kind, un - trou - bled \_\_\_\_\_

*mf*

cou - rage in - tact, your eyes in kind, un - trou - bled \_\_\_\_\_

*mf*

cou - rage in - tact, your eyes \_\_\_\_\_ kind, un - trou - bled \_\_\_\_\_

*mf*

cou - rage in - tact, your eyes \_\_\_\_\_ kind, un - trou - bled \_\_\_\_\_

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60 With joy (♩ = ca. 88)

58 *f* *ff*

(e - ven as no one sees them), out of your smile \_\_\_\_\_ will bloom a

*f* *ff*

(e - ven as no one sees them), out of your smile \_\_\_\_\_ will bloom a

*f* *ff*

(e - ven as no one sees them), out of your smile \_\_\_\_\_ will bloom a

*f* *ff*

(e - ven as no one sees them), out of your smile \_\_\_\_\_ will bloom a

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62  
flo - wer. And those who love you will be - hold you a - cross  
flo - wer. And those who love you will be - hold you a - cross  
8  
flo - wer. And those who love you will be - hold you a - cross  
flo - wer. And those who love you will be - hold you a - cross

66  
ten thou-sand worlds of birth and dy - ing. A -  
ten thou-sand worlds of birth and dy - ing. A -  
8  
ten thou-sand worlds of birth and dy - ing. A -  
ten thou-sand worlds of birth and dy - ing. A -

71

lone a - gain I will go on with bent head,

lone a - gain I will go on with bent head,

lone a - gain I will go on with bent head,

lone a - gain I will go on with bent head,

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75

know - ing that love has be - come e - ter - - -

know - ing that love has be - come e - ter - - -

know - ing that love has be - come e - ter - - -

know - ing that love has be - come e - ter - - -

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80 Slowing (♩ = ca. 66)

79  
nal. On the long, rough road,

nal. On the long, rough road,

nal. On the long, rough road,

nal. On the long, rough road,

84  
the sun and the moon will con - tin -

the sun and the moon will con - tin -

the sun and the moon will con tin -

the sun and the moon will con - tin -

90

ue to shine. (n)

close slowly to 'n'

dim. al niente

ue to shine. (n)

close slowly to 'n'

dim. al niente

ue to shine. (n)

close slowly to 'n'

dim. al niente

ue to shine. (n)

close slowly to 'n'

dim. al niente

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“This illegal copy will self destruct in 5...4...3...”