

Mantra
GP - T018.2
SSA, piano

Timothy C. Takach

pdf download - \$2.15
printed - \$3.85

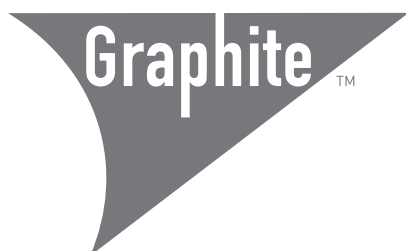
Timothy C. Takach

Mantra

from *How to Triumph Like a Girl*

for SSA choir and piano

Commissioned by Dr. Shannon Gravelle and the Meredith College Chorale



notable. elevated.

www.graphitepublishing.com

Text:

Vitamin D. Sunlight. Go
outside. Get a good night

of sleep. Not too good.

Not shades drawn forever
good. Not like you used to.

Open the windows.

Buy more houseplants.
Breathe. Meditate. (One day,

you will no longer be

afraid of being alone
with your thoughts.)

Exercise. Actually exercise

instead of just Googling it.
Eat well. Cook for yourself.

Organize your closet, the

garage. Drink plenty of
water and repeat after me:

I am not a problem

to be solved. Repeat after me:
I am worthy I am worthy

I am neither mistake nor

the punishment. Forget to take
vitamins. Let the houseplant die.

Eat spoonfuls of peanut butter.

Shave your head. Forget
this poem. It doesn't matter.

There is no wrong way

to remember the grace of your
own body; no choice

that can unmake itself.

There is only now, here,
look: *you are already*

forgiven.

*- from Today Means Amen by Sierra DeMulder
(Andrews McMeel Publishing, 2016). Copyright © 2016 by
Sierra DeMulder. Reprinted and used with permission from
Sierra DeMulder.*

Timothy C. Takach



Inspired by captivating narrative, speculative fiction and making better humans through art, the music of Timothy C. Takach is a mainstay in the concert world. Applauded for his melodic lines, thoughtful text choices and rich, intriguing harmonies, Takach has received commissions and performances from GRAMMY Award-winning ensembles Roomful of Teeth and the St. Paul Chamber Orchestra, Santa Fe Desert Chorale, the St. Olaf Band, Cantus, U.S. Army Field Band and Soldiers' Chorus, Lorelei Ensemble, VocalEssence, the DeBartolo Performing Arts Center, The Rose Ensemble, and numerous other organizations. His compositions have been performed on A Prairie Home Companion, The Boston Pops holiday tour, PBS, many All-State and festival programs and at venues such as the Library of Congress, Kennedy Center and Royal Opera House Muscat. He is a co-creator of the theatrical production of *All is Calm: the Christmas Truce of 1914*, by Peter Rothstein. Takach has been Composer in Residence for the Texas Boys Choir, The Singers – Minnesota Choral Artists, and True Concord Voices and Orchestra.

Takach's a cappella choral symphony *Helios* is "larger than life, as if the piece were accompanied by an orchestra" and is "complemented with brilliant visuals created by CandyStations" (Tucson.com). In 2023 his ballet *Unfashioned Creature* was premiered in St. Paul, MN by the James Sewell Ballet. Takach was a co-founder, singer and Artistic Co-Director of the vocal ensemble Cantus and has frequent national work as a composer-in-residence, presenter, clinician and lecturer. He lives in Minneapolis with his wife and two sons.

Mantra

for SSA choir and piano

Sierra DeMulder

Timothy C. Takach

Steady, Sure ♩ = 56

For perusal purposes only. Do not copy.

Graphite™

notable. elevated.

Soprano

Soprano

Alto

mf

5

S

S

A

mp 3

Vi-ta-min D. Sun - light.

mp 3

Vi-ta-min D. Sun - light.

mp 3

Vi-ta-min D. Sun - light.

mp 3

Vi-ta-min D. Sun - light.

Graphite™

notable. elevated.

For questions about this piece and to report performances, contact
Timothy C. Takach at tim@timothyctakach.com.

© 2019 Graphite Publishing. All Rights Reserved.
For permission to copy visit graphitepublishing.com.

From *Today Means Amen* by Sierra DeMulder (Andrews McMeel Publishing, 2016). Copyright © 2016 by Sierra DeMulder. Reprinted and used with permission from Sierra DeMulder.

For perusal purposes only. Do not copy.

9

S Go out - side. Get a good night of

S Go out - side. Get a good night of

A Go out - side. Get a good night of

p

p

p

Graphite™

notable, elevated.

12

S sleep. Not too good. Not shades drawn for-ev - er good. — Not like you used to.

S sleep. Not too good. Not shades drawn for-ev - er good. — Not like you used to.

A sleep. Not too good. Not shades drawn for-ev - er good. — Not like you used to.

mp

mp

mp

Graphite™

notable, elevated.

For perusal purposes only. Do not copy.

15

S *mf* O - pen the win - dows.

S *mf* O - pen the win - dows.

A *mf* O - pen the win - dows.

mf

Graphite™

notable. elevated.

For perusal purposes only. Do not copy.

18

S *mp* Buy more house - plants. Breathe. Med-i - tate. —

S *mp* Buy more house - plants. Breathe. Med-i - tate. —

A *mp* Buy more house - plants. Breathe. Med-i - tate. —

mp *p*

Graphite™

notable. elevated.

For perusal purposes only. Do not copy.

21

S *mf* One

S *mf* One

A *mf* One

mf

Insistent ♩ = 60

24

S *f* *mp*
day, you will no long-er be a-fraid of be-ing a-lone with your thoughts.

S *f* *mp*
day, you will no long-er be a-fraid of be-ing a-lone with your thoughts.

A *f* *mp*
day, you will no long-er be a-fraid of be-ing a-lone with your thoughts.

f

28

mf 3

S Ex - er - cise. — Ac - tual - ly ex - er - cise — in -

mf 3

S Ex - er - cise. — Ac - tual - ly ex - er - cise — in -

mf 3

A Ex - er - cise. — Ac - tual - ly ex - er - cise — in -

mp

30

mp *parlando* *mf* 3

S stand of just Goo-gl-ing it. Eat well. Cook for your-

mp *parlando* *mf* 3

S stand of just Goo-gl-ing it. Eat well. Cook for your-

mp *parlando* *mf* 3

A stand of just Goo-gl-ing it. Eat well.

mp 3 3 3 3

For perusal purposes only. Do not copy.

33

S self. Or-gan-ize your clos-et, the ga-rage. Drink

S self. Or-gan-ize your clos-et, the ga-rage. Drink

A — Or-gan-ize your clos-et, the ga-rage. Drink

Graphite

notable. elevated.

For perusal purposes only. Do not copy.

35

S plen-ty of wa-ter and re-peat af-ter me: *f* I am not — a prob-lem to be solved. (gesture to sing)

S plen-ty of wa-ter and re-peat af-ter me: *f* I am not — a prob-lem to be solved.

A plen-ty of wa-ter and re-peat af-ter me: *f* I am not — a prob-lem to be solved.

Graphite

notable. elevated.

39

+ Audience: _____

(gesture to sing)

+ Audience: _____

S *I am not — a problem to be solved. Re-peat af-ter me: I am wor-thy I am wor-thy I am*

S *Re-peat af-ter me: I am wor-thy I am*

A *Re-peat af-ter me: I am wor-thy I am*

(follow audience) (a tempo)

Graphite notable. elevated.

43

(gesture to sing) + Audience: _____

S *nei-ther mis-take nor the pun-ish-ment. I am nei-ther mis-take nor the pun-ish-ment.*

S *nei-ther mis-take nor the pun-ish-ment.*

A *nei-ther mis-take nor the pun-ish-ment.*

TM

(follow audience)

Graphite notable. elevated.

45 *mf*

S For - get to take vi - ta - mins. Let the house - plant die.

mf

S For - get to take vi - ta - mins. Let the house - plant die.

mf

A For - get to take vi - ta - mins. Let the house - plant die.

mf (a tempo)

47 $\text{♩} = 66$ *f* *accel.* -----

S Eat spoon - fuls of pea - nut but - ter. Shave your head. For - get this po - em.

f

S Eat spoon - fuls of pea - nut but - ter. Shave your head. For - get this po - em.

f

A Eat spoon - fuls of pea - nut but - ter. Shave your head. For - get this po - em.

For perusal purposes only. Do not copy.

50 *rit.* *mp* *a tempo* *mf*

S It does-n't mat-ter. There is no wrong way — to re-mem-ber the

S It does-n't mat-ter. There is no wrong way — to re-mem-ber the

A It does-n't mat-ter. There is no wrong way — the

mp *mf* *p* *mf*

Graphite TM

For perusal purposes only. Do not copy.

53 *f* *f* *f*

S grace of your own bod - y; no choice — that can un -

S grace of your own bod - y; no choice — that can un -

A grace of your own bod - y; no choice — that can un -

f *f* *f*

Graphite TM

rit. ----- **Tempo I** ♩ = 56

55

S make it - self. There is on-ly now, here, look:

S make it - self. There is on-ly now, here, look:

A make it - self. There is on-ly now, here, look:

mf *mp* *p*

mf *mp* *p*

mf *mp* *p*

mf *mp* *p*

8va - 1

rit. -----

58

S — you — are al-read-y for-giv-en. —

S — you — are al-read-y for-giv-en. —

A — you — are al-read-y for-giv-en. —

mp *mp* *mp*

mp *p* *mp* *pp*