

Mantra
GP - T019.1
SATB, piano

Timothy C. Takach

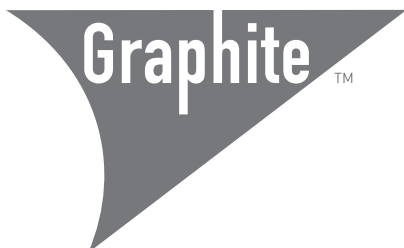
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Timothy C. Takach

Mantra

for SATB choir and piano

Commissioned by VocalPoint (Jennifer Anderson, Founding Artistic Director)
in support of Walk-In Counseling Center's 50th year of holding space for others.



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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.

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for SATB and piano

Sierra DeMulder

Timothy C. Takach

Steady, Sure ♩ = 56

mf

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This block contains the piano introduction. It features a treble and bass clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The tempo is marked 'Steady, Sure' with a quarter note equal to 56 beats. The dynamic is *mf*. The music consists of several measures of chords and moving lines in both hands.

6

S *mp*
Vi - ta - min D. Sun - light.

A *mp*
Vi - ta - min D. Sun - light.

T *mp*
Vi - ta - min D. Sun - light.

B *mp*
Vi - ta - min D. Sun - light.

mp

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This block contains the vocal and piano parts for the lyrics. It includes staves for Soprano (S), Alto (A), Tenor (T), and Bass (B), along with piano accompaniment. The lyrics are 'Vi - ta - min D. Sun - light.' The dynamic is *mp*. The piano part continues with accompaniment for the vocal lines.

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

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9

S *p* Go out - side. Get a good night of

A *p* Go out - side. Get a good night of

T *p* Go out - side. Get a good night of

B *p* Go out - side. Get a good night of

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12 *mp*

S *mp* sleep. Not too good. Not shades drawn for - ev - er good.

A *mp* sleep. Not too good. Not shades drawn for - ev - er good.

T *mp* sleep. Not too good. Not shades drawn for - ev - er good.

B *mp* sleep. Not too good. Not shades drawn for - ev - er good.

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14

S Not like you used to.

A Not like you used to.

T Not like you used to.

B Not like you used to.

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17

S *mf* O - pen the win-dows. Buy more house-plants. *mp* Breathe. _

A *mf* O - pen the win-dows. Buy more house-plants. *mp* Breathe. _

T *mf* O - pen the win-dows. Buy more house-plants. *mp* Breathe. _

B *mf* O - pen the win-dows. Buy more house-plants. *mp* Breathe. _

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20

mf

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S Med-i - late. *mf* One

A Med-i - late. *mf* One

T Med-i - late. *mf* One

B Med-i - late.

p *mf*

Insistent ♩ = 60

24

f

mp

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

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

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

B

f

27

mf 3 *mf*

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

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

T *p* Ex - er - cise. Ac - tual - ly ex - er - cise in -

B *p* Ex - er - cise. Ac - tual - ly ex - er - cise in -

mp

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30

parlando *mf* 3

S *mf* *parlando* *mf* 3

A *mf* *parlando* *mf* 3

T *mf* *parlando* *mf* 3

B *mf* *parlando* *mf* 3

mf 3

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

stead of just Goo-gl-ing it. Eat well.

stead of just Eat well. Cook for your-

stead of just Eat well.

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33

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

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

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

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

35

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

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

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

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

38

(gesture to sing)

+ Audience: _____

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S *solved.* I am not a prob-lem to be solved.

A *solved.*

T *solved.* **Graphite** TM notable. elevated.

B *solved.*

(follow audience) (a tempo)

41

(gesture to sing)

+ Audience: _____

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

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

T Re-peat af-ter me: I am wor- thy I am

B Re-peat af-ter me: I am wor- thy I am

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43

(gesture to sing)

+ Audience: _____

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

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

T
 nei-ther mis-take nor the pun-ish-ment. TM

B
 nei-ther mis-take nor the pun-ish-ment.

(follow audience)

45

mf

f

For perusal purposes only. Do not copy.

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

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

T
 For - get to take vi - ta - mins. Let the house - plant die. *f*

B
 For - get to take vi - ta - mins. Let the house - plant die. *f*

mf (a tempo)

47

For perusal purposes only. Do not copy.

S Eat spoon - fuls of pea - nut but - ter. *mf*

A Eat spoon - fuls of pea - nut but - ter. *mf*

T Eat spoon - fuls of pea - nut but - ter. *mf*

B Eat spoon - fuls of pea - nut but - ter. *mf*

$\text{♩} = 66$ *accel.*

49

For perusal purposes only. Do not copy.

S Shave your head. For - get this po - em. It does - n't mat - ter. *f*

A Shave your head. For - get this po - em. It does - n't mat - ter. *f*

T Shave your head. For - get this po - em. It does - n't mat - ter. *f*

B Shave your head. For - get this po - em. It does - n't mat - ter. *f*

rit.

a tempo

51

For perusal purposes only. Do not copy.

S *mf* There is no wrong way — to re-mem-ber the

A *mf* There is no wrong way — to re-mem-ber the

T *mf* There is no wrong way

B *mf* There is no wrong way

p *mf*

53

For perusal purposes only. Do not copy.

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

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

T *f* your bod - y; no choice that can un -

B *f* your bod - y; no choice that can un -

f

rit.

Tempo I ♩ = 56

55

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

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

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

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

mf mp p

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rit.

mp

58

S you are al-read-y for - giv - en.

A you are al-read-y for - giv - en.

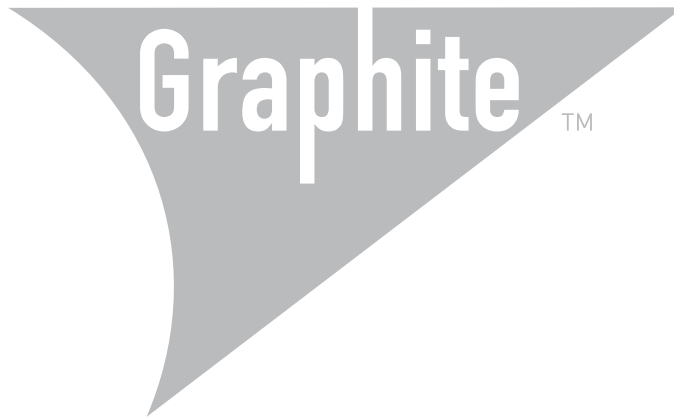
T you are al-read-y for - giv - en.

B you are al-read-y for - giv - en.

mp mp p mp pp

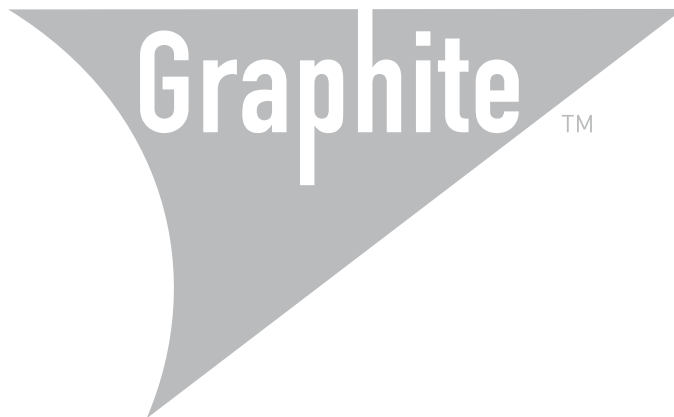
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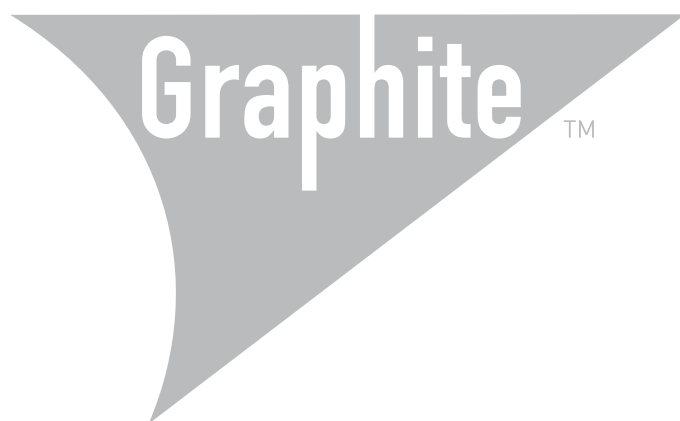
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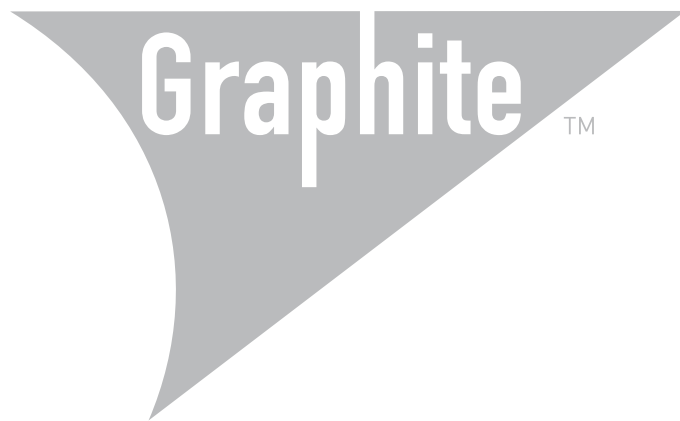
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Timothy C. Takach

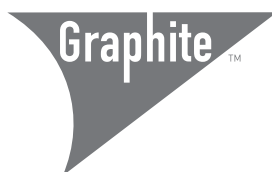


Inspired by captivating narrative, speculative fiction and making better humans through art, the music of Timothy C. Takach is a mainstay in the concert world. Applauded for his melodic lines, thoughtful text choices and rich, intriguing harmonies, Takach has received commissions and performances from 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.

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