

# **Malcolm Dedman**

# **Living the Life**

## **for Flute, Baritone and Piano**

**The baritone part may be sung by contralto or countertenor  
one octave higher**

**2016**

*"Strive therefore, with heart and soul, to follow the precepts of the Blessed Perfection,  
and rest assured that if ye succeed in living the life He marks out for you,  
Eternal Life and everlasting joy in the Heavenly Kingdom will be yours,  
and celestial sustenance will be sent to strengthen you all your days."*

*('Abdu'l-Bahá, Paris Talks, p. 114)*

**Duration: 10 mins 15 secs**

# Texts used for 'Living the Life'

## 1. The Secret of Living

A fountain springs up  
from the soul,  
the nourishing life  
cools the air  
bringing life, comfort and hope  
to those around.  
Alone, he or she stands  
giving without expectation,  
giving without asking  
or thinking of return.  
It is a miracle  
of selflessness  
that one soul offers  
its essence - for others.  
This is the secret,  
of a truly lived life:  
When we so give  
that others may grow, love and flourish.

Duane L. Herrmann: *Prairies of Possibilities*, p 104

## 3. The Sea of Deeds

On the Sea of Deeds  
our lives slowly sail,  
one difficulty at a time  
as we define  
who we are  
by what we do.

"Let deeds, not words  
be thine adorning,"  
for our deeds  
transform our souls.

They are the fruit  
of our lives  
and evidence  
of faith.

Deeds transform us  
from who we are,  
to the soul  
we can become.

Duane L. Herrmann: *Prairies of Possibilities*, p 106

## 2. The Prison of Self

In many disguises  
the prison of self  
binds our lives  
with limits:  
"I want, I need, I can't,"  
are familiar refrains  
from those unwilling  
to break free.

Limits give comfort,  
security,  
there is no challenge,  
no struggle, no pain.

It is beyond the self  
that we are truly free,  
free to grow and become  
more than we thought  
we could possibly be:  
truly to be free.

Duane L. Herrmann: *Prairies of Possibilities*, p 105

## 4. Flowering/Growing

People in our lives  
come and go,  
some are passing friends  
we never see again.  
Babies are born and join us  
and old ones die -  
a constant flow  
through our lives.  
Some enrich us  
others take,  
but from all we learn  
of the human race  
and all practice  
virtues we are learning,  
for this life is our lesson  
of increasing spiritual  
to our journey's end  
and goal of Glory.

Duane L. Herrmann: *Sweet Scented Streams*, #17

# Living the Life

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2016

## 1. The Secret of Living

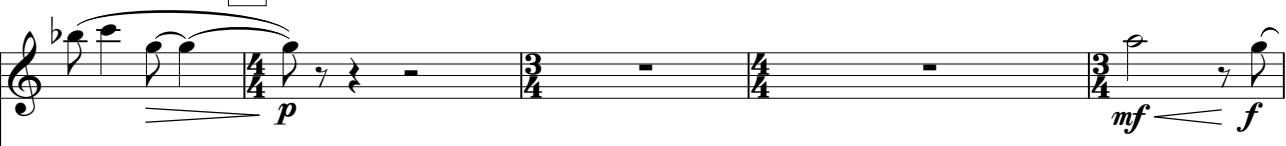
Duane L. Herrmann

Malcolm Dedman

Andante,  $\text{J} = 80$

The musical score consists of three staves: Flute, Baritone, and Piano. The Flute staff is in treble clef, 3/4 time, and dynamic ff. The Baritone staff is in bass clef, 3/4 time, and dynamic f. The Piano staff has two systems, each in treble and bass clefs, 3/4 time, dynamic ff, and pedaling. The lyrics are integrated into the piano parts. Measure 1: Flute rests, Baritone enters with dynamic ff, piano dynamic ff. Measure 2: Flute rests, Baritone continues with dynamic ff, piano dynamic ff. Measure 3: Flute rests, Baritone continues with dynamic ff, piano dynamic ff. Measure 4: Flute rests, Baritone continues with dynamic ff, piano dynamic ff. Measure 5: Flute rests, Baritone dynamic mf, piano dynamic ff. Measure 6: Flute rests, Baritone dynamic ff, piano dynamic ff. Measure 7: Flute rests, Baritone dynamic ff, piano dynamic ff. Measure 8: Flute rests, Baritone dynamic ff, piano dynamic ff. Measure 9: Flute rests, Baritone dynamic ff, piano dynamic ff. Measure 10: Flute dynamic f, piano dynamic p. Measure 11: Flute dynamic f, piano dynamic p. Measure 12: Flute dynamic fp, piano dynamic f. Measure 13: Flute dynamic fp, piano dynamic f. Measure 14: Flute dynamic fp, piano dynamic f. Measure 15: Flute dynamic fp, piano dynamic f. Measure 16: Flute dynamic fp, piano dynamic f. Measure 17: Flute dynamic fp, piano dynamic f. Measure 18: Flute dynamic fp, piano dynamic f. Measure 19: Flute dynamic fp, piano dynamic f. Measure 20: Flute dynamic fp, piano dynamic f. Measure 21: Flute dynamic fp, piano dynamic f. Measure 22: Flute dynamic fp, piano dynamic f. Measure 23: Flute dynamic fp, piano dynamic f. Measure 24: Flute dynamic fp, piano dynamic f. Measure 25: Flute dynamic fp, piano dynamic f. Measure 26: Flute dynamic fp, piano dynamic f. Measure 27: Flute dynamic fp, piano dynamic f. Measure 28: Flute dynamic fp, piano dynamic f. Measure 29: Flute dynamic fp, piano dynamic f. Measure 30: Flute dynamic fp, piano dynamic f. Measure 31: Flute dynamic fp, piano dynamic f. Measure 32: Flute dynamic fp, piano dynamic f. Measure 33: Flute dynamic fp, piano dynamic f. Measure 34: Flute dynamic fp, piano dynamic f. Measure 35: Flute dynamic fp, piano dynamic f. Measure 36: Flute dynamic fp, piano dynamic f. Measure 37: Flute dynamic fp, piano dynamic f. Measure 38: Flute dynamic fp, piano dynamic f. Measure 39: Flute dynamic fp, piano dynamic f. Measure 40: Flute dynamic fp, piano dynamic f. Measure 41: Flute dynamic fp, piano dynamic f. Measure 42: Flute dynamic fp, piano dynamic f. Measure 43: Flute dynamic fp, piano dynamic f. Measure 44: Flute dynamic fp, piano dynamic f. Measure 45: Flute dynamic fp, piano dynamic f. Measure 46: Flute dynamic fp, piano dynamic f. Measure 47: Flute dynamic fp, piano dynamic f. Measure 48: Flute dynamic fp, piano dynamic f. Measure 49: Flute dynamic fp, piano dynamic f. Measure 50: Flute dynamic fp, piano dynamic f. Measure 51: Flute dynamic fp, piano dynamic f. Measure 52: Flute dynamic fp, piano dynamic f. Measure 53: Flute dynamic fp, piano dynamic f. Measure 54: Flute dynamic fp, piano dynamic f. Measure 55: Flute dynamic fp, piano dynamic f. Measure 56: Flute dynamic fp, piano dynamic f. Measure 57: Flute dynamic fp, piano dynamic f. Measure 58: Flute dynamic fp, piano dynamic f. Measure 59: Flute dynamic fp, piano dynamic f. Measure 60: Flute dynamic fp, piano dynamic f. Measure 61: Flute dynamic fp, piano dynamic f. Measure 62: Flute dynamic fp, piano dynamic f. Measure 63: Flute dynamic fp, piano dynamic f. Measure 64: Flute dynamic fp, piano dynamic f. Measure 65: Flute dynamic fp, piano dynamic f. Measure 66: Flute dynamic fp, piano dynamic f. Measure 67: Flute dynamic fp, piano dynamic f. Measure 68: Flute dynamic fp, piano dynamic f. Measure 69: Flute dynamic fp, piano dynamic f. Measure 70: Flute dynamic fp, piano dynamic f. Measure 71: Flute dynamic fp, piano dynamic f. Measure 72: Flute dynamic fp, piano dynamic f. 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Measure 94: Flute dynamic fp, piano dynamic f. Measure 95: Flute dynamic fp, piano dynamic f. Measure 96: Flute dynamic fp, piano dynamic f. Measure 97: Flute dynamic fp, piano dynamic f. Measure 98: Flute dynamic fp, piano dynamic f. Measure 99: Flute dynamic fp, piano dynamic f. Measure 100: Flute dynamic fp, piano dynamic f.

15

Fl. 

Bar. 

A - lone, he or she stands gi-ving with-out ex - pec - ta-tion,

20

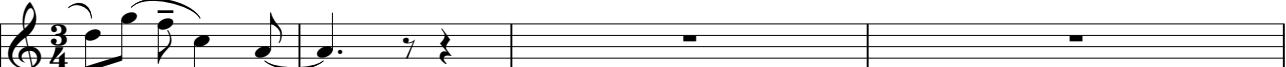
Fl. 

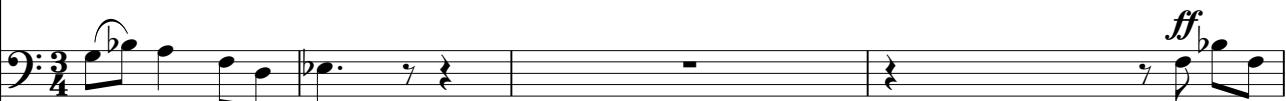
Bar. 

gi - ving with-out as - king or

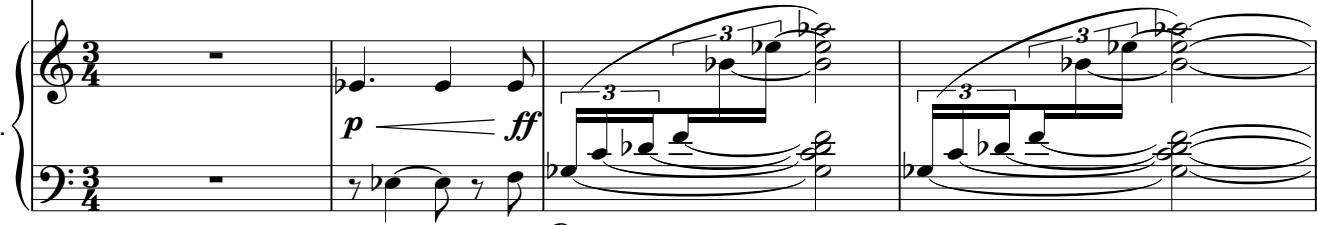
25

rit. A tempo

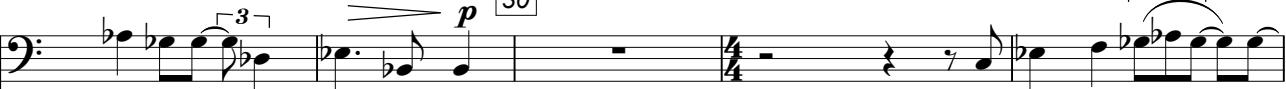
Fl. 

Bar. 

thin - king of re - turn. It is a

Pno. 

30

Bar. 

mi - ra - cle\_ of self - less - ness that one soul of - fers

Pno. 

Fl.

Bar.

Pno.

35

its es-sence—for o - thers.

Fl.

Bar.

40

This is the se - cret,

Fl.

Bar.

45

of a tru-ly lived life:

Fl.

Bar.

50

When we so give that

Fl.

Bar.

Pno.

o-thers may grow, love and flou - rish, grow, love

**rit.**

Fl. *p* 55  
 Bar. *p* and flou - rish.  
 Pno. *pp*

## 2. The Prison of Self

**Allegro,  $\text{J} = 144$**

Baritone *ff* 5  
 Baritone In ma - ny dis - gui - ses  
 Piano *ff*

Bar. 10  
 Bar. the pri - son of self binds our lives with li - mits:  
 Pno.

*Marcato* 15  
 Bar. "I want, I need, I can't," are fa - mi - liar re - frains.  
 Pno. *f* *mf* *f* *mf*

[20] rit. *f* - - - - - *mf* **Meno mosso, ♩ = 112**

Bar. 

from those un - wil-ling to break free. —

Pno.

[25] *p* [30]

Bar. 

Li-mits give com - fort, se - cu - ri - ty, — there

Pno.

[35] *Tempo primo*

Bar. 

is no chal - lenge, no strug-gle, no pain. —

Pno.

[40]

Bar. 

It is be - yond the self that we are tru - ly free. —

Pno.

Bar. free to grow and be - come more than we thought we could  
 Pno.

45 *f*

Bar. pos-si-bly be: tru - ly to be free.  
 Pno.

rit. 50 *p* **Meno mosso,  $\text{J} = 112$**  *Attacca*

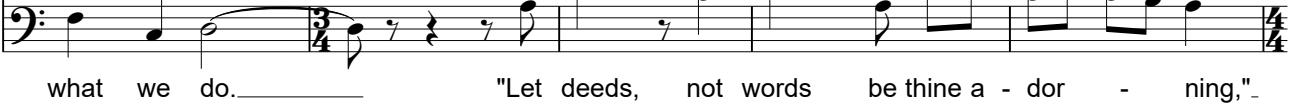
### 3. The Sea of Deeds

**Adagio,  $\text{J} = 60$**

Flute espress. 5  
 Baritone  
 Piano

pp <> p mf p <> mp  
 espress. p On the Sea of Deeds our lives slow -

Fl. 10  
 Bar. - ly sail, one dif-fi-cul-ty at a time as we de - fine who we are by

Fl.   
 Bar. 

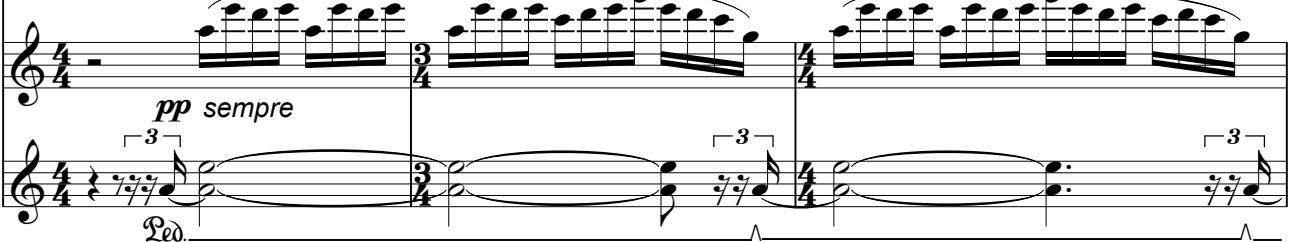
what we do. "Let deeds, not words be thine a - dor - ning,"

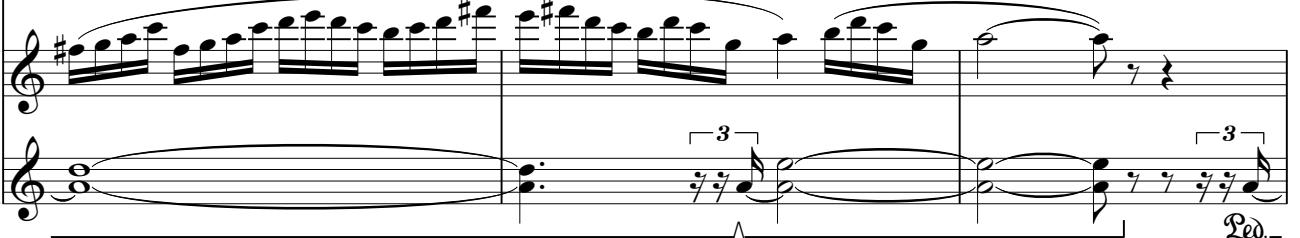
Fl.   
 Bar. 

— for our deeds trans-form our souls. They are the

Fl.   
 Bar. 

fruit of our lives and e-vi-dence of faith.

Fl.   
 Pno. 

Fl.   
 Pno. 

Fl. *<mp* *p* *mf* *p* *mf*

Pno. { *3*

35

Fl. *p* *mf* *p*

Bar. Deeds trans - form us from who we are, to the soul we

Pno. { *p* *3* *Ded.*

40

Fl. *f* *mf* *f* *mf*

Bar. can be - come, to the soul we

Pno. { *sempr p* *3* *3*

Fl.

Bar.

can be - come, we can be-  
come, we can be -

Pno.

**45**

Fl.

Bar.

come.

Pno.

**rit.**

**pp**

**ppp**

#### 4. Flowering/Growing

**Moderato,  $\text{J} = 108$**

Flute

Piano

**5**

**mf**

**Ped.**

Fl. *f* *mf*

Bar.

Pno.

10

Peo - ple in our lives come and

Fl.

Bar.

Pno.

go, some are pas - sing friends we ne - ver see a - gain...

*f* *f* *mf*

*sempre mf*

*ped.*

15

Fl. *mf* *f* *mf*

Bar.

Pno.

Ba - bies are

*p*

*p*

*ped.*



Fl. *ff*      Bar. en - rich us o - thers take, —  
 Pno. *ff*      35 *f* *mf* *<f*

Meno mosso, ♩ = 92      40

Fl. *p*  
 Bar. but from all we  
 Pno. *f* *ff* *p* *Ped.*

Fl. *mf*  
 Bar. learn, learn of the hu - man race and  
 Pno. *mf*

45

Fl.

Bar.

Pno.

all\_\_ prac - tice vir - tues, vir - tues we are lear - ning,

Bar.

pp

50

for this life is our les - son of in - crea-sing spi - ri-tual to our

Fl.

Bar.

jour - ney's end\_ and goal of

Pno.

rit.

60

Fl.

Bar.

ossia Glo - ry.

Pno.