

**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

## 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

## 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

## 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

for Flute, Baritone and Piano

2016

## 1. The Secret of Living

Duane L. Herrmann

Malcolm Dedman

Andante, ♩ = 80

Flute

Baritone

Piano

5

Bar.

Pno.

10

Fl.

Bar.

Pno.

*ff*

*ff*

*mf*

*f*

*mf*

*ff*

*p*

*f*

*fp*

*f*

*p*

*f*

*p*

A foun - tain springs up from the soul,

the nou - ri - shing life \_\_\_ cools \_\_\_ the air \_\_\_ brin - ging

life, \_\_\_ com - fort and hope to those a - round.

Ped.

Ped.

Ped.

15

Fl. *p* *mf* *f*

Bar. *p* *mf* *p* *mf*

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

20

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

Bar. *p*

gi - ving with-out as - king or

25

rit. . . . . A tempo

Fl. *ff*

Bar. *ff*

thin - king of re - turn. It is a

Pno. *p* *ff*

Ped.

30

Bar. *p*

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

Pno. *p*

35

Fl. *ff* *f* *ff*

Bar. *f* *mf*

Pno. *f* *ff*

its es-sence— for o - thers. —

40

Fl. *f* *ff* *ff* *f* *ff*

Bar. *ff* *f* *ff*

This is the se - cret, — of a tru-ly lived life: —

45

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

Bar. *p*

When we so give that

50

Fl. *mf*

Bar. *mf* *p* *mf* *mf*

Pno. *p*

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

*rit.* 55

Fl. *p* *pp*

Bar. *p*

Pno. *pp*

and flou - rish.

## 2. The Prison of Self

**Allegro, ♩ = 144**

Baritone *ff* 5

Piano *ff*

In ma - ny dis - gui - ses

Bar. 10

the pri - son of self binds our lives with li - mits: \_\_\_\_\_

Pno.

Bar. 15

*Marcato* *mf* < *f* > *mf*

"I want, I need, I can't," \_\_\_\_\_ are fa - mi - liar re - frains.

Pno. *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 *mf* *f* **Tempo primo**

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

Pno.

40 *ff*

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

Pno.

45 *f*

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

Pno.

50 *p* **Meno mosso, ♩ = 112** *Attacca*

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

Pno.

### 3. The Sea of Deeds

**Adagio, ♩ = 60** *espress.*

5

Flute *pp* *p* *mf* *p* *mp*

Baritone *espress.* *p*

Piano

On the Sea of Deeds our lives slow -

10

Fl. *mf* *p* *mf*

Bar. *mf* *p* *mf*

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



15

Fl. *p* *f*

Bar. *p* *f* *mf*

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

Fl. *mf* *f* *mf*

Bar. *p* *f* *mf* *p*

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

20 25

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

Bar. *mp* *mf* *p*

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

Fl. *p*

Pno. *pp* *sempre*

Ped.

30

Fl. *mf* *p*

Pno. *mf* *p*

Ped.

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

Pno.

35

Fl. *mf* *p*

Bar. *p* *mf* *p*

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

Pno. *p*

*3*  
Ped.

40

Fl. *f* *mf*

Bar. *f* *mf*

can be - come, to the soul we

Pno. *sempre p*

45

Fl. *f* *mf* *mp* *p*

Bar. *f* *mf* *p*

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

Pno. *pp* *3* *Ped.*

rit. . . . .

Fl. *pp*

Bar. *pp*

come. . . . .

Pno. *ppp*

### 4. Flowering/Growing

Moderato, ♩ = 108

5

Flute *mf*

Piano *mf*

*Ped.*

10

Fl. *< f > mf* *mf*

Bar. Peo - ple in our lives come and

Pno.

Fl. *f* *mf*

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

Pno. *sempre mf*

Ped.

15

Fl. *mf* *< f > mf*

Bar. Ba - bies are

Pno. *p*

Ped.

20

Fl. *mf*

Bar. born and join us and old ones die a cons-tant

Pno. *mf* *p*

25

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

Bar. flow through our lives.

Pno. *mf* *f* *ff*

8<sup>vb</sup> Ped.

30

Fl. *ff* *mf* *ff*

Bar. Some

Pno. *mf*

8<sup>vb</sup>

Fl. *ff* *f* *mf* *f* 35

Bar. en - rich us o - thers take,

Pno. *ff* *f* *mf*

8<sup>vb</sup> 8<sup>vb</sup>

Meno mosso, ♩ = 92 40

Fl. *p* *p*

Bar. but from all we

Pno. *f* *ff* *p*

Ped.

Fl. *mf* *mf*

Bar. learn, learn of the hu - man race and

Pno. *mf*

45

Fl. *p* *pp*

Bar. *p* *pp*

Pno. *p* *pp*

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

Bar. *pp* *mf* *pp* *p*

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

55

Fl.

Bar. *mf* *p*

Pno. *p*

jour - ney's end\_ and\_ goal\_ of\_

60

Fl. *mf* *p*

Bar. *mf* *p*

Pno. *mf* *p* *ppp*

ossia  
Glo - - - ry.

Ped.