

# SCORE

## for “Dark Water” by Lauryn Youden

Find yourself in a comfortable resting position

Have a warm beverage nearby

Wrap yourself in a blanket or let in some fresh cool air

Whatever environment makes you the most comfortable set that up for yourself

When listening or feeling the vibrations of the piece

use headphones and close your eyes

Listen, feel and/or read at your leisure.

### **Have these materials at hand:**

one black candle

sea salt

one stone

running water

### **Potential locations to listen, feeling or read this piece at:**

the shoreline of the pacific ocean, a moving body of water, a cemetery, at the foot of your altar, surrounded by plants

