

RAINBOWS

for inner peace

Arden Wilken (Mar 2019 Kona HI)

Piano

Andante $\text{♩} = 87$

p

fingerings: right/left

(roll very slowly
smear the notes like pastels)

mp

Piano

mf

Ped. _____

Piano

mp

from the heart

Ped. _____

Piano

Adagio ($\text{♩} = 75$)

mp

Ped. _____

Piano

mf

mp *pp*

Ped. _____

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16 *mp* *p* *accel.* $\text{♩} = 86$

19 *mp* *mf* *ritard.*

22 *mp* *poco meno mosso* $\text{♩} = 78$

24 *mf* *f* *mf* *mp* *ritard.*

27 *A Tempo Primo* $\text{♩} = 75$

The score is for piano and consists of five systems of two staves each. It includes dynamic markings (*mp*, *p*, *mf*, *f*, *mp*, *poco meno mosso*, *ritard.*, *A Tempo Primo*), tempo markings ($\text{♩} = 86$, $\text{♩} = 78$, $\text{♩} = 75$), and performance instructions. Fingerings are indicated by numbers 1-5 in blue above notes. Pedal points are marked with 'Ped.' and green numbers 1-5 below notes. Slurs and phrasing marks are used throughout the piece.

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Piano score for *RAINBOWS for inner peace*. The score is in G major and 3/4 time. It consists of three systems of music. The first system (measures 30-32) features a treble clef with a key signature of one flat and a bass clef. The right hand has a melodic line with triplets and slurs, marked with dynamics *p*, *mf*, and *mp*. The left hand has a bass line with a triplet and a half note. The second system (measures 33-35) continues the melodic line in the right hand, marked *pp*, and the bass line with a triplet and a half note. The third system (measures 36-38) shows the right hand with a whole note chord and the left hand with a half note chord. The piece ends with a final chord in the left hand, marked with a fermata and the instruction "sound dies with pedal down".

Aloha!

After taking a 7-year sabbatical from composing and performing, I just finished this lovely little piece from sketches I had made way back in 1990 found in a very old, musty notebook. I've always had in the back of mind the project of creating piano sheet music for others to play and I am very happy to create this for you. ***RAINBOWS for inner peace*** (the name I gave it many years ago) is really for anyone who has ever played a keyboard instrument, no matter how long ago, and those of you who are learning to do so now. (Level of difficulty = 2 to 3)

PLAYING TIPS:

1. If your piano/music teacher never told you or hasn't told you yet, the key to playing a keyboard is the fingering. (Well, posture is really important too!) To that end I have already indicated fingerings for you- **Blue** for right and **Green** for left. My hands are pretty big and if you find some of this fingering doesn't work for you, if you have small hands, for example, change it. The fingerings indicated prepare you for moving your hands quickly and easily to positions away from middle C. (You'll notice that the left hand often is playing just under the right.)
2. After the 7 years of not reading any music I found I had trouble remembering how to read notes way above or below the staves, like 'E', 2 octaves above middle C. I decided to actually write the letter for those notes directly in the music since playing music should never create stress. For me playing music is all about the touching the keys, the pleasure that it brings and the emotion you can express with it. (I have been playing since I was 8 and I am now nearly 70.)

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3. Take your time with the opening *Andante* section where you want to role the notes very slowing with *rubato*- as you feel it. Imagine you are smearing colors, so your fingers stay on the keys.
4. The emotional high point is at measure 25. You'll notice that the '*mf*' marking starts in measure 24, crescendos to '*f*' and then falls from '*mf*' to '*mp*' quickly from one note to another. That quick transition of dynamics is a wonderful expressive moment.
5. Last one- if you are playing on an electronic keyboard, try playing this piece in '*Just F*' tuning rather than equal tuning, the default. Since the harmonies are very uncomplicated, it sounds and feels even more relaxing in '*Just*' where the harmonies match more the whole number harmonic ratios found in the voice. Playing this on a normal piano is just fine too.

GLOSSARY (in order of appearance):

Andante- at a walking pace (76 to 108 bpm)

Adagio - slow and stately (66 to 76 bpm)

Accel. - abbreviation for 'accelerando' = faster and faster

Ritard. – abbreviation for 'ritardando' = immediately slower

Mahalo