

**Aus den sieben Tagen**  
**(From the Seven Days)**

**RICHTIGE DAUERN**  
**(Right Durations)**

**Play a sound**  
**Play it for so long**  
**until you feel**  
**that you should stop**

**Again play a sound**  
**Play it for so long**  
**until you feel**  
**that you should stop**

**and so on**

**Stop**  
**when you feel**  
**that you should stop**

**But whether you play or stop:**  
**keep listening to the others**

**At best play**  
**when people are listening**

**Do not rehearse**

**UNBEGRENZT  
(Unlimited)**

**Play a sound  
with the certainty  
that you have an infinite amount of time and space**

**How late is it? How long does it last? How long will you stay? When is it over?**

**Have you ever done anything with the CERTAINTY  
- that is, without a shadow of a doubt –  
that you have an infinite amount of time?  
Without thinking about the end of a moment**

**the end of your strength,  
the end of your interest,  
the end of the patience of the others,  
the end of the day and the night,  
the end of your existence here,  
the end of your life,  
the end of time?**

**Do you know a way, through which you could arrive at this certainty?**

**Do you know how you can overcome death – which is fear?  
Have you ever played without asking, how late it is?**

**With complete certainty.  
ABSOLUTE TIMELESS  
NOW**

**AND**

**How large am I? How large is my instrument?  
Where are my limitations? Where are the limitations of my instrument?  
How large is my room? How large is my house?  
How large is my ground, our country, our Earth, our stars, our galaxy?**

**How far do my tones carry?  
Have you ever done anything with the CERTAINTY**

**that you have an infinite amount of space?**

**Without thinking about how far your body can reach,**

**the limitations of your instrument  
the masonry floors ceilings of your house,  
the walls hedges fences of your property,  
the boundaries of your country, your continent,  
our planet, our solar system?**

**Have you ever done anything with the certainty**

**that the space of your thinking, feeling, bargaining, remembering,  
expecting  
IS UNLIMITED?**

**Do you know how to arrive at this certainty?**

**Do you know the way which leads out of the prison?  
have you ever played without asking  
where you are?  
With complete certainty.  
ABSOLUTELY VERTICAL  
HERE**

**A sound  
lives like YOU, like ME, like HE, like SHE, like IT.**

**Moves, stretches out and contracts.  
Transforms itself, gives birth, begets, dies, is re-born.  
Seeks – seeks not – finds – loses –  
binds itself – loves – waits – hastens – comes and goes**

**Play a sound**

**with the certainty  
that you have an infinite amount of time and space**

**OM**

## **VERBINDUNG (Connection)**

**Play a vibration in the rhythm of your body**  
**Play a vibration in the rhythm of your heart**  
**Play a vibration in the rhythm of your breathing**  
**Play a vibration in the rhythm of your thinking**  
**Play a vibration in the rhythm of your intuition**  
**Play a vibration in the rhythm of enlightenment**  
**Play a vibration in the rhythm of the universe**

**Mix these vibrations freely**

**Leave enough silence between them**

## **TREFFPUNKT (Meeting Point)**

**Everyone plays the same tone**

**Lead the tone wherever your thoughts  
lead you  
Do not leave it, stay with it  
Always return  
to the same place**

## **NACHTMUSIK (Night Music)**

**Play a vibration in the rhythm of the universe**

**Play a vibration in the rhythm of dreaming**

**Play a vibration in the rhythm of dreaming**

**and slowly transform it**

**into the rhythm of the universe**

**repeat this as often as you can**



## **ABWÄRTS (Downwards)**

**Play a vibration in the rhythm of your limbs  
Play a vibration in the rhythm of your cells  
Play a vibration in the rhythm of your molecules  
Play a vibration in the rhythm of your atoms  
Play a vibration in the rhythm of your smallest particles  
which your inner ear can reach**

**Change slowly from one rhythm to another  
until you become freer**

**and can interchange with them at will**

## **AUFWÄRTS (Upwards)**

**Play a vibration in the rhythm of your smallest particles**

**Play a vibration in the rhythm of the universe**

**Play all the rhythms that you can  
distinguish today between  
the rhythm of your smallest particles  
and the rhythm of the universe  
one after the other  
and each one for so long  
until the air carries it on**

## **INTENSITÄT (Intensity)**

**Play a single sound  
with such dedication  
until you feel the warmth  
that radiates from you**

**Play on and sustain it  
as long as you can**

**SETZ DIE SEGEL ZUR SONNE (Set Sail for the Sun)**

**Play a tone for so long  
until you hear its individual vibrations**

**Hold the tone  
and listen to the tones of the others  
- to all of them together, not to individual ones –  
and slowly move your tone  
until you arrive at complete harmony  
and the whole sound turns to gold  
to pure, gently shimmering fire**

## **KOMMUNION (Communion)**

**Play or sing a vibration in the rhythm of the limbs  
of one of your fellow players**

**Play or sing a vibration in the rhythm of the limbs  
of another of your fellow players**

**Play or sing a vibration in the rhythm of the cells  
of one of your fellow players  
... of another ...**

**Play or sing a vibration in the rhythm of the molecules  
of one of your fellow players  
... of another ...**

**Play or sing a vibration in the rhythm of the atoms  
of one of your fellow players  
... of another ...**

**Play or sing a vibration in the rhythm of the smallest  
particles that you can reach  
of one of your fellow players  
... of another ...**

**Try again and again  
Don't give up**

**ES (It)**

**Think NOTHING**

**Wait until it is absolutely still within you**

**When you have attained this**

**begin to play**

**As soon as you start to think, stop**

**and try to retain**

**the state of NON-THINKING**

**Then continue playing**

**GOLDSTAUB (Gold Dust)**

**Live completely alone for four days  
without food  
in complete silence, without much movement  
Sleep as little as necessary  
Think as little as possible**

**After four days, late at night,  
without conversation beforehand**

**play single sounds**

**WITHOUT THINKING which you are playing**

**Close your eyes  
Just listen**