

This performance juxtaposes human physicality with self-awareness. Repeating phrases like “We are meat” and “Selfconscious” reflect the tension between our transient, vulnerable bodies and reflective consciousness. Through stuttering sounds and fragmented delivery, it provokes introspection about identity and existence, highlighting the fragile yet inescapable connection between body and mind.

Please follow the performance notes in the score

Additional performance notes

Begin with silence.

Then out of nothing sing "HAAA-AUMMM", drawing out the AUM as a deep, resonant, and vibrational tone that embodies the archetypal sound of creation, often referred to as the primordial vibration in many traditions. Let the "AUM" vibrate from your chest and resonate deeply, symbolizing the origin of all sound and being.

Then seamlessly - by opening the mouth wide - transition into "WEEE-EE-EE-EE", a perfect octaven higher, rising like an ethereal echo, a lighter counterpart to the grounding AUM, as if representing emergence, expansion, or the unfolding of creation.

Inhale...

Repeat this cycle, following the slow pulse of quarternotes in bar three, create a balance between the primal, grounding tone and the ascending, expansive sound. This combination invokes both the stillness of origin and the dynamism of expression.

Inhale...

Repeat this in bar five, gradually revealing the meaning of the sentence.

Follow the performance notes in the score

We are meat

<Joop van Liere>

Especially composed for Fifteen-Minutes-of Fame

Dedicated to Andrew White - baritone

App. (♩=56)

molto vibrato, *molto vibrato*, *molto vibrato* *maestoso*

mf *f* *mf* *f* *mf* *f*

Ha-um We - e - e - e Ha-um We a - a - a - r Ha-um We a - a - re m -

(Sing this with emphasis on the sound)
(as if there is no semantic meaning)

(Sing this with emphasis on the sound)
(again as if there is no semantic meaning)

6 *molto vibrato*

mea - t t t t t t tem- po- ra- ry mea - t

10 *scream ('shock' your audience)* *cantabile* *molto vibrato*

Build up a huge amount of air from chest in mouth with lips closed and full *fff*

b - cheeks that 'explode' on.....: loo - dy self con scious a-um-ea- t

13 *poco misterioso* *gradually turn to whisper.....*

mp *ppp*

njui- cy a-um-ea- t

Duration app. 60''