

To create a meditative-imaginal-quiet-open space between your workday and this night-work MidCareer session, we move from last session's oceans fantasy to the feel of the open fields, and hear Beethoven's Sixth, the Pastoral Symphony, until 5.40pm.

"Pastoral" first meant "having to do with sheep" (then, technically, pastor/people relationships), then "having to do with Nature" (capital "N," as encompassing both the romantic and the mystical), and then "having to do with all that is beautiful in nature" (all sensations pleasant).

What to do while listening?

A. I suggest legs on chair, spine flat on floor, eyes closed, arms loose at sides-- and recollect the happiest day you ever had in the countryside, and thank God for it and for our evening together.

B. But you may want to go visual. One or two of you might want to look at the great pastoral art in THE PASTORAL IN MUSIC, WORDS AND PICTURES (LSCD-2614).

C. Or verbal--the words in LSCD-2614, or just this from Wordsworth's "Tintern Abbey":

"...I have learned (in middle life)/To look on nature, not as in the hour/Of thoughtless youth; but hearing oftentimes/The still, sad music of humanity,/Nor harsh nor grating, though of ample power/To chasten or subdue. And I have felt/A presence that disturbs me with the joy/Of elevated thoughts; a sense sublime/Of something far more deeply interfused,/Whose dwelling is the light of setting suns,/And the round ocean and the living air,/And the blue sky, and in the mind of man:/A motion and a spirit, that impels/All thinking things, all objects of all thought,/And rolls through all things. Therefore am I still/A lover of the meadows and the woods,/And mountains; and of all that we behold/From this green earth; of all the mighty world/Of eye, and ear,--both what they half create,/And what perceive....The anchor of my purest thoughts, the nurse,/The guide, the guardian of my heart, and soul/Of all my moral being." (13 July 1798)

D. Or verbal-creative: Write here what comes to you:

E. Or visual-creative: Draw here what comes to you: