

Michael J. Delfin

Made to Rest

Piano Left Hand
6'30"

During 2017, many conversations around me centered on the subject of *rest*. The one crucial element that doctors, therapists, and family all tell us we need is often the last thing on our minds. People run themselves ragged to prove their worth to others and to themselves, yet as time passes by, so does life, proving that *Rest* must become a state of being. As the noise of life recedes into the background, the one missing, necessary component emerges and becomes all the more meaningful.

Made to Rest is for piano solo, specifically left hand to portray that one cannot do everything! "Rest" emerges with a pitch set of 5 notes taken from B-flat major, while the remaining chromatic pitches in the lower registers of the piano depict great harmonic "Stress." The two war against each other until they inevitably collide, but Rest quietly removes all conflicting harmonies.

November 2017

Made to Rest

Michael J. Delfin

Piano LH *p* Unhurried, contemplative ♩ = 80

Pno. 5

Pno. 9

Pno. 12

Pno. 16