



Sister of Sleep

Process and Intention

In approaching the background information I needed to compose a piece in the spirit of the Moon, I had to pay very special attention not only to the mathematical and scientific data but, just as importantly, to the historical and philosophical significance the Moon and its phases have played in our lives throughout our history. Through extensive research and correspondence with astrophysicist Professor Bernard Foing of the European Space Agency, and physicist Professor René Oosterlinck, former director at the European Space Agency, I chose to focus on the wavelength (666nm) and color temperature (4,500K) of the Full Moon, at the height of its point in our sky. Using its wavelength, we determined the corresponding subharmonics and audible notes related to its most prevalent visual wavelength of 450.1 THz, which landed me at around 805 Hz as my fundamental frequency in the audible spectrum.

The Full Moon has played an almost superior part in folklore, as well as in biological rhythms, so I decided to use the fundamental frequency of the Full Moon's peak light, correspondent to our audible spectrum, throughout this piece; the frequency which is highlighted in the opening and closing, as well as tuning the piece entirely to its related harmonies. Furthermore, after consulting prominent historical astrologers, I attempted to musically reconstruct the spiritual significance of the main phases of the Moon and to tell its story:

New Moon (birth and dark and uncertain) - will be slightly treacherous (black/dark Moon). This moment is unstable and represents uncertainty for the future. However, this will transition into the Waxing Moon

Waxing Moon (crescent) - delicate and hopeful, pretty, yet still a little uncertain - most mystical of the parts

Full Moon - a time of completion and climax/manifestation

Waning Moon - after a more climactic section in the Full Moon, this section will (somehow) decay a bit, become a little more nostalgic

Through all this I hope to provide a very remedial musical overview of what the Moon has meant to countless cultures throughout time, utilizing the scientific tuning and related wavelengths of the visual spectra of the light of the Full Moon, which has impacted us through our eyes, and tuned our biological processes into coherent and synchronized systems.