



Notes for 'The Sunlit Path' a musical journey by Roy Posner

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Welcome!

The music collection known as "The Sunlit Path" was composed between 2001 and 2006 -- except for 'The Calling,' which was written in the late 1990s. The entire set was recorded between December 2004 and May of 2006.

I should point that though I have titled the pieces, and have expanded on their meaning below, that does not necessarily reflect the essence of the music. In the end, only you the listener can truly know what that is.

I hope you find these compositions soothing, enjoyable, and uplifting.

With warm regards,
Roy

July 11, 2014

Comments on the Individual Pieces:

THE CALLING

The three-minute opening composition, 'The Calling,' was central to this overall recording effort because it established the tone and message I was trying to convey -- i.e. the spiritual calling, the search for it, its discovery, and the joy that follows.

LANDS BEYOND

This piece struck me as the deep Adventure of life – both the inner and outer journey; taking one to high vistas and the lands beyond.

In the quieter middle passage of the piece, there seems to be a kind of pausing and reflection, as if one were trying to assimilate the wonder of the experience, the lessons learned, the meaning of it all

before one once again continues on that great adventure. Lands Beyond unfolds like a mini-movie in my mind.

LOVE NEVER ENDS

'Love Never Ends' unfolded like a miracle when I recorded it in one take. It seems to capture the Romance of life -- i.e. the Adventure of discovery and growth within, or with another through the sharing of love. Both paths enable soul connection; the first through discovery of one's own true self and the spirit; the latter between our own soul and another's. Since the soul/true self is eternal, the sharing of Love is never-ending, as it continues through all time. That is the feeling I might have been trying to convey.

SPIRIT OF ANNAPURNA

'Spirit of Annapurna' is for me the touching of the heights -- the spiritual heights; the physical heights too. I wrote this piece one quiet night, and then recorded it very early the next morning as the sun was breaking through the darkness. It is symbolic for me of the new Spiritual Dawn.

It was one of those moments of creative inspiration that occur infrequently in one's lifetime. Perhaps the recording captures a spiritual experience. This piece is very dear to me.

AWAKENING OF THE HEART

As you continue on the path, there awakens subtle emotions you have never known before. There is a breaking away from old and the discovery of wondrous new subtle feelings. It is the awakening of the Heart to something higher; to elevated feelings of compassion towards others, of gratitude to others and life; even towards the Divine itself. This was a difficult and complicated piece, and bumpy in spots, though in the end I believe it came out well.

ASCENDING

In my mind 'Ascending' captures the ascending path of the seeker in search of the deeper truths of life. In the first part, there is an upward ascension, and in the second part, there is a kind of spiritual release and contemplation of what one discovered. When I listen to this piece, I am reminded of how Magister Ludi as the young man Joseph Knecht ascended the German Alps to find and play music with the elder Music Master in Hermann Hesse's elegant and profound book 'The Glass Bead Game.' It is one of my favorite poetic moments in literature, deeply moving; an inner connection through collaborative music where one leaves all thinking behind, opening to the musical and heights.

THE HIGHEST GROUND

The person on this journey has been ascending (previous piece) and now has reached the highest ground. Now that individual is gripped by the Divine and elevated beyond the beyond in consciousness. It feels as if one were trying to capture the spiritual experience of connection with the transcendent Reality.

I WONDER WHY

As we journey through life, we wonder why things are the way they are. In our adventure through time, we discover fragments, and come upon small signs along the way. We may try to make sense of it all, and wonder out loud what is its ultimate meaning and purpose. This is a personal favorite because it comes close to capturing my own true voice; often contemplating the spheres.

GRATITUDE

The Divine, as well as people dear to us, have on occasion saved us from the depths of despair and suffering. Even tragedy and death. There are also those who have always had our very best interests in mind, supporting our upwards ascent in life. There is also our spiritual mentors and guides and teachers who have saved us, including the divine force itself. For that we can feel deep, sincere, and heart-felt gratitude. It is one of the sweetest of all spiritual emotions. I hope I have captured that experience here.

THE SUNLIT PATH

The Sunlit Path is the simpler, direct spiritual path of joy, rather than the more difficult and strenuous methods of spiritual progress. It is a direct way to the light, truth, harmony, and love; without having to grapple with all of one's demons and limitations, The Sunlit Path is to simply to surrender to the Divine, who guides us and carries us along on a magic carpet ride of startling, miraculous experiences and the deep Joy that follows.

This was the one composition that gave me the confidence to undertake and complete this song cycle of recordings. So I titled this entire group of pieces by the name of this one composition 'The Sunlit Path'. When I listen to it, I feel energized, inspired, uplifted. I play it over and over again to remind myself of the journey and the meaning and the energy and the joy I have brought into my life. I hope it has the same effect on others.

ON THE FORGOTTEN PATH

There is an ancient wisdom, long forgotten. It is buried in the forest, and in the heart of every man. Here I have tried to capture an individual who is aware that this Reality can be found, and is making the full effort on the once forgotten path to discover it.

REFLECTION IN AMERICA

Introspection, inner contemplation enables us to discover who we are, evaluate where we have been, and consider where we are headed. It is a means of discovering our true purpose in life, as we journey through time. Like others, I continually have such thoughts along this line here in America -- in the land I was born and dwell in. I feel the American spirit in this composition. Perhaps the video version brings this out even more.

WHAT WAS LEFT BEHIND

This is a kind of backward reflection on all the music that came before it and the adventure that occurred along the way. It is actually several earlier themes that are briefly revisited and composited here. It is a final look back on the journey taken on the Sunlit Path.

HEART OF EVERY MAN

This is the essence of what was realized; a pure drop of what was carried forward into life. It is a vocal piece containing my aspiration for every individual; for the happiness, joy, love, and spirit one can experience inside.

Please send your comments to: royposner@gmail.com