

The ZenSpiral®

Melodic
Ear-Training Meditation



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www.ZenSpiral.com

44

48

53 5 perfect 4th

57

61

66 6 augmented 4th/diminished 5th

70

74

79 7 perfect 5th

83

87

The Zen Spiral

92 **8** min. 6th

95

100

105 **9** maj. 6th

109

113

118 **10** min. 7th

122

126

The musical score consists of ten staves of music. Each staff begins with a measure number and a time signature. The first staff is marked '92' and '8 min. 6th'. The second staff is marked '95'. The third staff is marked '100'. The fourth staff is marked '105' and '9 maj. 6th'. The fifth staff is marked '109'. The sixth staff is marked '113'. The seventh staff is marked '118' and '10 min. 7th'. The eighth staff is marked '122'. The ninth staff is marked '126'. The music is written in treble clef and includes various intervals, accidentals, and rests.

131 **11** maj.7th

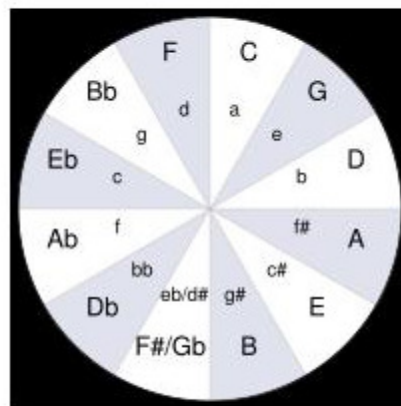
135

139

144 **12**
octave

148

152



Zen Spiral is an etude

every note touches every other note within an octave, descending and ascending,

travels around the circle of 4ths/5ths (root movement of a 5th),

servicing the ears to recognize all primary intervals

Create your own new flow exercise out of your play

Music...there is a reason it's called playing....

Enjoy the process...

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