

CITY SILENCE PRESENTS MINDFUL MUSIC MOMENTS

City Silence's Mindful Music Moments works in partnership with the Cincinnati Symphony Orchestra, Cincinnati Opera and the Contemporary Arts Center to bring you mindfulness and beautiful music. We hope you will take this time to quiet your mind, find your breath, and connect with your very best self.

FUN FACT:

Even though this song sounds sad, the opera that it comes from is actually a comedy!

CHARACTER STRENGTH:

The first performance of Puccini's opera *Madama Butterfly* was one of opera's all-time worst flops. The audience made bird, cow, and goat calls and booed. Can you imagine how sad that made the composer? Even though *Madama Butterfly* became one of the best-loved operas in history, it took great **courage** for him to continue to create new operas.



Operatic Clip: "O Mio Babbino Caro" aria from *Gianni Schicchi*

Composer: Puccini

Composed: 1918

Partner: Cincinnati Opera

This opera, "Gianni Schicchi" is a short one-act comedy and is the only comedy that Puccini wrote. All of his other operas are very serious! In this particular aria, or song, a young woman named Lauretta is begging her father to let her marry her boyfriend, despite the fact that he doesn't have any money.

DAY 1: Have you ever felt like your heart would break if you didn't get what you wanted? Have you ever begged your mother or father for something? Does this song remind you of how that kind of deep yearning feels?

DAY 2: Opera singers have tremendous control of their breath. Let's work on our own breathing. When you breathe in, or inhale, see if you can move the breath into the area below your belly button. When you breathe out, or exhale, see if your belly pulls in a little bit. This is called diaphragmatic breathing.

DAY 3: Notice the harp at the beginning of this song. What emotion does it make you feel to hear that particular instrument?

DAY 4: Since this song is about love and heartbreak, put your hands over your heart as you listen today. Notice if you can feel the beat of your own heart.

DAY 5: Visualization, or seeing what you want in your mind, can be very helpful to accomplishing a goal. As you listen today, think about something you want very badly. Visualize or imagine yourself achieving your goal as you breathe in and out.