

# MINDFUL MUSIC MOMENTS

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:

Puccini took great pains to bring authenticity to his score, researching traditional Japanese melodies and importing recordings of music from that country as he worked in Italy

## CHARACTER STRENGTH:

In this aria, the singer is very much in **love**. Can you think of someone you love who you are very excited to see again? It can be a family member or a friend or even a pet!



## Classical Clip: One Fine Day (from Madame Butterfly)

Composer: Puccini  
Composed: Premiered 1904  
Partner: Cincinnati Opera

"One Fine Day" is the most famous aria from Madame Butterfly and one of the most popular soprano works of all time. Madame Butterfly is waiting for the man she loves. She sings that, "one fine day", they will see a puff of smoke on the far horizon. Then a ship will appear and enter the harbor, and on the ship, he will be.

**DAY 1:** This song is about missing someone. Have you ever missed someone very badly? Today, perhaps you can imagine having a reunion, or meeting, with someone you miss.

**DAY 2:** Let's put our hand on our chest today to see if we can feel the beating of our heart, or our pulse, as we listen.

**DAY 3:** Opera singers have tremendous control over their breath. Today, see if you can take long and slow breaths, perhaps counting to 5 or 6 on every inhale and every exhale.

**DAY 4:** Today let's take an imagination vacation. How does the music make you feel? What do you see in your mind's eye?

**DAY 5:** Imagine a garden as you listen to this music. What kinds of flowers are growing in your opera garden? What colors are they?