

**Kenny (words)  
Bethan Clark (music)**

# **audibly exhale**

**a cappella for SSAATTBB chorus,  
semi chorus & spoken word**

**Text from:**

**<http://drug.addictionblog.org/how-to-help-a-crystal-meth-addict/>**

**April 2016  
revised March 2017**

Crystal Methamphetamine (aka Crystal, Tina, X) is quite possibly the most addictive substance in existence. Addiction can be fast to take hold and virtually impossible to shake off.

Inspired by the blog entry of an addict, and in combination with research and friendship with an addict who disappeared down the rabbit hole, Audibly Exhale is an attempt to touch on some of the physical, mental and external effects of this most evil of drugs: paranoia, heart palpitations, panic attacks, auditory hallucinations.

The harmony is formed around the drug's chemical compound, and the principal motif is a musical version of an addict's identity number whilst on remand for possession.

I have intentionally included all of Kenny's typos.

# audibly exhale

for A.

Kenny

First performance 25th February 2017, Sheung Wan, Hong Kong

Bethan Clark

dreamlike ♩ = 64

soprano *p* [audibly inhale] you're in - vi - si - ble... [audibly exhale] Su - per - man

alto *p* [audibly inhale] feel like you're in - vi - si - ble... [audibly exhale] Su - per - man

tenor *p* make you feel like you're in - vi - si - ble... [audibly exhale] Hulk

bass *p* make you feel like you're in - vi - si - ble... [audibly exhale] Hulk



4 *mf* all the su-per-he-roes com bine [audibly inhale] *p* dark deep-ness of the de-vil him-self *molto rit.*

*mf* all the su-per-he-roes com bine *p* and with the dark deep-ness of the de-vil him-self

*p* [audibly inhale] dark deep-ness of the de-vil him-self

[audibly inhale] *p* dark de-vil him-self

**A**

9 *pp* intense whisper  $\text{♩} = 150$

it - 'll make you a c'nni-ving ly - ing care - less soul - less hol - low

it - 'll make you a

it - 'll make you a

it - 'll make you a *cresc. poco a poco*

zzz. *staggered breathing*



11 *gradually start vocalising*

c'nni-ving ly - ing care-less soul-less hol-low c'nni-ving ly - ing care-less soul-less hol-low

*gradually start vocalising*

c'nni-ving ly - ing care-less soul-less hol - low c'nni-ving ly - ing care-less soul-less

*gradually start vocalising*

c'nni-ving ly - ing care-less soul-less hol-low c'nni-ving ly - ing

13

c'nni - ving ly - ing care - less soul - less hol - low

hol - low c'nni - ving ly - ing care - less soul - less

care - less soul - less hol - low c'nni - ving ly - ing



14

*mp* *[make the diphthong as laboured as possible]*

hol-low *[inhale]* shell of a hu - man be - ing... *attaca*

*mp*

hol-low hol-low *[inhale]* shell of a hu - man be - ing... *attaca*

*mp*

hol-low *[inhale]* shell of a hu - man be - ing... *attaca*

*mp*

hol-low *[inhale]* shell of a hu - man be - ing...

17 **B** ♩ = 50

solos

female solo 1  
*mf*

still could-n't

**hypnotic, seamless**

S  
A  
T  
B

still could - n't kick still could - n't kick

*p staggered breathing*

still could - n't kick still could - n't kick



21

still could-n't

female solo 2  
*mf*

could-n't could-n't

female solo 3  
*mf*

could-n't kick the mon-key

still could - n't kick still could -

still could - n't kick still could -

24

still could-n't

could-n't      could-n't

could-n't kick the mon-key

female solo 4

*mf*

still could-n't kick the mon-key off my

n't kick still could - n't kick

27

still could-n't

could-n't      could-n't

could-n't kick the mon-key      un-til him and the Prince of Dark-ness

back      still could-n't kick the mon-key off my back

still      could - n't      kick      Prince      of

still      could - n't      kick

still could n't

could-n't could-n't

want-ed me for their pup-pet

rejoin chorus

want - ed me for their pup-pet

rejoin chorus

him and the Prince of Dark-ness want - ed me for their pup-pet

Dark - ness Prince of Dark - ness



solo 1

still could-n't

unis

3

I was damn near do-ing his dir - ty work [audibly inhale]

solo 2

could-n't could-n't

unis

3

I was damn near do-ing his dir - ty work [audibly inhale]

unis

3

Prince of Dark - ness damn near do-ing his dir - ty work [audibly inhale]

unis

3

damn near do-ing his dir - ty work [audibly inhale]



C

37

spoken male solo

and between this year  
and last year we've had our  
losses in our family too

trio

(go straight to the 'nd')

S A B

and.. too

*pp*

chorus in the style of plainsong

S A T B

I know it's no excuse when I say this... but you get pressured in this world we live in...

*mp*



42

me and my brother have bumped  
heads but he will never be my enemy  
even though he's turned his back on me

and for quite some  
time doesn't come  
around no more

(go straight to the 'n')

S A B

me... me and... more

S A B

bills... taking care of a

46

way before I'm in my condition my dad's  
been sick for quite some time

way... time

fa - mi - ly

and you're the only one



49

to always on the move  
all he does is sit in the  
recliner and watches TV

to... T V

work - ing

at the time didn't  
have a drug in mybo - - dy

is very hard to see your dad  
55 die slowly due to his poor heart

cancer when he was 16  
beat it down the road  
ended up with a heart problem

(go straight to the 'n')

(whisper) **3**

can... heart pro blem

or e - ven e - ver drink

60

its been 3 years since he  
got sick I see my family  
since then slowly drift

apart

$\text{♩} = 87$

rejoin chorus

a - part

**pp**

rejoin chorus

can somebody out  
there even imagine  
what I'm fee - ling

a - part

**pp**

# D

from this point, the solo voice doesn't stop.  
**SHOUT** if you need to be heard over the choir

meaning my brother and his 2 boys and wife and recently we've lost my grandpa of my mom's side  
 my aunt my of my mom's side my little nephew my brother's boys he was dealt a bad hand since she  
 was born but he was always normal to me to top it all off all I have been seeing fighting throughout  
 my family my mom and dad my brother and his family in line and if that ain't enough my brother's  
 going through bank my mom and dad lost their house...

64

I am broke down chewed up spit out and

*pp* *mp* *mf*



70

tossed to the bot - tom of Dan - te's In - fer - no

*ff*

pant heavily until the voice finishes

74 **E** dreamlike ♩ = 100

look out for me now give me a gui-ding hand  
 I just want some bo-dy to look out for me now  
 look out for me now  
 look out for me now



in my hour of need xcuse to turn to drugs  
 in my hour of need xcuse to turn to drugs  
 in my hour of need I know all these pro-blems does not ex - cuse to turn to drugs  
 in my hour of need xcuse to turn to drugs

**F**

$\text{♩} = 50$   
*mf*

81

but temp- ta - tion is some-thing

*stagger breathing*

but temp - -

*p*

*solo*

or what - e - ver toot your horn

*rit.*.....



84

else but temp - ta - tion is some-thing else

*mf*

and the Prince of Dark-ness lice\* and the Prince

*stagger breathing*

ta - - tion but temp - -

\* pronounced 'lies'

86

but temp-ta-tion is some-thing else  
of Dark-ness lice and the Prince of Dark-ta-tion but temp-

(♩ = ♪)

temp ta-tion  
ness lice  
ta-tion but temp - all a-round you

92

**G**

*all women unison*

and can I and slip-pers that ser-pent tongue of his all a-round you  
*legato*  
but temp-ta-tion all a-round you

96 each singer enters whenever they want, sing any section of the text, at any speed and any dynamic, for 8 bars.

and can I and slip - pers that ser - pent tongue of his all a - round you

but temp - ta - tion all a - round you

*poco a poco cresc.*

whatever you are singing on the 2nd beat of this bar, STOP

and can I and slip - pers that ser - pent tongue of his all a - round you

but temp - ta - tion all a - round you

97 **H** Tempo primo ♩ = 64

is [audibly inhale] this world's go-ing to hell in a hand-bas-ket [audibly exhale]

say is [audibly inhale] this world's go-ing to hell in a hand-bas-ket [audibly exhale]

got-ta say is [audibly inhale] this world's go-ing to hell in a hand-bas-ket [audibly exhale]

all I got-ta say is this world's go-ing to hell in a hand-bas-ket



101 **I** ♩ = 110 *Harsh whisper*

S  
sit ting on a freight train ing                      sit ting on a freight train ing                      sit ting on a  
*pp*

A  
the end of days is near                      the end of days is near  
*pp*

T  
*pp* stagger breathing

B  
mmm



105

S  
sit - ting on a freight train-ing                      sit - ting on a freight train-ing  
*p*

Alto 1  
the end of days is near

Alto 2  
the end of days is near                      is near the  
*p*

108

Sop 1

*mp*

sit-ting on a

sit-ting on a sit-ting on a sit-ting on a

Sop 2

*mp*

*p* bro-ther a -

sit-ting on a sit-ting on a sit-ting on a

end of days is near

gainst bro-ther

*mp*

bro-ther a -

*mp*

is near is near is near the

*change towards a vocalised 'Zzz', one singer at a time*



111

*mf*

freight train-ing

sit-ting on a sit-ting on a sit-ting on a sit-ting on a

*mf*

fa-mi-lies to get to fa-mi-lies to end of days is near

*mf*

gainst bro-ther

is near the bro-ther a-against bro-ther

*mf*

end of days is near

bro-ther a-against bro-ther get to fa-mi-lies to

114

freight train - ing freight train - ing freight train - ing

end of days is near end of days end of days

a - gainst bro - ther a - gainst bro - ther

get to fa - mi - lies to get to fa - mi - lies

*ff*



116

**J**

♩ = 66

S *mp* I see it and it sucks let some of my fa-mi-ly don't my

A *mp* I see it and it sucks let some of my fa-mi-ly don't my

T *mp* I see it and it sucks let some of my fa-mi-ly don't my

B *mp* I see it and it sucks let some of my fa-mi-ly don't my

122

I can't take much heart-ac\* an - y - more let a - lone the

I can't take much heart-ac\* an - y - more let a - lone the

I can't take much heart-ac\* an - y - more let a - lone the

I can't take much heart-ac\* an - y - more let a - lone the



126

ra - pid beat in the pres - sure that a fat la - dy is sit - ting on your chest

ra - pid beat in the pres - sure that a fat la - dy is sit - ting on your chest

ra - pid beat in the pres - sure that a fat la - dy is sit - ting on your chest

ra - pid beat in the pres - sure that a fat la - dy is sit - ting on your chest

\* pronounced 'heartache'