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.

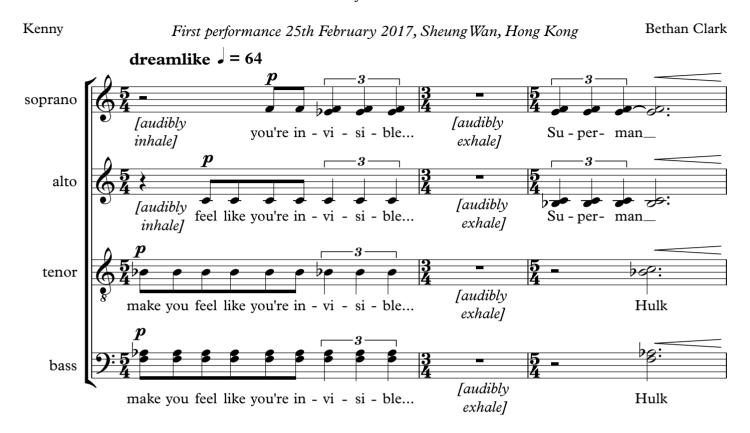
Inspired by the blog entry of an addict, and in combination with research and friendship with an addict who disappeared down the rabbit hole, Audibly Exhale is an attempt to touch on some of the physical, mental and external effects of this most evil of drugs: paranoia, heart palpitations, panic attacks,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

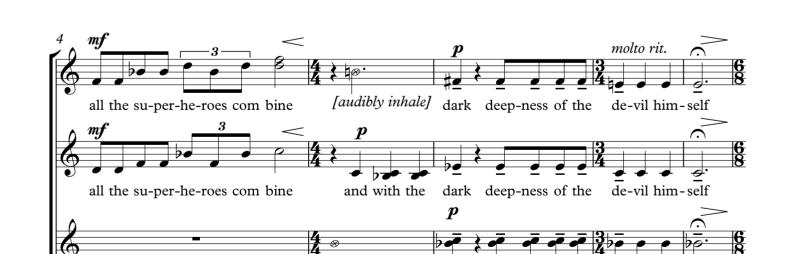
The harmony is formed around the drug's chemical compound, and the principal motif is a musical version of an addict's identity number whilst on remand for possession.

I have intentially included all of Kenny's typos.

audibly exhale

for A.





dark deep-ness of the

‡0

dark

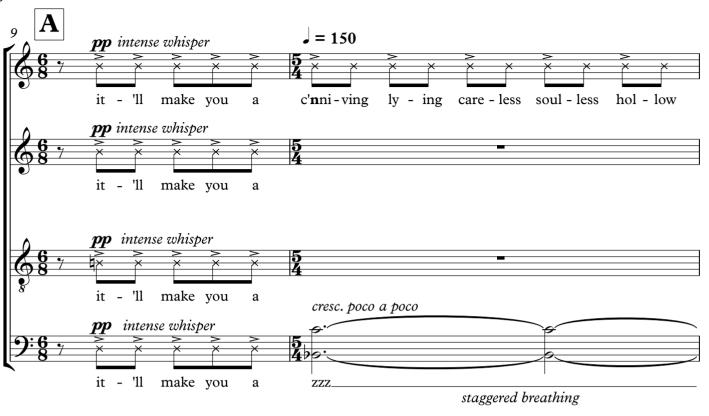
de-vil him-self

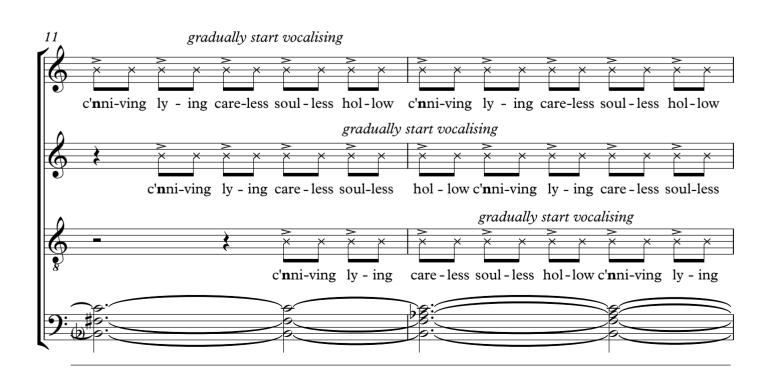
de-vil him-self

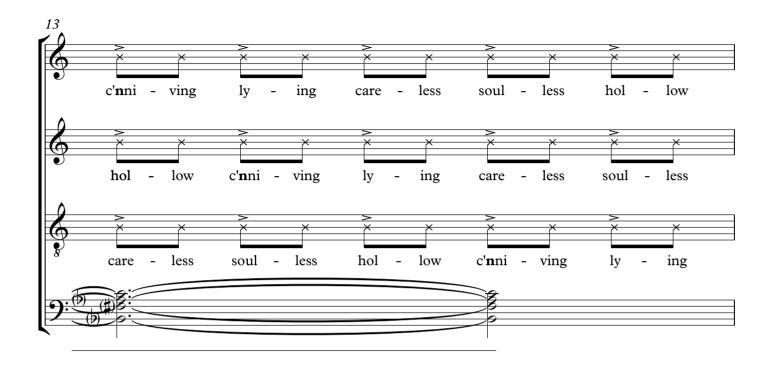
[audibly inhale]

[audibly inhale]

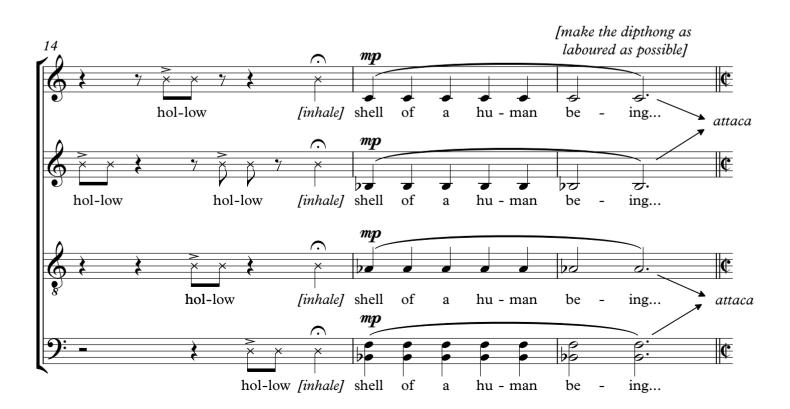


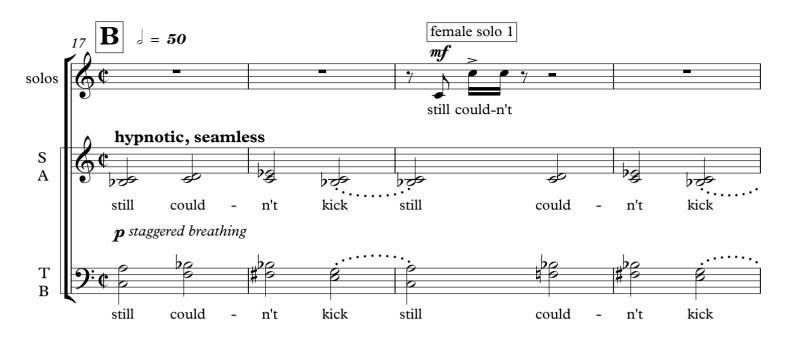




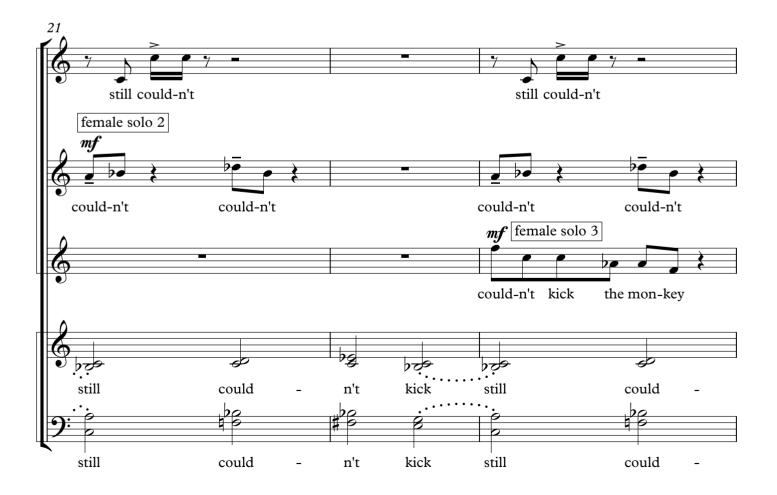




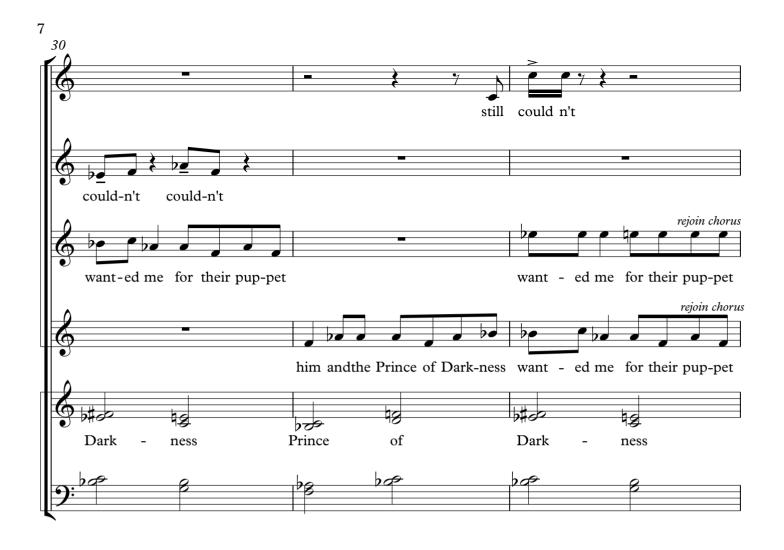


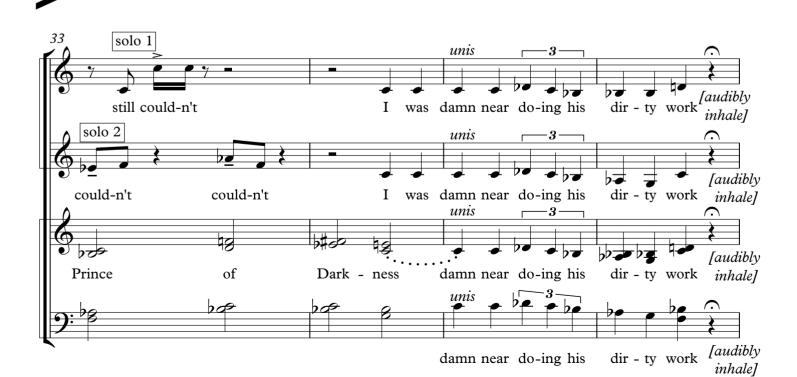


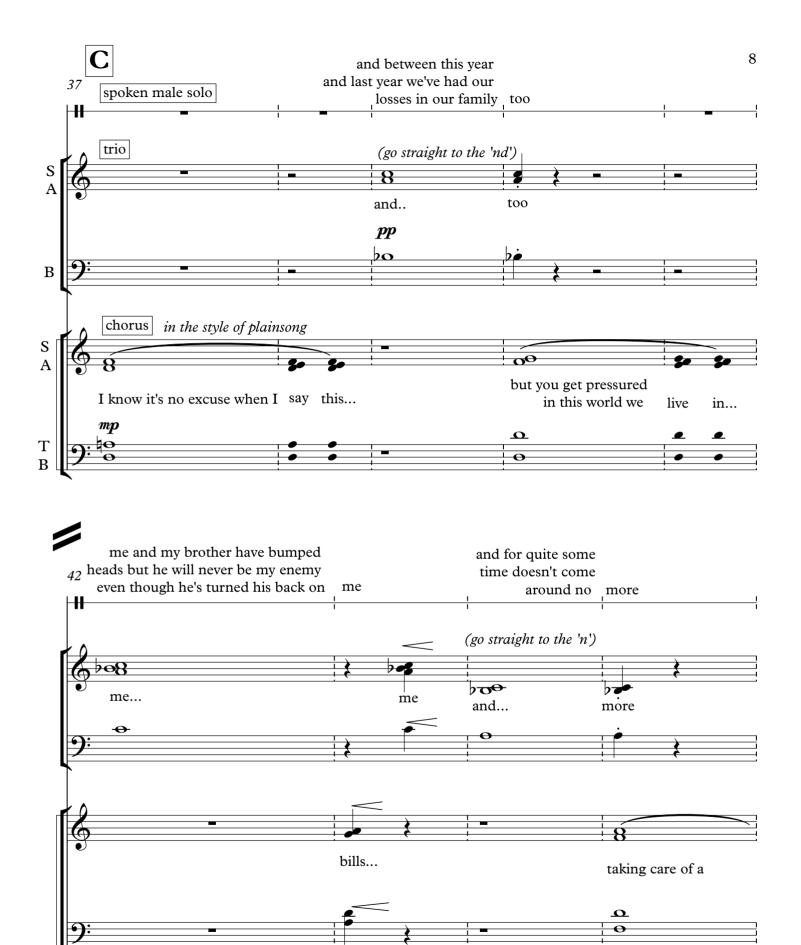












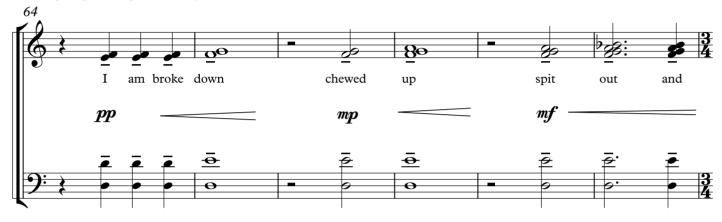


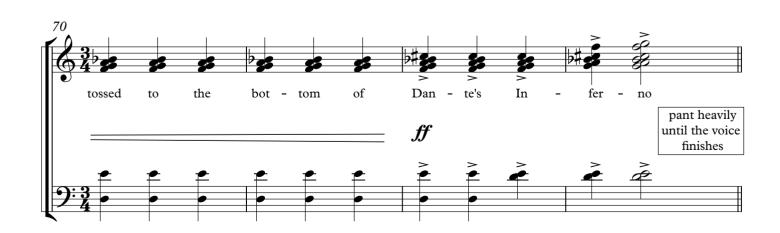




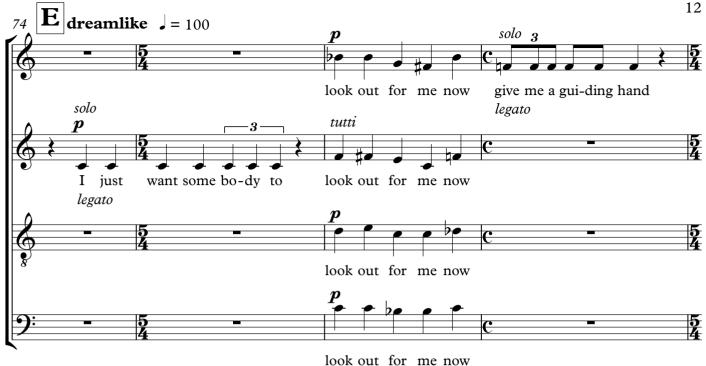
from this point, the solo voice doesn't stop. SHOUT if you need to be heard over the choir

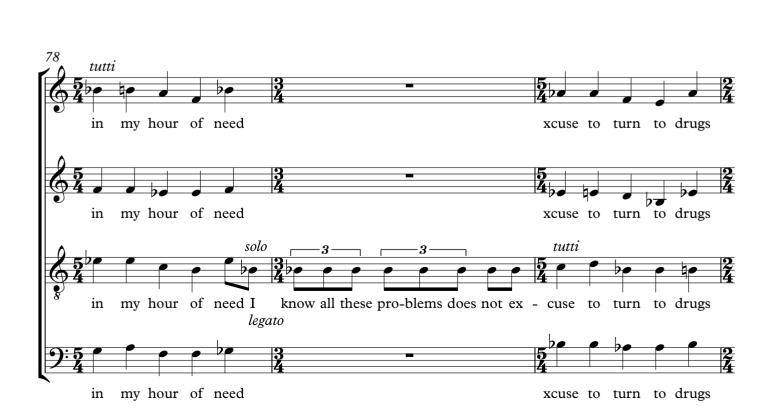
meaning my brother and his 2 boys and wife and recently we've lost my grandpa of my mom's side my aunt my of my mom's side my little nephew my brother's boys he was dealt a bad hand since she was born but he was always normal to me to top it all off all I have been seeing fighting throughout my family 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...

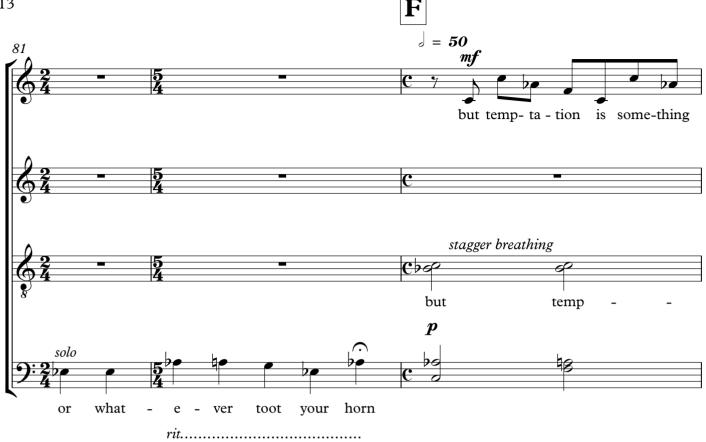




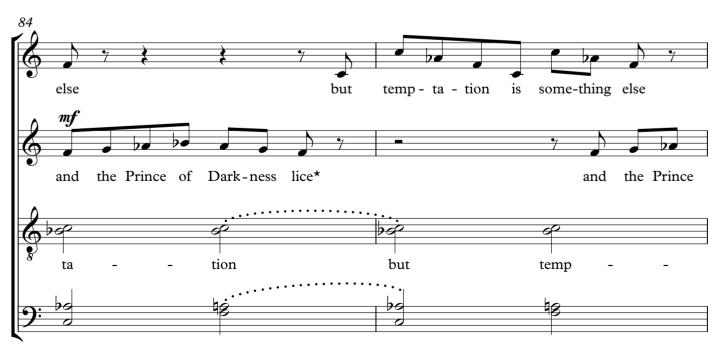








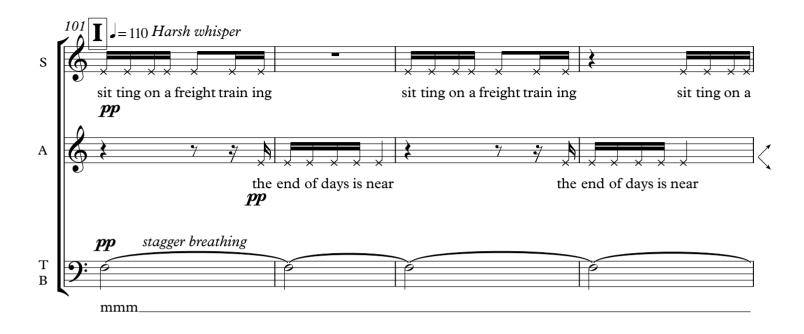


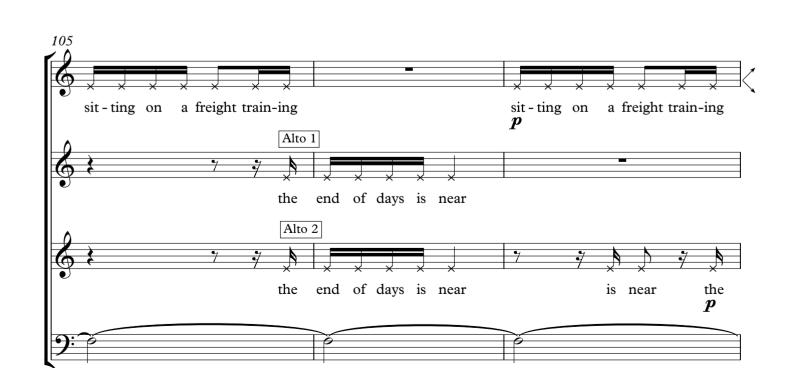


^{*} pronounced 'lies'

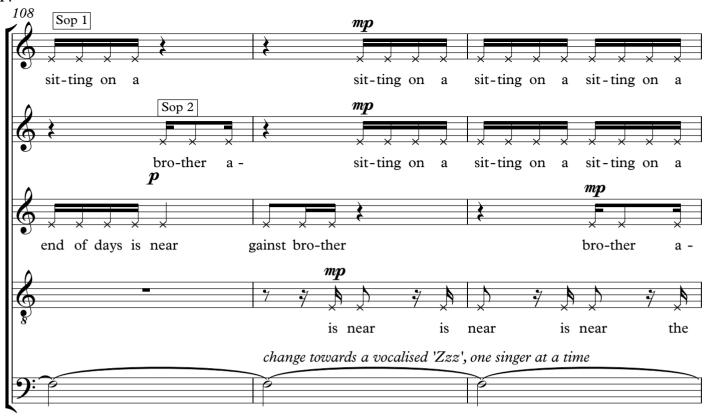




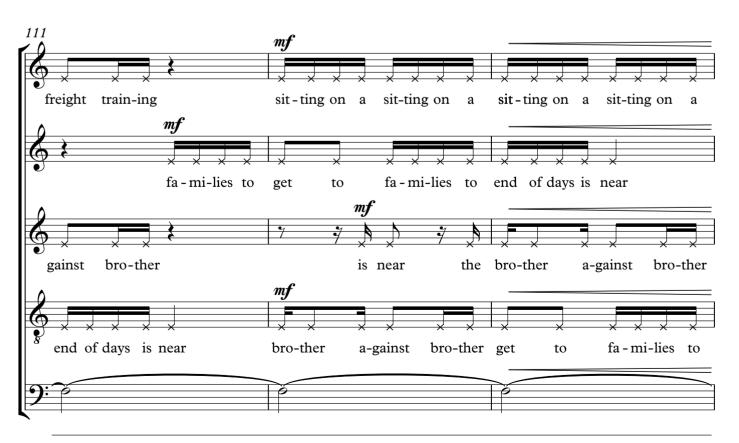


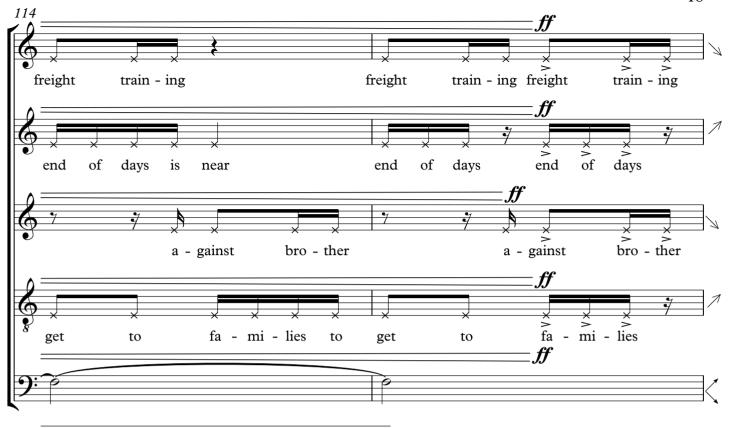




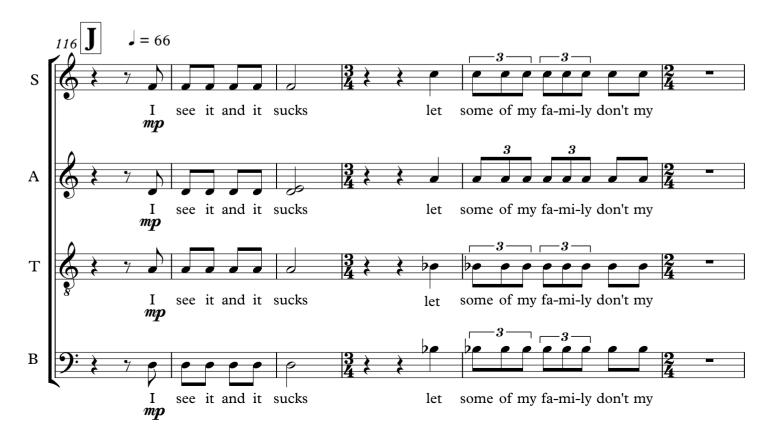
















ra-pid beat in the pres-sure that a fat la-dy is sit-ting on your chest * pronounced 'heartache'