

Bernhard Thomas Klein

12 Meditations

Musical Theatre Instruments and Movement

Meditation No 1 *Wolkentor*

Enter - Touch lightly - Disappear - Invisible

Central Tone: F - Scale: F, G, A $\flat$, A, B, C, D, E $\flat$

CLOUD GATE - Yun Men - Lung 2

Lung Meridian - Tai Yin: Metal - Grief/Sorrow - White - Pungent

Meridian Clock: 03:00-05:00 (Deep Sleep)

Duration: 4-40 minutes

Meditation No 2 *Gebirgsbach*

Water Murmuring - Above the Valley - Sparkling - Rocks

Central Tone: C - Scale: C, C#, D, D#, E, F#, A $\flat$, A, A#, B

VALLEY BROOK - Yang Xi - Large Intestine 5

Large Intestine Meridian - Yang Ming: Metal - Grief/Sorrow - White - Pungent

Meridian Clock: 05:00-07:00 (Time to Drink Warm Water and Excrete Stool)

Duration: 4-40 minutes

Meditation No 3 *Tränen empfangen*

Flowing - Softening - Recognizing Tears - Living

Central Tone: G - Scale: G, A, A#, B, E, F, F#

TEARS RECEIVED - Cheng Qi - Stomach 1

Stomach Meridian - Yang Ming: Earth - Contemplation - Yellow - Sweet

Meridian Clock: 07:00-09:00 (Breakfast Time)

Duration: 4-40 minutes

Meditation No 4 *Meer des Blutes*

Submerging - Sinking - Life - Pulsing

Central Tone: D - Scale: D, E ♭, E, F, G ♭, A, B ♭, B

SEA OF BLOOD - Xue Hai - Spleen 10

Spleen Meridian - Tai Yin: Earth - Contemplation - Yellow - Sweet
Meridian Clock: 09:00-11:00 (Time to Drink Water and Move)

Duration: 4-40 minutes

Meditation No 5 *Tor des Geistes*

Penetrating - Depth - Remaining - Becoming One

Central Tone: A - Scale: A, B ♭, B, C, D ♭, G ♭, G, A ♭

SPIRIT GATE - Shen Men - Heart 7

Heart Meridian - Shao Yin: Fire - Joy - Red - Bitter
Meridian Clock: 11:00-13:00 (Ideal Time for a Short Break)

Duration: 4-40 minutes

Meditation No 6 *Palast des Hörens*

Mindful - Sound - Tone - Letting Go

Central Tone: E - Scale: E, F, F#, G, B, C, C#, D

PALACE OF HEARING - Ting Gong - Small Intestine 19

Small Intestine Meridian - Tai Yang: Fire - Joy - Red - Bitter
Meridian Clock: 13:00-15:00 (Digestion and Transformation)

Duration: 4-40 minutes

Meditation No 7 *Augenglanz*

Eyes Glowing - Mirror of the Soul - A Deep Lake - Sinking

Central Tone: B - Scale: B, C#, D#, F#, G, G#

BRIGHT EYES - Jing Ming - Bladder 1

Bladder Meridian - Tai Yang: Water - Fear/Fright - Dark Purple/Black - Salty

Meridian Clock: 15:00-17:00 (Time to Drink Water and Urinate)

Duration: 4-40 minutes

Meditation No 8 *Sprudelnde Quelle*

Abundant - Overflowing - Infinite - From Afar

Central Tone: G $\flat$ - Scale: G $\flat$, G, A $\flat$, B $\flat$, D $\flat$, E $\flat$, F

BUBBLING SPRING - Yong Quan - Kidney 1

Kidney Meridian - Shao Yin: Water - Fear/Fright - Dark Purple/Black - Salty

Meridian Clock: 17:00-19:00 (Time for a Rest)

Duration: 4-40 minutes

Meditation No 9 *Palast der mühevollen Arbeit*

Working - Rising - Lying - Working on Oneself

Central Tone: D $\flat$ - Scale: D $\flat$, E $\flat$, E, F, F#, G#, A, B $\flat$, C

PALACE OF LABOR - Lao Gong - Pericardium 8

Pericardium Meridian - Tai Yang: Yin - Earth - Night - Matter - Femininity - Blood - Body

Meridian Clock: 19:00-21:00 (Time for Joy and Good Mood)

Duration: 4-40 minutes

Meditation No 10 *Ansturm zur Schranke*

Eternal - Waiting - Life - Death

Central Tone: G# - Scale: A ♭, A, B ♭, B, C, D, E, F, G ♭, G

GATE TO RUSHING THROUGH - Guan Chong - Triple Energizer 1

Triple Energizer Meridian - Shao Yang: Yang - Heaven - Day - Energy - Masculinity - Qi - Spirit

Meridian Clock: 21:00-23:00 (Time for Relaxation and Sleep)

Duration: 4-40 minutes

Meditation No 11 *SONNE UND MOND*

Shining - Bright - Dark - Eternal

Central Tone: E ♭ - Scale: E ♭, F, G, B ♭, C ♭, C, D ♭, D

SUN AND MOON / SHEN'S LIGHT - Ri Yue / Shen Guan - Gallbladder 24

Gallbladder Meridian - Shao Yang: Wood - Anger/Rage - Green/Blue - Sour

Meridian Clock: 23:00-01:00 (Time When One Should Be Sleeping)

Duration: 4-40 minutes

Meditation No 12 *QUELLE AN DER BIEGUNG*

Direction - Originating - Growing - Following

Central Tone: B ♭ - Scale: B ♭, B, C, D, F, F#, G, A

SPRING AT THE BEND - Qu Quan - Liver 8

Liver Meridian - Jue Yin: Wood - Anger/Rage - Green/Blue - Sour

Meridian Clock: 01:00-03:00 (Time of Relaxed Sleep)

Duration: 4-40 minutes

Notes

Title: Name of the acupuncture point in German and Chinese, with the number indicating its position.

Meridians are energy pathways associated with organs, divided into Yin (Liver, Heart, Spleen, Lungs, Kidneys) and Yang (Gallbladder, Small Intestine, Stomach, Large Intestine, Bladder) organs. Each is linked to one of the Five Elements (Wood, Fire, Earth, Metal, Water), along with associated emotions, colors, tastes, sensory organs, body secretions, climates, shapes, numbers, and directions. Each meridian and its associated organ experiences heightened activity during a two-hour window in the day-night cycle.

Bernhard Thomas Klein's visualization of the acupuncture points and meridians serve as a template for intuitive, improvisational musical interpretations. The central tone forms the musical foundation of these conceptual compositions, derived from the Meridian Clock (TCM) and the relationship between tonalities in the day-night cycle (e.g., Morning: C, Midday: A).

TCM Meridian Clock (also known as the Organ Clock) is a central concept in Traditional Chinese Medicine (TCM). It describes the circadian rhythm of the 12 primary meridians and their associated organs. Each meridian has a two-hour period of heightened activity within the 24-hour day, during which its energy flows most strongly.

The Meridian Clock helps determine the optimal time of day for specific activities (e.g., eating, rest, exercise) or therapeutic measures (e.g., acupuncture).

Projects inspired by the Meridians:

12 Sound Installations using Bontempi keyboard organs (video)

12 Pieces - Improvisations for Clavichord combined with Qi Gong-inspired movement sequences by Sonja Utz (video)

6 Sinfonias, 6 Improvisations and 6 Sinfuginas for Tuba and Organ with various arrangements (concerts and videos featuring Nina Attorf and Nina Heimbach)

12 Songs for Voice and Piano (in preparation)

Ensemble Attorf, Heimbach & Klein

Nina Attorf, concert organist, pianist, and harpsichordist, studied at the University of Music and Performing Arts Vienna. Her focus lies on early music and 19th-century piano music.

Nina Heimbach (*1969), a freelance musician and lyricist, studied at the music universities in Cologne, The Hague, and Düsseldorf. She initiated the international project “Notations 21.”

Bernhard Thomas Klein (*1967) studied at the Leopold Mozart Conservatory in Augsburg and the Music University in Cologne. He has received various awards for his compositions.