

# Advice to a Migraineure

*by Jennifer de Guzman  
(Late 2014/Early 2015)*

Do not allow yourself to become  
thirsty  
or hungry  
or tired.

You must be self-contained.  
You must not show  
The true thoughts that  
pulse in your skull, ready  
to burst through as pain.  
And if they do, you must  
pluck them from the air  
and press them like leaves  
between your palms.

Hide hide hide.  
Do not allow the light in.  
The pain will try to draw  
The tears from the well behind your eyes.  
Tears are a weakness.  
And you must not allow weakness.  
Or allow what you feel  
To break through into emotion.  
Do not feel  
frustration  
or sadness  
or elation.  
You must be a walled city.  
Any breach is disaster.

# Advice to a Migraineure

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(2019)

Liquid ♩ = 60

In just intonation in B with drone throughout

ca. 1:17

Soprano

Mezzo-soprano

Baritone

Bass

Drone track (fundamental)

play track 1  
Mix: equal with vocals throughout (blend)

non vib. sempre  
*ppp* *mf* *ppp* *mf*

Do \_\_\_\_\_ Do \_\_\_\_\_

non vib. sempre  
*ppp*

not \_\_\_\_\_

10

S.

M-S.

Bar.

B.

Elec.

non vib. sempre  
H *mp*

Do not al - low do not

*ppp* *mf* *ppp* *mf*

*mf* *ppp* *mf* *ppp*

not not

18 **H** *mp* non vib. sempre (1/4 tone sharp, harmonic 11)

S. your-self \_\_\_\_\_ to be - come \_\_\_\_\_

M-S. al - low \_\_\_\_\_ al - low \_\_\_\_\_ al - low \_\_\_\_\_

Bar. *ppp* \_\_\_\_\_ *mf* \_\_\_\_\_ *ppp* \_\_\_\_\_

B. *mf* \_\_\_\_\_ *ppp* \_\_\_\_\_ *mf* \_\_\_\_\_ *ppp* \_\_\_\_\_

Elec. \_\_\_\_\_

Do \_\_\_\_\_ not \_\_\_\_\_

not \_\_\_\_\_ al -

26 *blend into M-S*

S. your-self \_\_\_\_\_ to be - come \_\_\_\_\_ your - self \_\_\_\_\_

M-S. al - low \_\_\_\_\_ al - low \_\_\_\_\_

Bar. *mf* \_\_\_\_\_ *ppp* \_\_\_\_\_ *mf* \_\_\_\_\_ *ppp* \_\_\_\_\_

B. *mf* \_\_\_\_\_ *ppp* \_\_\_\_\_ *mf* \_\_\_\_\_ *ppp* \_\_\_\_\_

Elec. \_\_\_\_\_

al - low \_\_\_\_\_ your -

low \_\_\_\_\_ your - self \_\_\_\_\_

34

S. *blend into M-S* *p*  
to be - come your - self

M-S. *p*  
al - low

Bar. *mf* *ppp*  
self to be - come

B. *mf* *ppp*  
to be - come

Elec.

41 **A**

S. solo *mf*  
Do not al - low your -

M-S. *mp* *p subito*  
Thirst-y or

Bar. solo *mp* *f* *mp* *p subito*  
Do not al - low your - self to be - come Thirst-y or

B. *mp* *p subito*  
Thirst-y or

Elec.

48

S. *mf* (1<sup>st</sup>)\* *espr.*

- self to be - come You must be self-con - tained you must not show the

M-S. *mf*

hun - gry or ti - red You must be self - con - tained

Bar. *mf* *p*

hun - gry or ti - red You must be self - con - tained Thirst -

B. *mf* *p*

hun - gry or ti - red You must be self - con - tained or

Elec.

54

S. *pp* *gliss.* *più mf*

true thoughts that pulse in your skull Read-y to burst through

M-S. *p* *mp*

or ti - red read-y to burst through

Bar. *mf*

- y or ti - red or hun-gry read-y to burst through

B. *mf*

hun - gry or hun-gry

Elec.

\* Note: #^4's (here, E#) should be a bit sharper, and b^4's (here, Eb) a bit flatter (to conform to harmonics 23 and 21 respectively).

59 *non solo*  
*mf* \*) 3  
 S. — as pain You must not show the true thoughts that pulse in your skull  
*mf* *pp* *mf* 3 *pp*  
 M-S. And if they do And if they do  
*mf* 3 *pp* *mf*  
 Bar. as pain And if they do And  
*mf* *pp* *mf* 3 *pp*  
 B. And if they do And if they do  
 Elec.

64 *p*  
 S. *gliss.* \*) 3 *mf* 3  
 And press them like leaves  
*mf* \*) 3  
 M-S. you must pluck them from the air And  
 \*) 3  
 Bar. if they do you must pluck them from the air  
*mf* \*)  
 B. You must pluck them from the  
 Elec.

\*) Note: #^4's (here, E#) should be a bit sharper, and b^4's (here, Eb) a bit flatter (to conform to harmonics 23 and 21 respectively).