

## IRÉN LOVÁSZ: INNER VOICE (linernotes by Irén Lovász)

Why are people so afraid of silence? This keeps them from hearing their own inner voice, although we could gradually find our way back to quietude and silence. I consider good music to be an extension of silence. What keeps us from finding our own voice once again resounding out from our own silence, our own soul?

“Inner Voice” is the second chapter of “Healing Voices”, this current series of CDs. “Inner Voice” is a meditative inner journey meant to awaken the primeval powers slumbering at the very depth of the “Self”. It is a bringing up to the surface the energies of the ancient elements of earth, water, fire and air with the natural means of music and harmony.

We can only reach the very depth of our selves by the help of growing silent completely, a turning inward in meditation. The touching of the primeval powers slumbering in the depths of our “Self” happens when we use the most ancient of string instruments, that is, the human voice, archaic Hungarian folksongs, Gregorian chants and special instruments that awaken the four archetypical elements.

The sequence of the four subsequent elements conjuring up the four elements draws the map of the development of a given personality.

### 1. THE EARTH

**This is the place before one’s birth, conjuring up the mother womb’s life giving cave. The earth is where roots live; this is the basis of our stability, the possibility of life itself.**

*“Lily grown on glaciers illumined by rainbows  
Doesn’t like its old place, wants to hide and wander.  
She should be transplanted, put into a new place,  
She should be transplanted, maybe she will grow there...”  
(Land of the Szeklers, Transylvania)*

*“... I have pondered much on how my fate’s evolving.*

*I’ve been thinking much about our ancient fathers,  
and about our many hidings on this Earth here.*

*Before this on life’s run was I meditating,  
in your Majesty’s hand how our fate is resting.”  
(Transdanubia)*

*“The shiny Sun has set down in the West,  
The color of the Earth has grown to dark,  
The light of day has changed into the night’s  
Bringing rest and quiet to the tired.”  
(Moldova)*

## 2. WATER

**This is fore-water. Water-mill helps the grinding away of personal sorrows, their bringing into consciousness, and their eventual elimination. Its color is blue. Water is the most reassuring, most helpful element that loosens up everything, as it reminds one of the amniotic fluid. Water is the original, universal medium for purification.**

*“Under a great mountain of Pusztina  
there’s a secret fountain.*

*They, who ever taste its waters...  
Lo, ‘n behold, I drank its waters...”  
(Moldavia)*

*“There’s a mill beyond the water,  
What they grind in it is sorrow.  
I myself the miller of it,  
Who’s trying the sorrow in it.*

*There’s a mill beyond the water,  
What they grind in it is sorrow.  
I, too, have a sack of sorrow,  
Will take it there, have it ground up.”*

*(Region of Mezőség)*

*“...with my heavy tear drops...”  
(Transdanubia, Western Hungary)*

*“...One of them I water with waters of Tatros,  
Others I will water with my very own tears.”  
(Region of Gyimes)*

## 3. FIRE

**Purgatory, the cleansing fire, the becoming independent of an autonomous personality, the coming into one’s own. Its color is red.**

*“...The rays of his two eyes allure me...”  
(Region of Gyimes)*

*“Fires will burn if you stoke them,  
The world chides me, I won’t heed ‘em,  
I’ll stoke it, too, let the flames spark,  
Doggone world, just go on and bark!”  
(Region of Szatmár)*

*“...Speech of tongues of fire flaming  
Like the sound of tempests roaring  
Has upon their heads descended  
With a great suddenness...”  
(Transdanubia)*

#### 4. AIR

**Air is the widening of the terrestrial horizon into the direction of the transcendent. Its color is white.**

“Winds blow heavy clouds from famous Somogy County  
I have pondered much on how my fate’s evolving.

Before this on life’s run was I meditating,  
in your Majesty’s hand how our fate is resting.”  
(Transdanubia)

“I did arise good and early at dawn.  
I did arise good and early at dawn.  
I washed myself clean of my sinful dreams,  
And dried myself with my golden towel.

“I looked up into the highest heavens  
Where I saw the Gate of Heaven wide open  
Within that the inner door to Heav’n itself...”  
(*Moldavia*)

#### 5. THE INNER VOICE

**This is the integrating synthesis that unites the various cosmic elements inside the human being; it is their simultaneous presence. The mantra expresses our relationship to these elements; that is the bringing out of the male-female counterpoints the Inner Voice celebrates the circular dance of creation and the joy of existence, while also conjuring the archetypes of Adam and Eve, father and mother.**

“I do love the great Sun  
and I love the Moon, too,  
but what I love the most is  
the right star in heaven...

Blessed are father and mother  
Who have given you birth,  
Who have given you birth  
And have made thee grow up.

Let the Good Lord grant them  
Blessings thousand fold  
Them who rocked they cradle  
Blessings a thousand fold!  
(*Moldavia*)

## **MANTRA**

By Irén Lovász

Mother Earth under my feet ,  
Father Sky above my head ,  
I, myself, the axis,  
I, myself, the axis.

My roots hold me with their strength  
My roots hold me down secure  
Anchored in the strong wind,  
Anchored in the strong wind.

I'm ready to depart  
Yearning for adventures,  
Filled with strength in body  
Filled with peace in my soul.

I'm ready to depart,  
My wings carry me off  
Soft, yet full of daring  
Very far they fly me.

Up into the Heavens  
Up above the waters,  
Down into the Oceans,  
And back down to Earth's crust.

Irén Lovsz, Budapest 2007.

## **Irén Lovász: INNER VOICE**

1. First movement: EARTH
2. Second movement: WATER
3. Third movement: FIRE
4. Fourth movement: AIR
5. Fifth movement: THE INNER VOICE

Irén Lovász: songs  
János Kerekes: didgeridoo / Earth  
Ágnes Pintér: harp / water  
Gergely Balázs: violine / fire  
Judit Gesztelyi Nagy: flute / air

