



2013 McKnight Visiting Composer Jin Hi Kim presents Cross-Cultural Music Meditation Workshop

Contact: Jin Hi Kim, jhksource@gmail.com

Cross-Cultural Music Meditation (CCMM)

Jin Hi Kim proudly presents her Cross-Cultural Music Meditation Workshops as a 2013 McKnight Visiting Composer with the American Composers Forum. In September, she presented her first Minnesota CCMM workshop at the Children's Hospital in Minneapolis, and will return in April and June of 2014 to continue her residency.

CCMM was originally developed and presented during Kim's *Music Alive* Composer-in-Residency with the New Haven Symphony Orchestra from 2009-2011. After much success, she was invited back to the Symphony to serve as Komungo Master-In-Residence for the 2011-2012 seasons to continue CCMM Workshops in Connecticut. This residency involved work and community service in schools and mental health centers.

Participants of CCMM have an opportunity to play multiple instruments while participating in a creative music-making group. Through the sessions, participants gain first-hand experience with the role music plays in meditation and the benefits it offers to develop a calm, focused group experience. Participants are able to focus, learning to play exotic Asian percussion instruments that help to inform them of Asian cultures and their unique contribution to understanding non-Western cultures.



The music meditation, directed by Kim, includes a group chant (sonic text) and a creative music ensemble through listening and playing various Asian percussion instruments. These instruments (singing bowls, finger cymbals, temple block, harmonium and clappers) have an historic role in various Asian meditation practices.

The session is ideally designed for a maximum of ten participants. At the conclusion of the residency, there will be a culminating performance with participants and Kim's komungo (4th century fretted Korean board zither). The ancient komungo was historically performed for individual meditation by male scholars and will be an anchor to the daily sessions with all group members.

This program is made possible by the generous support of The McKnight Foundation and is administered by the American Composers Forum.

About Composer

Jin Hi Kim is a Guggenheim Fellow in Music Composition and internationally acclaimed innovative komungo (Korean fourth century fretted board zither) virtuoso. Kim featured on PRI's The World, Voice of America and BBC-Global Hit, has introduced the indigenous instrument for the first time into Western contemporary music scene through her wide array of compositions for chamber ensemble, orchestra, soundtrack, avant-garde, cross-cultural ensemble, multi-media, and avant-garde jazz improvisations. Kim performed at Venice Biennale 2013. Kim participated in a New York Philharmonic Credit Suisse Very Young Composers project in collaboration with Korea Arts and Culture Education Service. She was Music Alive Composer-in-Residence with New Haven Symphony Orchestra (2009-2011) and awarded American Composers Orchestra Fellowship in 2001.

During the three decades Kim has performed as a komungo soloist in her own compositions and improvisations at Carnegie Hall, Lincoln Center, Kennedy Center (Washington, DC), Smithsonian Freer Gallery of Art (Washington, DC), Asia Society (New York), Royal Festival Hall (London), Haus der Kulturen der Welt (Berlin), Walker Art Center, and many significant new jazz festivals, museums and universities throughout the USA, Europe, Canada, South America, Russia, Asia, New Zealand and Australia.

Kim's compositions have been commissioned by leading American musicians and producers including Kronos Quartet, American Composers Orchestra, Chamber Music Society for the Lincoln Center, Boston Modern Music Project, New Haven Symphony Orchestra, Stanford Symphony Orchestra, Xenakis Ensemble, Zeitgeist, The Kitchen and Japan Society.

Kim has co-designed the world's only electric komungo. Interviews about Kim's electric komungo were featured on Arirang TV and on MBC-TV in conjunction with Korean Traditional Craft Exhibition 2007 at United Nation. Kim's electric komungo solo performance was broadcast by YTN National TV for the Korean Artists Overseas Festival 2006. In 2003 Kim was featured in the MBC-TV broadcast of the film <100 Years of Sanjo>. In 2001 Korean National Broadcasting System (KBS-TV) produced an hour documentary film on Kim's musical contribution. Kim's autobiography Komungo Tango, a 25 years journey of creative collaborations with master musicians around the world, was published in Seoul, S. Korea.

In addition Kim has given lectures about Korean traditional music and her composition series, Living Tones, at over 200 universities in the USA including Cornell University, Yale University, Wesleyan University, Indiana University, Peabody Conservatory, New England Conservatory, Duke University, Stanford University, and University of Michigan.

More Information: www.jinhikim.com

Music Meditation: <http://www.youtube.com/watch?v=edIDw3Kbzps>

New Music Alive Composer-In-residence: <http://www.jinhikim.com/meditation-music.html>

Contemplative Neuroscience: Where Meditation Meets MRI Scanners

<http://religion.blogs.cnn.com/2010/10/26/can-meditation-change-your-brain-contemplative-neuroscientists-believe-it-can/>

Testimonials on Kim's Workshops:

Kyle Pederson, Director at Connecticut Mental Health Center at Yale said of the experience, *"Ms. Kim's workshop introduced clients to new musical forms and meditative practices while providing opportunities to create and perform music together as a group. At CMHC we believe that such creative and group-building workshops strengthen the recovery process by giving our clients opportunities to try new things and engage in a learning community with their staff and peers"*.

Kathryn Morse, Primary Music teacher at Wintergreen Magnet School said of the experience, *"Through her program of Music Meditation our students discovered a new world of music and instruments, but most importantly discovered their own inner energies and strengths through quiet focusing and meditation"*.

Cynthia Randolph, staff at CT Mental Health Center (New Haven) said, *"I found the meditation, chanting and your other instruction soothing and calming. The music absolutely amazing. Several of the students in our group and I work together to find peace and harmony in life. I wish that there was a way for you to continue with us"*.

Karim Cisse, 6th grade student at St. Martin de Porres Academy wrote, *"The wisdom that you have showed us was one like no other... When we see modern Korean martial art, we usually think of fighting, but in fact it is only to bring your inner energy out. I love the singing bowls that played with. It was responding to my heart's questions"*.

Cheyenne Hedley, 6th grade at St. Martin de Porres wrote, *"When we examined each sound that the instruments made, it calmed me down and cleared my mind"*.