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Into the Light - Program Note

Into the Light, for trombone and electronics, was commissioned by trombonist Brent Mead as part of a series of new pieces that focus on stories about personal struggles and mental health. *Into the Light* centers on ideas around abuse, throughout writing I was trying to reflect upon how terrifying yet freeing it can be to discuss one's abuse. I once had a therapist say that "secrets make us sick," and therefore with the progression of the piece I tried to have the trombone melody start high, reflecting the pent-up tension of holding in secrets/stories of abuse, and eventual downward development of the melody to a sense of grounding/freedom from letting these secrets go.