

ENSO CARDS

Watching harpists Eleanor Turner and Elizabeth Bass perform, you are taken on journeys encompassing all forms of art: visual, musical and spiritual. Together with artist Iñaky Turner they have found inspirational



words that will help us all - any musician or artist - to find their voice in performance. To quote Eleanor Turner: "Enso, meaning circle, is a sacred symbol in Zen Buddhism - representing a moment when the mind is free to let



Sometimes we all feel a little lost and need a guidance to help us regain our flow, and in this beautiful black box, there are 35 cards which will aid us all on our journey. On each of the cards there is a unique Enso design, and on the back there are inspirational words. "What am I looking for? What am I focusing on? What am I ignoring? What am I hearing?" Perhaps another card will provide you with different inspiration - "Immerse yourself in the composer's world. Use your own voice to tell their stories. We are connected through our shared humanity." I've turned to this little black box several times of late - when working on a new arrangement, and not sure where it's headed. Contemplating the words on the cards - and seeing the subtle differences in the artwork - has certainly provided inspiration for my work and its journey.



the body create. In music, it also means to perform or to play. When we play, create and perform music, the goal would be not to think about the body at all and not to think about technicalities and practicalities, to be immersed in the music and for each movement - like Enso - to be a natural expression of ourselves and the music in that moment. In reality, it requires practise and devotion to transform all of our wonderful, imaginative and creative thinking into technically and musically cohesive gestures, patterns, phrases and all the wonderful elements that make music."



As you would expect from a musical performance by Eleanor and Elizabeth, this little black box has been produced to the highest quality. The cards are incredibly tactile, and after hours of use, are just like new. Congratulations on producing such an imaginative and inspiring series of cards that will allow our music to flow with confidence and with freedom. KATHERINE THOMAS