

# FLIGHT

F: Flight *noun*

1. the act, manner, or power of flying.
2. the distance covered or the course pursued by a flying object.
3. a number of beings or things flying or passing through the air together: a flight of swallows.
4. a journey by air, especially by aeroplane.
5. a scheduled trip on an airline.
6. the basic tactical unit of military air forces, consisting of two or more aircraft.
7. the act, principles, or art of flying an aeroplane.
8. the progress of a spacecraft into space and, sometimes, back.
9. swift movement in general.
10. a soaring above or transcending ordinary bounds.

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## MEDITATION

Flight is a metaphor for many things. It is the soul released into the skies. It is escape, transformation, motion, weightlessness, the wings of a bird.

To fly is to be unhindered, to be free from the ground. We hear the phenomenon of flight in much music. Rising scales, the moto perpetuo of an ostinato pattern or a long-sustained note in middle to high registers defying identifiable rhythmic divisions.

Flight is energy and stillness paradoxically united.

The soul rises, glides, soars and floats.