

Ideas for a CD for a hiker in the Grand Canyon to listen to when things aren't going well. Those 4 pieces of music would play in the background in that order while the following de-affirmations loop in a tired and resigned voice...

Penderecki Canticum Canticorum

Threnody on the Victims of Hiroshima

Ruggles Sun Treader

Webern at the end as he hallucinates and loses his mind then succumbs to the heat

Not enough water

Hotter than I thought

Longer than I thought

This sunblock may work back east at the beach but not here

Bad knees

Blisters on my feet

Meant to fart and crapped my pants (it's wet...should I???)

Now it's drying and scratching my thighs

Maybe I'll jerk off and try to drink that – dick's too limp

I'll never have sex again

My life was a waste and a failure and I didn't really even have that much fun

Dizzy, getting dizzier

So much glare I can't see

Tripped and fell again, scraped my knee, knee bleeding! Can I drink my blood?! Drying too fast – nothing but dried scabs

Is that a person?!!! I'm saved! Nope it's a tree. Nope it's a rock.

I'm not in good enough shape.

Just rest for a little while

Maybe a nap

Are these dreams? Delusions? I feel so light-headed and suddenly free...