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## François Carrier Quartet Noh

François Carrier, as, ss  
Reg Schwager, g  
John Heward, dr (left channel)  
Michel Lambert, dr (right channel)

1. Noone	27:43
2. Noh two	2:00
3. Noh three	20:32
4. Noh four	12:23
5. Nowhere	4:10
Total time:	67:01

Recorded at Théâtre La Chapelle, Montreal, on May 3, 2006.  
Music entirely improvised by François Carrier, Reg Schwager, John Heward and Michel Lambert - © 2007 François Carrier / Colya-Koo Music / SOCAN.  
CD mixed and mastered by François Carrier.  
Cover art: Åke Bjurhamn. Layout: Stéphane Berland.  
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- Liner notes by François Carrier.
- Photographs by Édith Fortier and François Le Goarant de Tromelin.

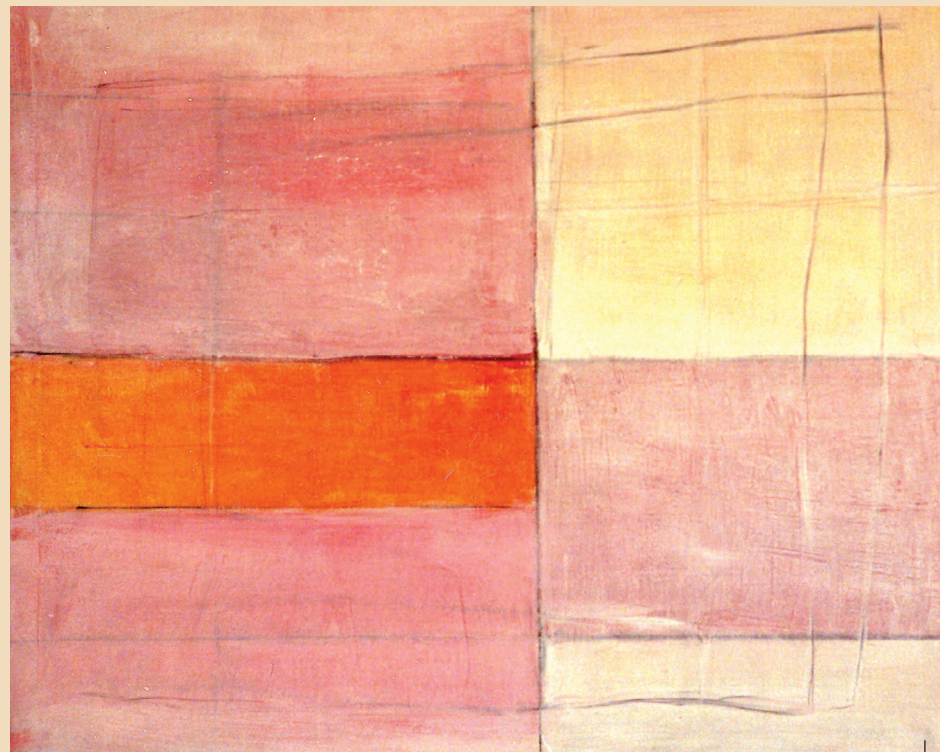
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## françois carrier quartet      noh

reg schwager  
john heward  
michel lambert



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Being Alive is the most fascinating experience. What I mean by Alive is being lucid, playful and joyful. Each and every instant is filled with surprises. Just breathing is quite something.

Years ago I chose to Celebrate Life through the sounds of music, of pure improvised music, music that only comes from the heart, from the soul. I also love to share the music with improv dancers, visual artists, video artists and so on. The idea is to invite and play with some of the most creative artists and musicians on all kinds of situations.

In May 2006 I organized this annual series of five consecutive concerts with these great fearless and unique musicians and artists. The only rule of each evening was to be completely spontaneous, period. For this recorded concert I invited drummer artist Michel Lambert. Wow! I love Michel's playing. He really "IS" like a child. That's why I play with him all the time. May he live forever. Then for that special night we invited drummer (and visual artist) John Heward and guitarist Reg Schwager. The connection with one another, with the Universe, just "Happened". We had no clue to where it would bring us. So, here we are now.

Yesterday, on a very cold winter day in Montreal, Jacques Gravel, a friend of mine, came to my place to let me listen to the recording of this concert he had also done and he told me that I forgot to include one of the pieces we played that night. That's exactly what happens when you are so present to the instant that one disappears. You simply forget about yourself, about the music you've just played. It is refreshing to hear this new two-minute song after eight months of surrendering.

But what is the purpose of doing all this while human kind is in the middle of major crises? I say from the abyss of my soul: "Let's Celebrate Life and connect to our Sacred being, loving creatures of the Universe!" May we awaken and express our happiness to the Sun, to Nature, through dancing, through music, through who we really are.

**François Carrier**

Photo: Édith Fortier

In Zen there are certain dramas which are called Noh dramas. No script exists, only the actors are there. The curtain is raised and they improvise.

Things start happening. Something is bound to happen when people are there. Even if they sit silently looking to each other, something is happening & something is bound to happen & without any preparation, without any rehearsal.

*Zen & The Path of Paradox*  
Osho

*Noh, which means "skill, craft or the talent of the artist and his ability to perform," evolved between 1350-1450 at the hands of Kanami Kiyotsugu (1338-1384) and his son, Zeami Motokiyo (1363-1443). In its earliest forms, Noh was anything but the "serious and subtle dance drama" it now is; rather, it was "little more than a display of acrobatics and circus stunts."*

