

# The Lost City of Shambhala

"The essence of warriorship, or the essence of human bravery, is refusing to give up on anyone or anything."  
Chogyam Trungpa

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(BMI)

Transposed Score  
Duration - 4:30

**Andante with rubato** ♩ = 92

5

Flutes 1-2

Oboe

Bassoon

B♭ Clarinets 1, 2-3

B♭ Bass Clarinet

E♭ Alto Saxophones 1, 2

B♭ Tenor Saxophone

E♭ Baritone Saxophone

**Andante with rubato** ♩ = 92

5

B♭ Trumpets 1, 2-3

F Horn 1-2

Trombones 1, 2-3

Euphonium

Tuba

Bells (Medium Acrylic Mallets)

Mallets 1 (Bells/Chimes)

Mallets 2 (Vibraphone/Chimes/Marimba/Bells)

Timpani

Percussion 1 (Medium and Low Toms, Bass Drum)

Percussion 2 (Mark Tree, Snare Drum)

Percussion 3 (Suspended Cymbal, Crash Cymbals)

1 2 3 4 5 6

pp mp

This page of a musical score covers measures 7 through 12. The instruments are arranged in the following order from top to bottom: Flutes (1-2), Oboe, Bassoon, Clarinets (1, 2-3), Bass Clarinet, Alto Saxophones (1, 2), Tenor Saxophone, Baritone Saxophone, Trumpets (1, 2-3), Horns (1-2), Trombones (1, 2-3), Euphonium, Tuba, Mallets 1, Mallets 2, Timpani, Percussion 1, Percussion 2, and Percussion 3. The score is written in 3/4 time with a key signature of one flat (B-flat). Dynamic markings include *mp* (mezzo-piano) and *p* (piano). The Flute and Oboe parts feature a melodic line with a *a2* (second octave) marking in measure 11. The woodwinds and brass parts provide harmonic support with sustained notes and rhythmic patterns. The percussion parts are mostly silent, with some activity in the Timpani and Percussion 1 parts.

15

Fls. 1-2

Ob.

Bsn.

Cls. 1

2-3

B. Cl.

Alto Sax. 1

2

Ten. Sax.

Bari. Sax.

15

Tpts. 1

2-3

Hn. 1-2

Tbns. 1

2-3

Euph.

Tba.

Mallets 1

Mallets 2

Timp.

Perc. 1

Perc. 2

Perc. 3

Chimes

Toms

S.D.

Cr. Cyms.

23

Fls. 1-2  
 Ob.  
 Bsn.  
 Cls. 1  
 2-3  
 B. Cl.  
 Alto Sax. 1  
 2  
 Ten. Sax.  
 Bari. Sax.

23

Tpts. 1  
 2-3  
 Hn. 1-2  
 Tbn. 1  
 2-3  
 Euph.  
 Tba.  
 Mallets 1  
 Mallets 2  
 Timp.  
 Perc. 1  
 Perc. 2  
 Perc. 3

Bells  
 Chimes

29 Majestic and Beautiful

Fls. 1-2  
Ob.  
Bsn.  
Cls. 1, 2-3  
B. Cl.  
Alto Sax. 1, 2  
Ten. Sax.  
Bari. Sax.

29 Majestic and Beautiful

Tpts. 1, 2-3  
Hn. 1-2  
Tbns. 1, 2-3  
Euph.  
Tba.  
Mallets 1  
Mallets 2  
Timp.  
Perc. 1  
Perc. 2  
Perc. 3

37

Fls. 1-2 *p* *mf* *p* *mf* *p*

Ob. *mp* *p*

Bsn. *mp* *mf*

Cls. 1 *p* *mf* *p* *mf*

2-3 *p* *mf* *p* *mf* *a2*

B. Cl. *p* *mf* *p* *mf* *p*

Alto Sax. 1 *p* *mf* *p* *mf* *p* *Ob Solo*

2 *p* *mf* *p* *mf* *p*

Ten. Sax. *p* *mf* *p* *mf* *p*

Bari. Sax. *p* *mf* *p* *mf*

37

Tpts. 1 *mp* *p* *p*

2-3 *a2* *mp* *p* *p*

Hn. 1-2 *p* *mf* *p*

Tbns. 1 *p* *pp*

2-3 *p* *pp*

Euph.

Tba.

Mallets 1 *mp* *p*

Mallets 2 Chimes *mp*

Timp.

Perc. 1

Perc. 2

Perc. 3 *mf* *pp*

37 38 39 40 41 42 43 44

45

Fls. 1-2

Ob.

Bsn.

Cls. 1

Cls. 2-3

B. Cl.

Alto Sax. 1

Alto Sax. 2

Ten. Sax.

Bari. Sax.

45

Tpts. 1

Tpts. 2-3

Hn. 1-2

Tbns. 1

Tbns. 2-3

Euph.

Tba.

Mallets 1

Mallets 2

Timp.

Perc. 1

Perc. 2

Perc. 3

53

Fls. 1-2 *p* *mp* *p*

Ob. *p* *mp* *p*

Bsn. *p* *mp* *p*

Clars. 1 *p* *mp* *p*

Clars. 2-3 *p* *mp* *p*

B. Cl. *p* *mp* *p*

Alto Sax. 1 *p* *mp* *p*

Alto Sax. 2 *p* *mp* *p*

Ten. Sax. *p* *mp* *p*

Bari. Sax. *p* *mp* *p*

53

Tpts. 1 *p* *mp* *p*

Tpts. 2-3 *p* *mp* *p*

Hn. 1-2 *p* *mp* *p* *a2*

Tbns. 1 *p* *mp* *p*

Tbns. 2-3 *p* *mp* *p*

Euph. *p* *mp* *p*

Tba. *p* *mp* *p*

Mallets 1 *p* *mp* *p*

Mallets 2 *p* *mp* *p* *Vibraphone*

Timp. *p* *mp* *p*

Perc. 1 **3**

Perc. 2 **4**

Perc. 3



**poco rall.** 62 Fast ♩ = 144 poco a poco accel.  
2+2+3

Fls. 1-2 *mp* *pp*

Ob. *mp* *pp*

Bsn. *mp* *pp*

Cls. 1 *mp* *pp*

2-3 *mp* *p*

B. Cl. *mp* *pp*

Alto Sax. 1 *mp* *p*

2 *mp* *p*

Ten. Sax. *mp* *p*

Bari. Sax. *mp* *p* *cresc. poco a poco*

**poco rall.** 62 Fast ♩ = 144 poco a poco accel.

Tpts. 1 *mp* *p*

2-3 *mp* *p*

Hn. 1-2 *mp* *p*

Tbns. 1 *mp* *p*

2-3 *mp* *p*

Euph. *mp* *p* *cresc. poco a poco*

Tba. *mp* *p* *cresc. poco a poco*

Mallets 1 *mp* *pp* *cresc. poco a poco*

Mallets 2 *mp* *p*

Timp. *p*

Perc. 1 *p*

Perc. 2

Perc. 3 *mf*

59 60 61 62 63 64 65

Fast and Destructive ♩ = 156

This musical score is for the piece "Fast and Destructive" with a tempo of 156 beats per minute. The score is arranged for a full orchestra and includes the following parts:

- Flutes (Fls. 1-2):** Rests until measure 69, then plays a melodic line starting in measure 70 with a forte (*ff*) dynamic.
- Oboe (Ob.):** Rests until measure 69, then plays a melodic line starting in measure 70 with a forte (*ff*) dynamic.
- Bassoon (Bsn.):** Rests until measure 69, then plays a melodic line starting in measure 70 with a forte (*ff*) dynamic.
- Clarinets (Cls. 1, 2-3):** Rests until measure 69, then plays a melodic line starting in measure 70 with a forte (*ff*) dynamic.
- Bass Clarinet (B. Cl.):** Rests until measure 69, then plays a melodic line starting in measure 70 with a forte (*ff*) dynamic.
- Alto Saxophone (Alto Sax. 1, 2):** Rests until measure 69, then plays a melodic line starting in measure 70 with a forte (*ff*) dynamic.
- Tenor Saxophone (Ten. Sax.):** Rests until measure 69, then plays a melodic line starting in measure 70 with a forte (*ff*) dynamic.
- Bari. Sax.:** Plays a rhythmic accompaniment of eighth notes throughout the section, starting in measure 66 with a forte (*ff*) dynamic.
- Trumpets (Tpts. 1, 2-3):** Play a rhythmic accompaniment of eighth notes throughout the section, starting in measure 66 with a forte (*ff*) dynamic. The first trumpet part includes a *a2* (second octave) marking.
- Horn (Hn. 1-2):** Play a rhythmic accompaniment of eighth notes throughout the section, starting in measure 66 with a forte (*ff*) dynamic. The first horn part includes a *a2* (second octave) marking.
- Tubas (Tbns. 1, 2-3):** Play a rhythmic accompaniment of eighth notes throughout the section, starting in measure 66 with a forte (*ff*) dynamic.
- Euphonium (Euph.):** Play a rhythmic accompaniment of eighth notes throughout the section, starting in measure 66 with a forte (*ff*) dynamic.
- Tuba (Tba.):** Play a rhythmic accompaniment of eighth notes throughout the section, starting in measure 66 with a forte (*ff*) dynamic.
- Mallets 1 & 2:** Rest throughout the section.
- Timpani (Timp.):** Play a rhythmic accompaniment of eighth notes throughout the section, starting in measure 66 with a forte (*ff*) dynamic.
- Percussion 1 (Perc. 1):** Play a rhythmic accompaniment of eighth notes throughout the section, starting in measure 66 with a forte (*ff*) dynamic.
- Percussion 2 (Perc. 2):** Rests until measure 69, then plays a melodic line starting in measure 70 with a forte (*ff*) dynamic.
- Percussion 3 (Perc. 3):** Rests until measure 69, then plays a melodic line starting in measure 70 with a mezzo-forte (*mf*) dynamic.

The score features a key signature of one flat (B-flat major/D minor) and a 4/4 time signature. The tempo is marked as ♩ = 156. The dynamics range from forte (*ff*) to mezzo-forte (*mf*). The score includes various musical notations such as rests, melodic lines, and rhythmic accompaniment. The page number 10 is located at the top left.

74

Fls. 1-2

Ob.

Bsn.

ff

cresc.

Cl. 1

2-3

cresc.

a2

cresc.

B. Cl.

ff

cresc.

Alto Sax. 1

ff

ff

2

ff

Ten. Sax.

ff

cresc.

Bari. Sax.

cresc.

74

Tpts. 1

2-3

a2

ff

ff

Hn. 1-2

a2

cresc.

Tbns. 1

2-3

cresc.

cresc.

Euph.

cresc.

Tba.

cresc.

Mallets 1

Mallets 2

Timp.

Perc. 1

Perc. 2

ff

Perc. 3

f

mf

ff

74 75 76 77 78 79

This page of a musical score covers measures 80 through 85. The score is arranged in a standard orchestral format with multiple staves for each instrument family. The instruments listed on the left are: Flutes (1-2), Oboe, Bassoon, Clarinets (1, 2-3), Bass Clarinet, Alto Saxophones (1, 2), Tenor Saxophone, Baritone Saxophone, Trumpets (1, 2-3), Horns (1-2), Trombones (1, 2-3), Euphonium, Tuba, Mallets 1, Mallets 2, Timpani, Percussion 1, Percussion 2, and Percussion 3. The score features a variety of musical notations, including notes, rests, and dynamic markings such as *fff* (fortissimo) and *sfz* (sforzando). There are also performance instructions like *ff* and *mf*. The score includes several time signature changes: 4/4 at the beginning of measure 80, 7/8 in measure 81, 2/4 in measure 84, and 4/4 at the end of measure 85. A large '8' is written in the center of the score, spanning measures 81 and 82. The bottom of the page shows measure numbers 80, 81, 82, 83, 84, and 85, along with dynamic markings *ff* and *mf*.

86

3+2+2

Fls. 1-2 *sfz*

Ob. *sfz*

Bsn. *sfz*

Cls. 1 *sfz*

2-3 *sfz*

B. Cl. *sfz*

Alto Sax. 1 *sfz*

2 *sfz*

Ten. Sax. *sfz*

Bari. Sax. *sfz*

86

Tpts. 1 *sfz*

2-3 *sfz*

Hn. 1-2 *sfz*

Tbns. 1 *sfz*

2-3 *sfz*

Euph. *sfz*

Tba. *div.* *sfz*

Mallets 1

Mallets 2 *ff* *simili*

Timp. *sfz*

Perc. 1 *sfz*

Perc. 2 *f*

Perc. 3 *ff*

86 87 88 89 90 91

3+2+2

94

Fls. 1-2

Ob.

Bsn.

1

Clas.

2-3

B. Cl.

1

Alto Sax.

2

Ten. Sax.

Bari. Sax.

1

Tpts.

2-3

Hn. 1-2

1

Tbns.

2-3

Euph.

Tba.

Mallets 1

Mallets 2

Timp.

Perc. 1

Perc. 2

Perc. 3

92

93

94

95

96

97

*mf*

*mp*

*p*

*a2*

*mf* *expressively*

*f*

*p*

Fls. 1-2

Ob.

Bsn.

1

2-3

B. Cl.

1

2

Alto Sax.

Ten. Sax.

Bari. Sax.

1

2-3

Tpts.

Hn. 1-2

1

2-3

Tbns.

Euph.

Tba.

Mallets 1

Mallets 2

Temp.

Perc. 1

Perc. 2

Perc. 3

*mp* *mf*

*mp* *mf*

*mf* *p* *mf*

*mf* *p* *mf*

*a2* *mf*

106

Fls. 1-2  
 Ob.  
 Bsn.  
 Cls. 1  
 2-3  
 B. Cl.  
 Alto Sax. 1  
 2  
 Ten. Sax.  
 Bari. Sax.

*p* *f* *mf* *mf* *mf* *mf*

106

Tpts. 1  
 2-3  
 Hn. 1-2  
 Tbn. 1  
 2-3  
 Euph.  
 Tba.  
 Mallets 1  
 Mallets 2  
 Chimes  
 Timp.  
 Perc. 1  
 Perc. 2  
 Perc. 3

*mp* *f* *mf* *mf* *mf* *mf*

*p* *f* *mf* *mf* *mf* *mf*

*p* *f* *mf* *mf* *mf* *mf*

*p* *f* *mf* *mf* *mf* *mf*

*p* *f* *mf* *mf* *mf* *mf*

*p* *f* *mf* *mf* *mf* *mf*

*p* *f* *mf* *mf* *mf* *mf*

*p* *f* *mf* *mf* *mf* *mf*

*p* *f* *mf* *mf* *mf* *mf*

106

107

108

109

110

111



**molto rit.**

3+2+2

Fls. 1-2 *sfz*

Ob. *sfz*

Bsn. *sfz*

Cls. 1 *sfz*

2-3 *sfz*

B. Cl. *sfz*

Alto Sax. 1 *sfz*

2 *sfz*

Ten. Sax. *sfz*

Bari. Sax. *sfz*

Tpts. 1 *sfz*

2-3 *sfz*

Hn. 1-2 *sfz*

Tbns. 1 *sfz*

2-3 *sfz*

Euph. *sfz*

Tba. *sfz*

Mallets 1 *ff*

Mallets 2 *ff*

Timp. *sfz*

Perc. 1 *sfz*

Perc. 2 *f*

Perc. 3 *ff*

*Marimba*

*simili*

Tune: F, Ab, Ch, Db

Chimes

112 113 114 115 116 117

118 Slowly  $\text{♩} = 72$

$\text{♩} = 72$   
poco a poco rall.

Fls. 1-2  
Ob.  
Bsn.  
Cls. 1  
Cls. 2-3  
B. Cl.  
Alto Sax. 1  
Alto Sax. 2  
Ten. Sax.  
Bari. Sax.

118 Slowly  $\text{♩} = 72$

poco a poco rall.

Tpts. 1  
Tpts. 2-3  
Hn. 1-2  
Tbns. 1  
Tbns. 2-3  
Euph.  
Tba.  
Mallets 1  
Mallets 2  
Timp.  
Perc. 1  
Perc. 2  
Perc. 3

**poco meno mosso**

**poco a poco accel.**

Fls. 1-2 *mf* *p*

Ob. *mf* *p* *mp*

Bsn. *mf* *p*

Cls. 1 *mf* *p*

2-3 *mf* *p*

B. Cl. *mf* *p*

Alto Sax. 1 *mf* *p*

2 *mf* *p*

Ten. Sax. *mf* *p*

Bari. Sax. *mf* *p*

**poco meno mosso**

**poco a poco accel.**

Tpts. 1 *mf* *p* *mp*

2-3 *mf* *p*

Hn. 1-2 *mf* *mp*

Tbns. 1 *mf* *p*

2-3 *mf* *p*

Euph. *mf* *p*

Tba. *mf* *p*

Mallets 1 *mf* *mp*

Mallets 2

Timp.

Perc. 1 *mf* *mp*

Perc. 2 *mf*

Perc. 3 *mf* *p* *mf*

..... ♩ = 80

♩ = 80 .....

**127** A little faster with rubato

rit.

Fls. 1-2

Ob.

Bsn.

1

Clars. 2-3

B. Cl.

1

Alto Sax. 2

Ten. Sax.

Bari. Sax.

**127** A little faster with rubato

rit.

1

Tpts. 2-3

Hn. 1-2

1

Tbns. 2-3

Euph.

Tba.

Mallets 1

Mallets 2

Timp.

Perc. 1

Perc. 2

Perc. 3

♩ = 58

**Very Slowly**

**molto rit.**

This page of the musical score is for a large orchestra and includes the following parts:

- Fls. 1-2**: Flutes, measures 1-2, dynamics *f* to *p*.
- Ob.**: Oboe, dynamics *f* to *p*.
- Bsn.**: Bassoon, dynamics *f* to *p*.
- Cls. 1, 2-3**: Clarinets, dynamics *f* to *p*.
- B. Cl.**: Bass Clarinet, dynamics *f* to *p*.
- Alto Sax. 1, 2**: Alto Saxophones, dynamics *f* to *p*.
- Ten. Sax.**: Tenor Saxophone, dynamics *f* to *p*.
- Bari. Sax.**: Baritone Saxophone, dynamics *f* to *p*.
- Tpts. 1, 2-3**: Trumpets, dynamics *f* to *p*.
- Hn. 1-2**: Horns, dynamics *f* to *p*.
- Tbns. 1, 2-3**: Trombones, dynamics *f* to *p*.
- Euph.**: Euphonium, dynamics *f* to *p*.
- Tba.**: Tuba, dynamics *f* to *p*.
- Mallets 1, 2**: Mallet percussion, dynamics *mf* to *mp*.
- Timp.**: Timpani, dynamics *f* to *mf*.
- Perc. 1, 2, 3**: Other percussion, dynamics *f* to *mf*.

The score is divided into measures 131, 132, 133, and 134. The tempo is marked **Very Slowly** and **molto rit.**. Dynamics range from *f* (forte) to *p* (piano). The percussion parts include mallets, timpani, and three other percussion instruments.