

Side Notes: I struggled with a name for this song for quite a few days. Every time I would come back to it and play it again, I would have different emotions. It definitely has a thoughtful sound to it, but as I was writing this, I was going through some emotions that were less than "happy" that caused me to think, reflect, and process what I had gone through. I've heard people say that "Time heals all wounds". I'm not sure that is the case but I do know that as I have taken time to self reflect, process and sometimes talk through emotional things I've been through, I've been able to find some level of peace and healing. My hope is this song will help someone trying to process or overcome grief or sadness and bring healing for you or your loved ones.

Reflection

JASON TONIOLI

The musical score for "Reflection" is written for piano in 4/4 time and B-flat major. It consists of four systems of music. The first system begins with a piano (*p*) dynamic marking. The melody is primarily in the right hand, featuring eighth and quarter notes, often with slurs. The left hand provides a simple accompaniment with whole notes and rests. The piece concludes with a final chord in the right hand and a whole note in the left hand.