

# If not now... (Unity/Diversity)

“If I am not for myself, who is for me?  
But if am only for myself, what am I?  
And if not now, when?”

Rabbi Hillel, *Sayings of the Fathers*, 1:14

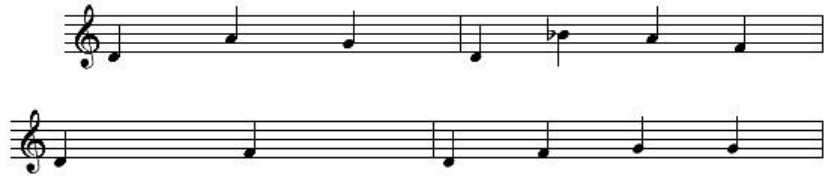
## General Note

At any point, if you don't know what to do (or even if you do), it's OK to listen quietly and attentively to the sounds around you, sounding again when you feel like doing so.

## Beginning

Play and sing the note D, getting the pitch from the instruments.

After a while, sing the following melody repeatedly, quietly, at a medium speed. You can wait while the melody goes around a few times before joining in, if you'd like.



## Continuing

Gradually slow the melody down. As it slows, you can add embellishments to it, such as:

- Singing a harmony line
- Adding bits of melody between the notes
- Changing the rhythm
- Changing the phonemes with which you are singing

While this is happening, you are still free to:

- Sing the melody itself together with others
- Sing the D drone
- Listen quietly and attentively

You may switch among these strategies at any time, as well as joining what others are singing and creating embellishments to their soundings.

## Ending

Join in the melody or sing the D drone again.

Once everyone is either singing the melody or the D drone or is silent, if you are still singing, gradually rejoin the D drone or fall silent.

Once everyone is either singing the D drone or is silent, gradually fall silent.

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