

Hashem is the Beat (A.k.a. the Beat is Ever Present)

This exercise is a lesson in building your internal clock. As a musician we all have to keep time on our own. We have to constantly keep the Pulse in our head.

I explain to the students that even if an instrument isn't providing the beat, it still exists. The beat is ever present. Just like Hashem, hence the name of this lesson.

This exercise starts out by taking a simple scale with eight notes. We will then repeat the scale and skip the first note. Next time, we skip the first and second scale notes, until all of the notes are gone. Then there is a large rest in the beginning of the scale, and this requires the group to hold their internal pulse.

They have to hold the beat in their heads, and jump back in at the right time. After enough repetition, they begin to internalize the beat.

Often we lean on other musicians to provide the Pulse. The drums are a perfect example of this. Their role is to provide the ensemble a steady beat. However if you're always leaning on the drums for the pulse you forget to keep your own internal pulse. Hashem is the beat teaches students to build composure during the long rests. They build their timing skills so that they can rely only on the beat ticking inside of their head.

