

STAYING PRESENT IN THE MUSICAL “RESTS”

What are the elements of a great song ?

Pitch
Rhythms
Dynamics
Lyrics
Phrasing

The music doesn't stop when there are RESTS. Sing through the RESTS!

SONGS can be sung technically correct —

Learning how to recognize our feelings — and how to communicate them — can start with those rests!

Some think that RESTS just help maintain a song's rhythm, stopping points, and then resume with notes. And in some cases that's true.....

RESTS are an integral part of music! Not just rhythm keepers or stopping points. They should be carefully calculated and placed. They aid music's motion and highlight its meaning.

Learning how to sing through rests mean learning to keep the music and message constantly going in your head while simultaneously observing the spaces and silences they create.

WHAT IS YOUR — **SUBTEXT — INTENTION —**

In the Context of a show — VS concert style.....

Singing through RESTS mean recognizing that those apparently empty spaces are not empty, or static, for they have life and movement. **Rests can accent and highlight emotion-filled moments.**

Singing through rests means understanding the necessity for ebbs & flows in music, just as in life.

RESTS create SPACES. And spaces provide time and room in which to absorb the meaning and emotions of the lyrics.

IGNORING rests and the spaces they create mean that you rush through life's significant moments, getting out of them much less that you should or could have gotten.

RESTS can teach us to value the spaces — rests — in our lives.